

# POWER TO PLAY!

**Power to Play (Grades 2-3) is designed to help children explore and design balanced meals and healthy snacks by selecting foods from food groups.**

Although the format of the food guide has changed by merging Meat & Alternatives and Milk & Alternatives to become a protein foods category, the basic approach used in Power to Play is still helpful and in line with the outcome of our new food guide, which is to eat foods from each category every day.



As always, keep your talk about food positive rather than making it sound like you are laying down food rules. It's easier to help people move towards healthier eating when you open them to new experiences rather than making them feel like they face a lot of food restrictions.

To help your students gain exposure to nutritious food choices emphasized in the new food guide, consider using the tasting opportunities identified throughout the manual as 'Power Snacks'.

## Still have questions?

Contact the dietitians at [nuton@milk.mb.ca](mailto:nuton@milk.mb.ca). We are happy to help you adapt your teaching to the new food guide.

**Copies of the food guide snapshot may be downloaded or ordered from the Health Canada website.**

**Get your copy of Canada's new Food Guide today!**



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GRADES **2-3**

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