



Teaching Canada's food guide

The toolkit for educators was developed by Health Canada to support intermediaries, such as:

- educators
- health promoters
- community leaders

These activities can be used with children to help them:

- learn food skills
- develop healthy eating patterns
- understand Canada's food guide

Before you start

Read each section before you start the activities. The sections include background information on Canada's food guide, equity considerations, information on creating a supportive environment and food safety. Each activity includes options to help you adapt it to your group.

Sections

- | | |
|---|--|
| <input checked="" type="checkbox"/> What is Canada's food guide? | <input checked="" type="checkbox"/> Consider culture and food traditions |
| <input checked="" type="checkbox"/> Create a supportive environment | <input checked="" type="checkbox"/> Evaluate your biases |
| <input checked="" type="checkbox"/> Children's and adults' roles around food and eating | <input checked="" type="checkbox"/> Food safety considerations |

Activities



Ages 4 to 6



Ages 7 to 8



Ages 9 to 11



food-guide.canada.ca/en/toolkit-educators

Source: © All rights reserved. Canada's food guide: Toolkit for educators. Health Canada: 2025-04-22. Adapted with permission from the Minister of Health, 2025. Available at: food-guide.canada.ca/en/toolkit-educators/. This document is an independent adaptation of Canada's food guide: Toolkit for Educators developed by Simcoe Muskoka District Health Unit for non-commercial, educational use.

Simcoe Muskoka District Health Unit Resources and Tools To Explore



APPENDIX A

Infant/Toddler/Preschooler
Nutrition Resources



APPENDIX B

Infant/Toddler/Preschooler/Children
Movement, Sleep and Sit Information



APPENDIX C

Safety in Selecting and Preparing Food



APPENDIX D

Additional Information and Resources



**simcoe
muskoka**
DISTRICT HEALTH UNIT

Tel: 705-721-7520
Toll free: 1-877-721-7520
www.smdhu.org
Your Health Connection