

Sugarloaf Senior High School
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Nutrition for Healthy Living 120 as Home Learning

Stay safe everyone, miss you, and I cannot wait to see you all again!! 😊

Week 1

Looking at Food Related Ads!

Collect or view three **food related** ads. They may be food products, dietary supplements/products, etc. **Examine the advertisements closely.** You may refer to the Canada Food Guide for some food ideas. The guide is below.

Here are some ideas as to where you might find food related ads.

- While watching movies/videos on TV, or on your computer.
- YouTube
- Magazines
- Flyers
- Internet

Remember to examine the advertisements closely. For each ad:

1. What **food or food product** is featured in the ad?
2. Where did you find the ad (magazine, newspaper, flyer, internet, etc.)?
3. Who is the intended audience (children, teens, women, adults, seniors, etc.)?
4. Would the packaging or description of this food have any influence on the consumer (is it in a pretty box or wrapped in colorful paper, etc.)?
5. Does the ad make you believe the product will do something for you? Will it help you gain weight/lose weight, etc.?
6. What does the ad not tell you?
7. After seeing this ad, do you want to try the food? Why or why not?
8. Do you believe that the food in the ad has any nutritional value?

****As a challenge ask your parents, guardians, siblings, or friends to tell you what the food groups are within the Canada's Food Guide.****

Canada's food guide **Eat well. Live well.**

Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

Healthy eating is more than the foods you eat

Be mindful of your eating habits

Cook more often

Enjoy your food

Eat meals with others

Use food labels

Check for allergens

Be smart about shopping

Discover your food guide at Canada.ca/FoodGuide

Health Canada Santé Canada

Canada

Canada's food guide

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Eat protein foods

Make water your drink of choice

Choose whole grain foods



Healthy eating is more than the foods you eat



Be mindful of your eating habits



Cook more often



Enjoy your food



Eat meals with others



Use food labels



Limit foods high in sodium, sugars, or saturated fat



Be aware of food marketing