

Eating Healthy in Different Environments

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Chefs or restaurant owners from the community come to the school and share their favourite personal recipes and nutrition information with students. They also share ways to make decisions regarding more and less healthy options.

Why Do It?

Examine available nutrition information from local restaurants and together learn about making the healthiest choices.

How Do We Do It?

Invite a local chef or restaurant owner from your community to speak to your class or school. Ask them to share some of their favourite recipes and/or talk about the nutritional information for those recipes.

Have the chef or owner discuss the healthiest options when eating out and when cooking at home.

What Else Do We Need?

Nothing we can think of! Feel free to be creative.

How Do We Get Creative?

Youth recreate one of the meals using the healthiest options available to them.

Ask the community chef to share with students quick and easy meals they can make on their own.