**You will need:**

Food models or food pictures from magazines or flyers
 Flip chart or white board
 Copies of *Eating Well with Canada's Food Guide*

Lesson 5 - Meat and Alternatives

Purpose: To recognize foods in the *Meat and Alternatives* food group and name the recommended number of servings per day for each learner.

Activity 1 – Name the *Meat and Alternatives***Literacy Stage 1**

1. Introduce the *Meat and Alternatives* food group. Hold up the food models from the *Meat and Alternatives* food group one at a time and talk about each food - colour, texture, shape, taste and where it comes from. Point out that Canada's Food Guide recommends having beans, lentils and tofu often and to include two food guide servings of fish each week.
2. Ask learners which foods they like in this group.
3. Hand out [Activity Sheet 1.9: Meat and Alternatives](#) to each learner. Ask the learners to circle the foods from the *Meat and Alternatives* food group and write the name of each food below its picture.

Activity 2 – Crossword Puzzle**Literacy Stage 2**

1. Hand out *Eating Well with Canada's Food Guide* and help learners find the column in the *Meat and Alternatives* group that corresponds to their age and gender. Explain why there is a range in the number of servings.
2. Talk about the *Meat and Alternatives* food group. Give examples of one serving.
3. Give [Activity Sheet 1.10: Meat and Alternatives Crossword](#) to each learner. Ask learners to fill in the crossword puzzle.

Activity 3 – Writing a *Meat and Alternatives* List**Literacy Stage 3**

1. Show learners the food models for the *Meat and Alternatives* food group
2. Ask learners to think about the food that they ate yesterday. Ask them if they had any food from the *Meat and Alternatives* food group.
3. Make a list of these foods on a flip chart or white board or ask the learners to make their own list.
5. Ask learners to count how many food guide servings of *Meat and Alternatives* they ate yesterday. Ask if they had the recommended number of servings. If not, what could they have added?

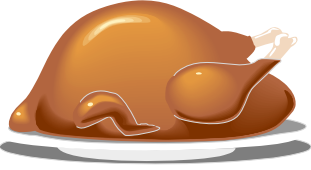
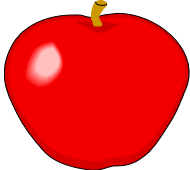

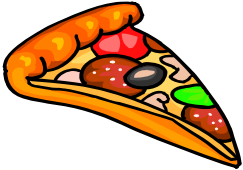

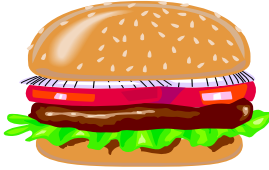

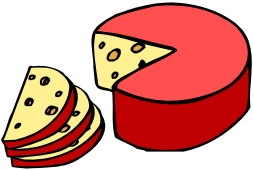
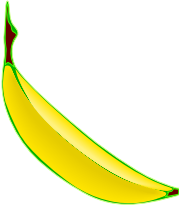
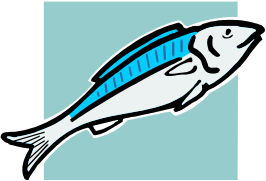
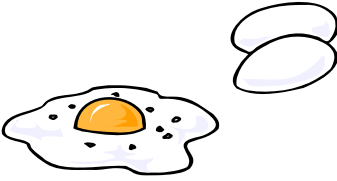
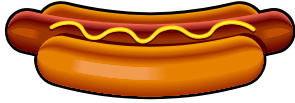


Developed by
 Basic Skills for Living Project
 Manitoba Association of Home
 Economists – Winnipeg Branch
 Box 1961
 Winnipeg MB
 R3C 3R2 Canada

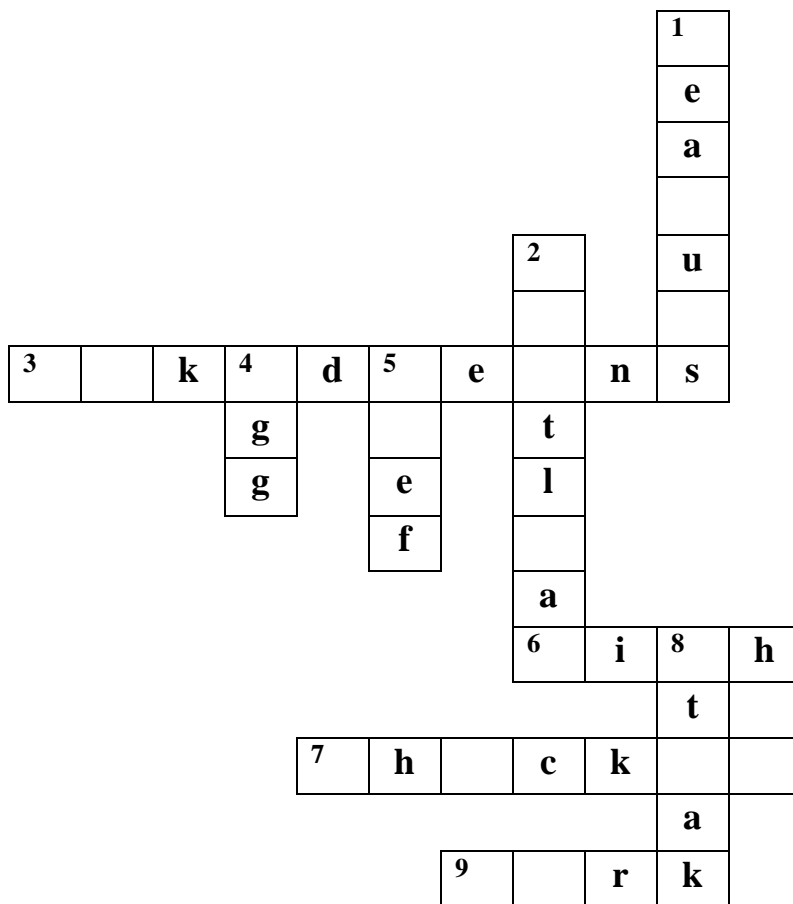
e-mail: info@basicskillsforliving.ca

Meat and Alternatives

Circle the foods from the *Meat and Alternatives* food group and write the name of each food below the picture.

 _____	 _____	 _____
 _____	 _____	 _____
 _____	 _____	 _____
 _____	 _____	 _____

Meat and Alternatives Crossword



Across

- 3. baked beans
- 6. fish
- 7. chicken
- 9. pork

Down

- 1. peanuts
- 2. meatloaf
- 4. egg
- 5. beef
- 8. steak