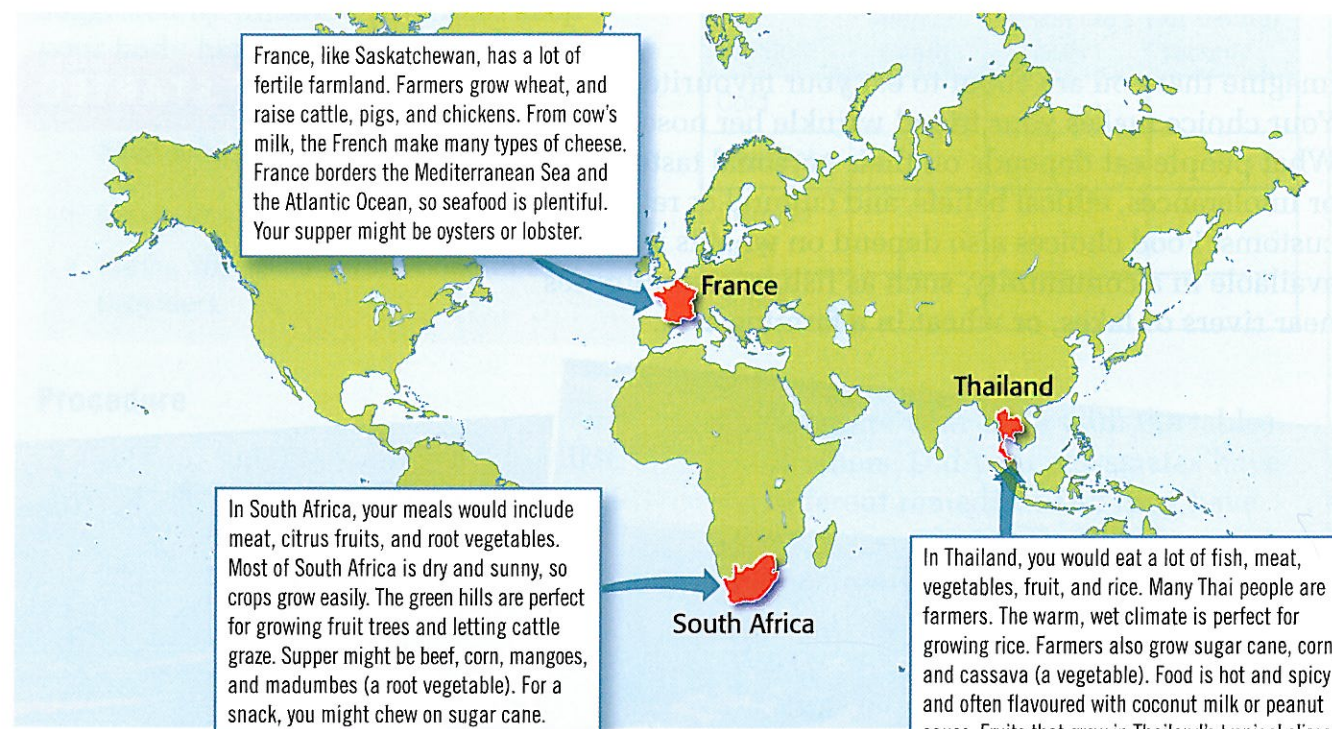


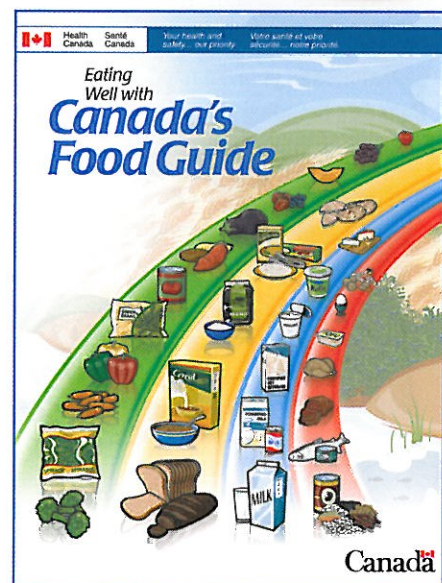
If you lived in another part of the world, your food choices might be very different. What people eat depends largely on what they can grow.



madumbe



sugarcane

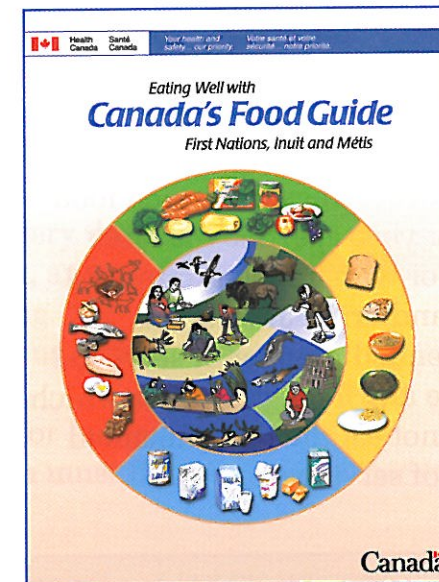


Canada's Food Guide

Make Healthy Food Choices

Canada has two food guides to help you make healthy food choices. *Canada's Food Guide* emphasizes the importance of combining healthy eating with physical activity. It recommends eating foods from each of four food groups—Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives—plus a certain amount of added oils and fats. It shows examples of servings from the different food groups. The number of servings that you need from each food group depends on your age and gender.

Canada's Food Guide: First Nations, Inuit and Métis shows traditional foods, such as moose and bannock, as examples for servings. It reflects the lifestyles and activities of First Nations, Inuit, and Métis peoples. The food groups are arranged in a circle to show respect for their holistic Medicine Wheel and their relationships to the land. First Nations and Métis Elders and Traditional Knowledge Keepers teach that it is healthy to live off unpolluted land—to eat animals and plants that you catch, harvest, and prepare. This way, you know exactly what you are putting into your body when you eat.



This food guide for First Nations, Inuit, and Métis people reflects their values, traditions, and food choices.

Many people do not eat fresh food from farms—rather they buy food from grocery stores or supermarkets. Because fresh foods spoil quickly, people have developed ways to prepare and store them so that they last longer. Frozen pizzas, canned soups and vegetables, pudding, and meals that you microwave are processed foods. These foods are convenient, but they contain edible chemicals called preservatives. Preservatives make food last longer, taste good, and look good, but your body does not need them. Eating some preservatives can hurt your body.

Eating according to Canada's food guides will help you get the right amounts of vitamins, minerals, and other nutrients. **Nutrients** are the very small parts of food that your body needs to live and grow. Eating according to the food guides also lowers your risk of disease and helps you be healthy and energetic.

! Candy, gum, chocolate bars, and potato chips are not included in Canada's food guides. They are called junk food because they do not have the vitamins and minerals you need to keep your body healthy. Junk food and other foods high in sugar or fat should be eaten in moderation—in small amounts and not too often.

Work On It

Single

Compare what you eat with the recommendations in Canada's food guides.

Procedure

- 1 Make a list of what you ate and drank yesterday. Try to include the amount of each food and drink.

Materials

- *Canada's Food Guide*
- *Canada's Food Guide: First Nations, Inuit and Métis*

continued →