

Eat Well and Be Active Educational Toolkit

Activity Plan #2 (adults): Make Each Serving and All Physical Activity Count

Purpose

This activity plan is part of a series that supports the *Eat Well and Be Active Every Day* poster. It is designed to help intermediaries educate children and adults about key healthy eating and physical activity messages and encourages individuals to take action to maintain and improve their health.

Educators are encouraged to use the activity plans with a group according to the suggested sequence, as some concepts in the series build on each other. However, educators should adapt suggested activities and sequence to meet the needs of their group.

Topic

This activity plan:

- Introduces what a Food Guide Serving is, the recommended number of Food Guide Servings from each of the four food groups per day, and how to make wise Food Guide Serving choices.
- Introduces physical activity recommendations for types, amounts, intensity and frequency of physical activity required to promote good health.

Background

[Canada's Food Guide](#) encourages people to choose a variety of foods from each of the four food groups – Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives – and to include a specific amount and type of oils and fats. Following Canada's Food Guide and choosing a variety of foods, according to personal food preferences, will help people to get all the nutrients they need.

[The Physical Activity Guidelines](#) encourage people to choose a variety of activities and to limit time spent sitting to improve both physical and mental health.

The rainbow design used in Canada's Food Guide illustrates the recommended proportion of each food group in a healthy eating pattern. *Tips to Get Active*, for adults and older adults, outline the types, amounts, intensity and frequency of recommended physical activity.

www.health.gc.ca/eatwell-beactive



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In Canada's Food Guide, the largest arcs –Vegetables and Fruit, and Grain Products – show that healthy eating includes a lot of vegetables, fruit and grains. The recommended number of servings is different for people at different stages of life and is different for males and females.

The types of foods that people eat are just as important as the amount. Canada's Food Guide also provides direction on specific foods to choose within each food group.

Refer to [Canada's Food Guide](#) for the recommended number of Food Guide Servings for males and females at each life stage.

The Physical Activity Guidelines for adults recommend that adults be active at least 150 minutes a week to achieve health benefits. Adults should focus on 150 minutes of moderate-to vigorous-intensity aerobic activity spread throughout the week, in sessions of 10 minutes or more. In addition, get stronger by doing activities that target muscles and bones at least 2 days a week.

For more information on this topic see [suggested readings](#).

Educator Tip:

These suggested readings are strongly recommended to help you prepare for this activity plan.

Learning Objectives

After completing the activities below, participants will be able to understand how to:

1. Determine the quantity of food needed for each age and sex group from each food group (including oils and fats) from Canada's Food Guide.
2. Make healthy eating choices from each of the four food groups.
3. Determine the recommended types, amounts, intensity and frequency of various physical activities based on the Tips to Get Active (adults and older adults).
4. Build up / accumulate aerobic and strengthening activities throughout the week.

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You will need

Required

- One [Eat Well and Be Active Every Day](#) poster
- [What is a Food Guide Serving of Vegetables and Fruit?](#)
- [What is a Food Guide Serving of Grain Products?](#)
- [What is a Food Guide Serving of Milk and Alternatives?](#)
- [What is a Food Guide Serving of Meat and Alternatives?](#)
- [Tips to Get Active \(adults or older adults\)](#)
- [Physical Activity Guidelines \(adults or older adults\)](#)

A copy for each participant

- Copies of [Canada's Food Guide](#) and [Tips to Get Active](#) (adults or older adults)
- [A Day in the Life of Alex](#)
- [Alex's Guide](#)
- [Alex's Food Journal](#)
- [Alex's Physical Activity Journal](#)
- [My Guide](#)
- [My Food Journal](#)
- [My Physical Activity Journal](#)
- [Smart Choices Checklist](#)

Optional

- [Eat Well and Be Active images](#)

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Activities

- **Food Guide Servings and Physical Activity Recommendations:** Give a copy of Canada's Food Guide and Tips to Get Active (adults or older adults) to each participant. Introduce them by reviewing the names of the food groups and the types of physical activity (aerobic, muscle-strengthening, bone-strengthening).

Using Canada's Food Guide, discuss the recommended number of Food Guide Servings (including oils and fats) for adults. Talk about what a Food Guide Serving is for various foods within each food group.

Educator Tip:

To help visualize Food Guide Servings, use measuring cups to measure out everyday items like buttons, string or elastic bands.

Discuss the recommended types, amounts, intensity and frequency of various physical activities based on the Tips to Get Active. Ask for suggestions on how to accumulate physical activity in periods throughout the day.



KEY MESSAGE: Learning about the recommended number of Food Guide Servings and what a Food Guide Serving is will help you meet your nutrient needs. Understanding the Physical Activity Guidelines recommendations will help you get the activity you need to stay healthy.

- **A Day in the Life of Alex:** Review the story, [A Day in the Life of Alex](#), with participants. Refer to the images on the poster throughout.

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Ask participants to write down their food and physical activity choices from yesterday in [My Food Journal](#) and [My Physical Activity Journal](#). You may wish to review [Alex's Food Journal](#) and [Alex's Physical Activity Journal](#) as an example. Please note that [My Food Journal](#) and [My Physical Activity Journal](#) does not have a section to add foods that do not fall into one of the four food groups. This is to promote choosing foods based on Canada's Food Guide recommendations. To address foods that do not fall into one of the four food groups, encourage participants to limit foods and beverages high in calories, fat, sugar or salt (sodium).

Educator Tip:

Instead of each participant writing down their food and physical activity choices, you may want to ask participants to brainstorm together what a sample day might look like. Write down the group's food and physical activity choices in [My Food Journal](#) and [My Physical Activity Journal](#), then tally the Food Guide Servings and total Physical Activity and compare them to the recommendations.

Ask participants to tally their total Food Guide Servings and Physical Activity for yesterday.



KEY MESSAGE: Incorporate healthy eating and physical activity into daily living. Keeping a journal can be a good way to keep you motivated!

• **Make Each Serving and Activity Count:**

- a. Using [My Guide](#) have the participants fill in the Recommended Daily Food Guide Servings table and the Recommended Physical Activity table based on their age and sex. Refer to [Alex's Guide](#) as an example.



KEY MESSAGE: One of the best ways to learn Canada's Food Guide and the Physical Activity Guidelines is to practice using them.

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- b. Ask participants to compare the number of recommended Food Guide Servings and Physical Activity to their totals. As a group, discuss any differences between the recommendations and their totals.



KEY MESSAGE: Make healthy living choices every day. Use Canada's Food Guide and Tips to Get Active to help you make these choices.

- **Smart Choices Checklist:** Ask participants to refer to their completed My Journal and complete the [Smart Choices Checklist](#). Discuss ways to improve the quality and/or quantity of healthy eating and physical activity choices in their own healthy living journal.

Suggested Readings

Healthy Eating

- [Eating Well with Canada's Food Guide](#)
- [Eating Well with Canada's Food Guide - A Resource for Educators and Communicators](#) (Section 2 page 6 and Section 3)
- [Eating Well with Canada's Food Guide - First Nations, Inuit and Métis](#)
- [It's Your Health: Healthy Eating](#) article

Physical Activity

- [Tips to Get Active \(adults and older adults\)](#)
- [Physical Activity Guidelines for Adults \(ages 18-64 years\)](#)
- [Physical Activity Guidelines for Older Adults \(ages 65 and older\)](#)



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A Day in the Life of Alex



6:00 a.m.

Today's breakfast is eggs on toast and a small glass of fruit juice.

6:30 a.m.

30 minutes of yoga and weights at home.
I do this on Wednesdays and Sundays.

7:00 a.m.

Get ready for work.



8:30 a.m.

I get off the bus a few stops early and walk 10 minutes to get to work.
I've been doing this three times a week for a few months.



I work on the 2nd floor and take the stairs instead of the elevator.



12:00 p.m.

Before eating lunch, I go for a 10 minute power walk with co-workers.
We do this every week.
Lunch today is chicken brochette, vegetables, brown rice and milk.

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A Day in the Life of Alex

4:30 p.m.

Walk 10 minutes to the bus stop. If I am hungry, I have a small snack. Today, I am going to have an apple and whole grain bread sticks.



5:30 p.m.

Dinner tonight is salmon, baked potato, steamed broccoli and carrots, and milk to drink.



6:30 p.m.

Take the dog for a brisk 15 minute walk with my family. We do this after supper every week night.



8:00 p.m.

Tonight I play hockey at 8:00 p.m. I play every Wednesday and Saturday. Our game lasts about an hour, but I only skate for half of it.



When hockey season is over, I ride my stationary bike while watching my favourite T.V show, or go to the gym for a work-out, at least two nights a week.

9:00 p.m.

If I am hungry, I will have a small snack. Tonight I am going to have strawberries and muesli.

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Alex's Food Journal

Food Journal Name : <i>Alex</i>	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Added Oils and Fats
Breakfast					
2 pieces whole wheat toast		2			
2 eggs				1	
125 mL (½ cup) fruit juice	1				
Snack					
Lunch					
75 g (2½ oz) chicken brochette				1	
250 mL (1 cup) vegetables with 15 mL (1 Tbsp) margarine	2				✓
250 mL (1 cup) brown rice		2			
250 mL (1 cup) 1% milk			1		
Snack					
1 apple	1				
30 g (2) whole grain bread sticks		1			
Dinner					
75 g (2 ½ oz) salmon with 15 mL (1 Tbsp) olive oil and lemon glaze				1	✓
125 mL (½ cup) potato	1				
250 mL (1 cup) steamed broccoli and carrots	2				
1 whole wheat bun		2			
250 mL (1 cup) of 1% milk			1		
Snack					
125 mL (½ cup) strawberries	1				
30 g (¼ cup) muesli		1			
Total Food Guide Servings	8	8	2	3	✓ ✓

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Alex's Physical Activity Journal

Physical Activity Journal Name : <i>Alex</i>	Aerobic			Strengthening (minutes)
	Minutes	Moderate	Vigorous	
Monday				
Walk to work and take stairs	10	✓		
Walk to bus	10	✓		
Walk dog	15	✓		
Tuesday				
Run after breakfast	20		✓	
Walk dog	15	✓		
Wednesday				
Yoga and weights				30
Walk to work and take stairs	10	✓		
Power walk	10	✓		
Walk to bus	10	✓		
Walk dog	15	✓		
Hockey	30		✓	
Thursday				
Walk to work and take stairs	10	✓		
Walk to bus	10	✓		
Walk dog	15	✓		
Friday				
Run after breakfast	20		✓	
Walk dog	15	✓		
Saturday				
Hockey	30		✓	
Sunday				
Yoga and weights				30
Total	245			60

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Alex's Guide

Alex completed the following tables based on his age and sex.

Name :	Alex	<input checked="" type="radio"/> Male <input type="radio"/> Female	Age :	45
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Recommended Daily Food Guide Servings			
*Pregnant and breastfeeding women should include an extra 2 to 3 Food Guide Servings each day.			
Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
8-10	8	2	3
Alex's Daily Totals			
Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
8	8	2	3

Recommended Physical Activity		
Moderate to Vigorous Aerobic Activity	Minutes per Week	at least 150
	Minimum session / bout length (minutes)	10
Strengthening Activity	Frequency per Week	At least 2 days

Alex's total weekly aerobic activity (minutes) : 245

Alex's total strengthening activity (days per week) : 2

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My Food Journal

Food Journal Name :	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Added Oils and Fats
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
Total Food Guide Servings					

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My Physical Activity Journal

Physical Activity Journal Name :	Aerobic			Strengthening (minutes)
	Minutes	Moderate	Vigorous	
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total				

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My Guide

Find your age and sex on Canada's Food Guide. Fill out the recommended number of Food Guide Servings from each food group in the table below.

Name :		Male / Female	Age :	
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Recommended Daily Food Guide Servings			
*Pregnant and breastfeeding women should include an extra 2 to 3 Food Guide Servings each day.			
Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
My Daily Totals			
Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives

Refer to the Physical Activity Guideline that best suits your age. Fill out the recommendations in the table below.

Recommended Physical Activity		
Moderate to Vigorous Aerobic Activity	Minutes per Week	
	Minimum session / bout length (minutes)	
Strengthening Activity	Frequency per Week	

My total weekly aerobic activity (minutes) : _____

My total strengthening activity (days per week) : _____

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Smart Choices Checklist

Name	
Healthy Eating	
<input type="checkbox"/>	I eat the recommended amount and type of food each day.
<input type="checkbox"/>	I eat at least one dark green and one orange vegetable each day.
<input type="checkbox"/>	I choose vegetables and fruit, grain products, and lean meat and alternatives prepared with little or no added fat, sugar or salt.
<input type="checkbox"/>	I have vegetables and fruit more often than juice.
<input type="checkbox"/>	At least half of my grain product choices are whole grain each day.
<input type="checkbox"/>	I drink skim, 1% or 2% milk each day.
<input type="checkbox"/>	I choose lower fat milk alternatives.
<input type="checkbox"/>	I have meat alternatives such as beans, lentils and tofu often.
<input type="checkbox"/>	I eat at least two Food Guide Servings of fish each week.
<input type="checkbox"/>	I include a small amount of unsaturated fat (oils used in cooking, salad dressing, margarine and mayonnaise) each day.
<input type="checkbox"/>	I satisfy my thirst with water.
<input type="checkbox"/>	I limit foods and beverages that are high in calories, fat, sugar or salt.
Physical Activity	
<input type="checkbox"/>	I am active every day.
<input type="checkbox"/>	I build up my physical activity throughout the day in periods of at least ten minutes.
<input type="checkbox"/>	I include a variety of aerobic and strengthening physical activity. <input checked="" type="checkbox"/> Aerobic activities – activities that make me breathe deeper, and my heart beat faster. <input checked="" type="checkbox"/> Strength – activities against resistance that build my muscles and bones.
<input type="checkbox"/>	I am active with my friends and family.
<input type="checkbox"/>	I am active at home.
<input type="checkbox"/>	I am active at work.
<input type="checkbox"/>	I am active in the community.
<input type="checkbox"/>	I am active on the way (to and from work, visiting with friends).
<input type="checkbox"/>	I include moderate and vigorous physical activity in my day.
<input type="checkbox"/>	I achieve the recommended amount of physical activity to improve my health and quality of life.
<input type="checkbox"/>	I reduce sedentary (sitting) activity, like watching TV, for long periods.
<input type="checkbox"/>	I find out about nearby walking and cycling paths and use them.
<input type="checkbox"/>	I play actively with my children.