



**Power to Explore (Grades 4) helps students explore and reflect on their daily eating and physical activity habits.**

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. 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.

When the complete guidance from Health Canada is released, we will work on updating Power to Explore 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!**



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### 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 4

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Nutrition Education  
In Manitoba