

### Course Overview

**Number of Units:** 5 Units

**Estimated time:** 3 - 5 weeks or 9 - 15 hours

**OALCF Levels:** A1.1-2, A2.1-2, A3, B3.1b, C1.1, C3.1, C4.1

**Suggested Milestones:** 8 or 9, 14, 28, 37, 45

### Course Description

This course explores the skills needed to make healthy food choices and plan a balanced diet. It uses real-life documents, like Canada's new Food Guide (2019), sales flyers, coupons, food labels and store shelf labels. The new guide is a big change because the food groups and serving sizes have been removed. This course covers how to follow the new guide, compare unit price, product size and nutrient facts so you can make healthy choices and save money. Learners study the floor plan of a grocery store and are taught how to prepare to shop using lists and managing their time to make shopping trips more enjoyable and focus on healthy eating.

**Summary of activities:** Videos, Tutorials, Quizzes, Games, Activities and Journals.

### Unit 1: A Healthy Diet

This unit looks at the new Canada's Food Guide (2019) and how to make healthy food choices. You will look at what to put on your plate, how the guide refers to proteins now, and ways to fit more whole grains into your diet. You will complete activities about packing healthy lunches and planning on busy days.

### Unit 2: Reading Food Labels

This unit covers how nutrients and vitamins affect our health and how we can use the daily value percentages on our food labels as a healthy eating guide. It also explains how to understand the date markings on the food we buy.

### Unit 3: Measuring Food

Recognizing unit size helps us understand the serving size we eat and how to compare the products we buy. This section covers units of measurement for volume and mass for both the Customary and Metric measurement systems.

### Unit 4: Meal Planning

Effective planning can help us eat healthier. In this unit, important soft skills for organization and time management are taught along with understanding how much we should eat in a day to allow us to plan our daily intake.

### Unit 5: Shopping for Healthy Eating

This unit concentrates on preparing to shop and reading flyers and coupons. Learners will practice comparing products to determine the best value and healthiest choices. Skills for reading tables, measurement sizes, dates and abbreviations are used.