

INFORMED

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# POWER TO BE

Grade 8 Nutrition Education Program

HAPPY

YOURSELF

**Power to Be (Grades 8) helps students explore the complex issues related to body image in a manner relevant to younger teens.**

A variety of important topics are discussed, including food intake, physical activity, weight, shape and size.

Lessons 1 and 2 have students identify food groups in which they personally need to increase servings or variety, which addresses the proportions of foods illustrated on the plate in the new food guide.



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. Another change is the fact that the new guide does not outline the number of servings needed from each category. We suggest to continue with current recommendations until further guidance is released.

When the complete guidance from Health Canada is released, we will work on updating Power to Be with slight changes to meet the new guidance. Until then we encourage you to continue using Power to Be as part of your classroom nutrition education to help students move in the direction Health Canada recommends.

### 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.

**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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# GRADE 8

Nutrition Education  
In Manitoba