



**Power to Grow (Grade 5) helps students understand how the body uses food and offers tools for making informed food choices.**

As always, keep your talk about food positive rather than making it sound like you are laying down food rules. Another change is the fact that the new guide does not outline the number of servings needed from each category, but rather, illustrates this concept showing how the food categories fill the plate. We suggest to continue with current recommendations until further guidance is released.



The new food guide merges two of the previous food groups (Meat & Alternatives and Milk & Alternatives) into a protein foods category. You can integrate the new protein foods category into the language you use in the classroom, particularly for Lesson 1.

When the complete guidance from Health Canada is released, we will work on updating Power to Grow to meet the new guidance. Until then we encourage you to continue using Power to Explore as part of your classroom nutrition education.

**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!**



[DOWNLOAD FOOD GUIDE](#)



[ORDER HARD COPY FOOD GUIDE](#)



### Still have questions?

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

GRADE 5

**nüton**

Nutrition Education  
In Manitoba