



Health professionals recognize literacy as a determinant of health. People with low literacy skills may not be able to read or access information about healthy lifestyle choices. Individuals may have difficulty reading food or medicine labels, preparing baby formula or following specific medical instruction for dietary requirements.

The Eating Healthy Foods resource has been developed by professional home economists to help individuals learn basic food skills. All modules have been written to fit within the literacy stages developed by Manitoba Advanced Education and Training, Adult Learning and Literacy Branch.

There are four modules for educators working in the community to use. These can be accessed from the side bar:

- Module 1 - **Food Basics**
- Module 2 - **Meal Planning**
- Module 3 - **Food Shopping**
- Module 4 - **Food Preparation**

As well, there is **Now You're Cooking!** – a Cookbook with 43 picture and easy to read recipes. A microwave cooking section is included.

Each lesson in the modules has three activities, one for each Literacy Learning Level from Stage One (S1) to Stage Three (S3).

Activity Benefits:

- Activities begin in a teaching setting, but the concepts deal with real life situations
- Activities will help to identify vocabulary the learner needs for everyday activities
- Activity sheets can be printed and given to the learner to complete.

Note: It is important to practice a new skill in as many real situations as possible in the community. Draw on existing skills and information that learners are familiar with when you are teaching a new concept.

Prior to starting the lessons, find out what the learners' interests and reading levels are in order to determine which Literacy Stage to use.

1. Talk to the learners. Ask what they can read now. Ask what they would like to be able to read. Find out what reading activities they find difficult.
2. Ask the learners to select reading materials that they are comfortable with. Have them read aloud to you.
3. Ask what kinds of things are difficult to write. Do the learners have spelling problems or hand writing difficulties?
4. Ask learners to write a short paragraph about themselves.

This resource is for educational use and may be duplicated for individual or group learning. The National Literacy Secretariat, Human Resources Development Canada, has provided funding.

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