



Tip: Overall daily and weekly eating patterns are important for health.

You will need for Activities 1 and 2:
Food models or food pictures from magazines or flyers

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Purpose: To help learners plan meals using foods from all four food groups.

Lesson 1 – Balance

Purpose: To have learners recognize balanced meals.

Instructor's Note: A balanced meal has at least one food from each of the four food groups. Planning for a balanced meal may improve eating habits. A healthy meal does not need to have food from every food group. For example, *Eating Well with Canada's Food Guide* recommends two to three servings of the *Meat and Alternatives* food group, which means it is not necessary to have a food from the *Meat and Alternatives* food group at every meal.

Activity 1

Literacy Stage 1

1. Explain that a balanced meal is one that has at least one serving from each of the four food groups.
2. Give each learner some food models or magazines. Ask them to choose food models or cut out pictures to make a balanced meal.
3. Ask learners to write down which foods they picked for what meal.

Activity 2

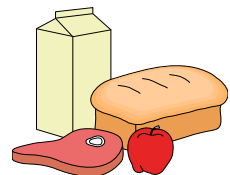
Literacy Stage 2

1. Talk about balanced meals with learners.
2. Split the class into groups of three to five. Hand out a variety of food models or pictures to each group.
3. Ask each group to select foods to make up a menu for breakfast, lunch and supper.
4. Have each group write down their menu plan and then present it to the class.

Activity 3

Literacy Stage 3

1. Hand out [Activity Sheet 2.1: Balanced Supper](#). Have them write the name of the food under each picture. Ask learners to circle the foods that would make a balanced supper.
2. Split the class into groups of three to five. Hand out flyers from a food store. Ask learners to plan two or three suppers using the foods that are shown. Discuss the meals. Are there foods from all four food groups?



Balanced Supper

Pick the foods that would make a balanced supper. Write the name of the food under the picture.

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