

FOOD EXPLORERS

Food Explorers (Grades K-1) encourages students to experience a variety of foods every day.

This is very much in line with Canada's new food guide, which says in the headline, "Eat a variety of healthy foods each day." The foods featured in Food Explorers lend themselves well to exploring the nutritious foods highlighted in the new food guide.



The food guide is also urging Canadians to cook more often, eat meals with others and enjoy your food. You have the opportunity to be a positive role model when you use Food Explorers in your classroom. For example, if you have prepared a recipe or food to experience, have children sit down together with you. Whether or not they are tasting the food, all children are part of the experience. When there is no pressure to taste, you are helping to build enjoyment around the food and eating experience.

Still have questions?

Contact the dietitians at 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 **K-1**

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Nutrition Education
In Manitoba