

# Canada's Food Guide Eat Well. Live Well.

## Toolkit for Educators

### Background

[What is new with Canada's Food Guide?](#)

[FAQ for the School Setting](#)

[Is Dairy in the New Food Guide?](#)

### Healthy Eating at School

[Canada's Food Guide Tips for Schools](#)

[Nurturing Healthy Eaters in the Classroom](#)

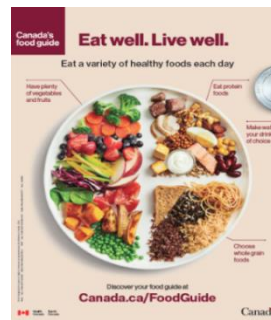
### CFG main messages about *what to eat*:

- Plenty of vegetables and fruit
- Choose whole grains
- Eat Protein foods
- Make water your drink of choice

CFG includes new messaging about *how healthy eating is more than the foods you eat*.

### Supporting resources for schools include:

- **Be mindful of your eating habits**  
[Mindful Eating lesson plan](#)  
[Mindful Eating Handout](#)
- **Cook More Often**  
[Cook it. Try it. Like it! Program Leaders Guide](#)  
[Cook it. Try it. Like it! Training Videos](#)  
[Cooking with Kids of any Age](#)  
[Kid Friendly Recipes](#)
- **Enjoy Your Food**  
[Creating Positive Food Experiences](#)
- **Eat meals with others**  
[Let's Talk - Family Meal Time Cards](#)  
[Benefits of Family Meals Handout](#)



### Other messages:

- **Use food labels**  
[Decoding the Nutrition Label](#)  
[Using The Nutrition Facts Table handout](#)
- **Choose protein foods that come from plants more often**  
[Plant Based Eating All About Pulses](#)
- **Be aware of food marketing**  
[Canada's Food Guide - how marketing can influence your food choices](#)  
[MediaSmarts Lesson Plans](#) (choose grade level and “food marketing”)

**Tip:** You can adapt lessons that refer to the old Canada Food Guide by replacing language such as “rainbow” with “plate” and “4 food groups” with “3 food groupings”. Discard lesson plans that refer to # of servings to eat and instead teach about mindful eating.

**Download or order print copies of CFG and CFG resources:**

**Download:** [Canada Food Guide snapshot, poster, healthy eating recommendations and images](#)

**Order Print Copies:** [Canada's food guide snapshot in 28 languages and poster](#)

