



Health & Physical Education: Let's Talk Healthy Eating

Healthy eating is an important part to keeping our bodies in good physical condition. Try this activity to start a discussion of healthy eating options with your child(ren) so that they can get involved in maintaining a balanced diet and making healthy food choices.

Read a book about healthy eating from our **eCollection** to get the conversation going. Check out our picks below!

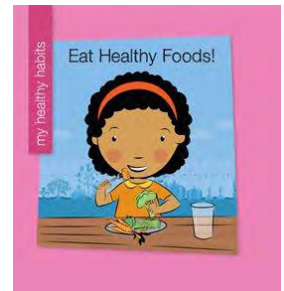
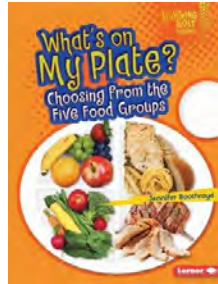
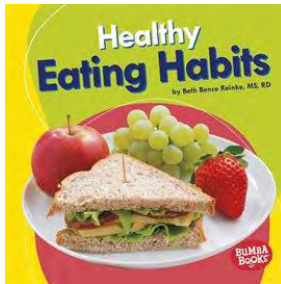
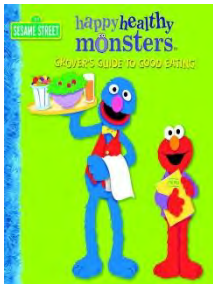
Can you **name a fruit or vegetable** for each letter of the alphabet?

On a sheet of paper, draw a circle the size of a plate. In the circle draw items to **fill the plate** that make a balanced meal.

Check out our **Cooking and Baking with Kids Reading List** and try making a healthy recipe for you and your family

Want more?

- Check out the [Flipster](#) magazines about cooking in our eCollection
- [AtoZ World Food](#) in our eResources has recipes from all over the world
- Check out [Canada's Food Guide](#)



Tips for Learning:

1. Provide children with the knowledge and skills they need to make healthiest eating choices they can
2. Show children the importance of making healthy food choices and having them assist in preparing food and snacks

This activity helps support the Health & Physical Education Ontario Curriculum, which can be found here:

<http://www.edu.gov.on.ca/eng/curriculum/elementary/2019-health-physical-education-grades-1to8.pdf>



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