



## SfS Away from the Classroom!

### C07: What's in our Food? (Recommended for Grades 3-8)

Please use the following resources to learn about the nutrients we get from food.

Watch this Video: <https://www.youtube.com/watch?v=5mp8oyEND6Q>

#### Answer these questions:

- Why do we need to eat fats?
- Why do we need to eat proteins?
- Why do we need to eat carbohydrates?

**Activities:** Follow these directions to understand what kinds of molecules you eat during the week!

You will need:

• Pencil	• Paper	• One week
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1. Write the days of the week on your sheet of paper, with three columns under each day. Name the first column "Food I ate" (step 2), the next column should be labeled "Type of Food" (step 3) and the third column can be called "Food contains" (step 4).
2. For every meal you eat this week, write down what you ate, and how much of it you ate, in column 1.
3. Classify your food as fruits and vegetables, dairy, proteins, or grains in column 2. If you're having trouble this table can help.

Fruits	Vegetables	Dairy	Protein	Grains
Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.	Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.	All fluid milk products and many foods made from milk are considered part of this food group. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.	All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.	Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

4. In the third column write what each food contains; proteins, carbohydrates, and/or fats. If you need help, the table below shows some examples.

Proteins	Carbohydrates	Fats
<ul style="list-style-type: none"><li>• Meat and meat products (beef, chicken, lamb, pork or kangaroo)</li><li>• Fish and seafood</li><li>• Eggs</li><li>• Dairy food such as milk and yoghurt (also carbohydrate)</li><li>• Beans and pulses (also carbohydrates)</li><li>• Nuts (also fats)</li><li>• Soy and tofu products</li></ul>	<ul style="list-style-type: none"><li>• Bread, rice, pasta, oats, quinoa, couscous</li><li>• Starchy vegetables (potatoes, corn and pumpkin)</li><li>• Beans and pulses (chickpeas, baked beans, lentils)</li><li>• Some dairy foods such as milk and yoghurt</li><li>• Fruit</li><li>• Sugar and honey</li></ul>	<ul style="list-style-type: none"><li>• Meat fat</li><li>• Butter</li><li>• Full-fat dairy products</li><li>• Coconut oil and products</li><li>• Peanut oil, palm oil and cottonseed oil</li><li>• Our occasional foods such as chips, biscuits and cake</li></ul>

5. Did you eat enough of each kind of food? Is there a food group you should eat more of? Less of? A healthy diet has almost the same amount of each food type.

**Make observations & use Claims, Evidence, and Reasoning!**

- Claim:** Eating a balanced diet is important but challenging!
  - **Evidence:**
  
  
  - **Reasoning:**
- Claim:** To eat a more balanced diet, I should have more \_\_\_\_\_.
  - **Evidence:**
  
  
  - **Reasoning:**