



**Task Title: Using Canada's Food Guide**

OALCF Cover Sheet – Practitioner Copy

**Learner Name:** \_\_\_\_\_

**Date Started:** \_\_\_\_\_

**Date Completed:** \_\_\_\_\_

**Successful Completion:** Yes  No

**Goal Path:** Employment  Apprenticeship

Secondary School  Post Secondary  Independence

**Task Description:** Read Canada's Food Guide to learn about healthy eating and cooking habits.

**Main Competency/Task Group/Level Indicator:**

- Find and Use Information/Read continuous text/A1.2
- Communicate Ideas and Information/Write continuous text/B2.1
- Use Digital Technology/D.1

**Materials Required:**

- Pen/pencil and paper
- Computer or digital device

Task Title: UsingCanada'sFoodGuide\_EI\_A1.2\_B2.1\_D.1

## Learner Information

Understanding Canada's Food Guide can help keep each of us strong and healthy. Canada's Food Guide is also used in many jobs where food preparation is required. This may include positions in food services, hospitality, healthcare or childcare.

Copy and paste this address into the computer's browser and scan the Canada's Food Guide Snapshot:

<https://food-guide.canada.ca/en/food-guide-snapshot/>

## Work Sheet

**Task 1: Name three types of foods identified on the healthy plate.**

Answer:

---

**Task 2: List five additional ways to achieve healthy eating.**

Answer:

---

**Task 3: Click on "cook more often". What are two ways cooking more often can support healthy eating habits?**

Answer:

---

**Task 4: Explain what it means if you become a big batch cook.**

Answer:

---

**Task 5: Describe a meal you make that you could "cook once and eat twice".**

Answer:

---

## Answers

### **Task 1: Name three types of foods identified on the healthy plate.**

Answer: vegetables and fruits, protein foods, wholegrain foods

### **Task 2: List five additional ways to achieve healthy eating.**

Answer: Any five of the following:

- Be mindful of your eating habits
- Cook more often
- Enjoy your food
- Eat meals with others
- Use food labels
- Limit highly processed foods
- Marketing can influence your food choices

### **Task 3: Click on “cook more often”. What are two ways cooking more often can support healthy eating habits?**

Answer: Any two of the following:

- Allows you to learn new skills (in the kitchen)
- You rely less on highly processed foods
- You control the amount of sauces and seasonings
- You make foods that you and your family like and will eat
- You save money by avoiding extra money spent on meals eaten out
- You choose healthy ingredients like:
  - fruits
  - vegetables
  - whole grain foods
  - protein foods (choose protein foods that come from plants more often)

### **Task 4: Explain what it means if you become a big batch cook.**

Answer: You make meals and snacks in bigger batches and freeze them in meal-size portions for convenient weekday meals (to save you time and money).

**Task 5: Describe a meal you make that you could “cook once and eat twice”.**

Answer: Answers will vary. Cook once and eat twice means cooking extra for one meal and getting creative with the leftovers to make another meal. It doesn't mean that you need to eat the same meal twice.

Examples given on the web page include cooking double the rice for a stir-fry and using the extra for rice pilaf; or cooking twice the chicken you need and using the extra to make chicken salad, enchiladas, etc.

### Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
A1.2	Reads more complex texts to locate a single piece of information			
	Makes low-level inferences			
	Obtains information from detailed reading			
	Begins to identify sources and evaluate information			
B2.1	writes simple texts to request, remind or inform			
	conveys simple ideas and factual information			
	uses sentence structure, upper and lower case and basic punctuation			
	uses highly familiar vocabulary			
D.1	Follows simple prompts			
	Locates specific functions and information			

Task Title: UsingCanada'sFoodGuide\_EI\_A1.2\_B2.1\_D.1

This task: Was successfully completed  Needs to be tried again

Learner Comments:

Instructor (print):

---

Learner (print):

---