

## Nutrition discussion questions

### General Questions

Include a few of the following general questions in each of your sessions.

Questions	Answers
Did you enjoy making the recipe? Would you change anything in the recipe if you were making it at home?	A variety of answers are possible. Participants should be encouraged to use different vegetables or fruits; use more or less spices, etc. If participants say they did not like a particular vegetable or fruit, remind them that new foods might need to be tried several times before we decide we like them.
Have you ever had anything like this before? If yes, tell us more about it.	A variety of answers are possible. Provide encouragement to participants for trying new food.
What is one thing you have learned from today's lesson?	Examples may include: how to use a specific piece of equipment, a new cooking technique, a new way to prepare a particular food, etc.
What would be a healthy beverage to include with what you made today?	Canada's Food Guide recommends choosing water for thirst. Choose municipal tap water whenever possible. It is not necessary to count your servings of water, but drink water whenever you are thirsty. Canada's Food Guide also recommends plain milk (2% or less) or unsweetened fortified soy beverages. These drinks contain important nutrients and have no added sugar. Sweetened soy beverage, 100% real fruit juice, and chocolate milk should be chosen less often.

Questions	Answers
Thinking of your favourite recipe that you made today, do you think a restaurant would cook it the way you did? Why do you think cooking at home/making recipes from scratch is can be a healthier option than eating in restaurants?	A variety of answers are possible. Depending the restaurant the recipe would likely have more fat, salt or sugar in it. Cooking from scratch allows you to control the types of ingredients you use for the recipe. For example instead of regular cheese, a lower fat option could be used. Instead of salt, spices can be added for flavor.
How can food be cooked in a healthy way?	Baking, broiling, poaching, and roasting are healthier ways to cook food. Pan frying with a non-stick pan can also be a healthy way to prepare food if you use cooking spray or a small amount of oil or non-hydrogenated margarine in the pan. Deep frying is an example of a high fat cooking method and is not a healthy way to prepare food.
Why is it important to wash your hands?	Germs are everywhere. We have germs on our hands that we cannot see with our eyes. We follow proper handwashing techniques to remove the germs from our hands so that we and others don't get sick from the food we prepared.
Why is it important to wash vegetables and fruit before cooking and eating?	Vegetables and fruits have germs on the surface, especially the vegetables and fruit that are grown in ground and touches the soil. We need to use running water and friction (e.g. scrubbing) to remove the dirt and germs.
What is the proper way to hold a knife?	It is important to hold the knife safely. The "club grip" involves gripping the blade with your thumb and forefinger gives you the best control. When cutting, use the opposite hand to hold the food making sure the finger tips are tucked under. Press the side of the blade to the knuckles to guide the food along for cutting.

## Vegetables and fruit

Include the following questions in every cooking session you run.

Question	Answer
How many servings of Vegetables and Fruit does Canada's Food Guide say we need each day?	Answer: It depends on your age: 4 to 8 yr. old = 5 servings 9 to 13 yr. old = 6 servings 14 to 18 yr. old females = 7 servings 14 to 18 yr. old males = 8 servings
What is an example of one Food Guide Servings of Vegetables and Fruit?	1 medium whole vegetable or fruit 125 mL (½ cup) 100% vegetable or fruit juice 250 mL (1 cup) salad greens 125 mL (½ cup) fresh, frozen, canned vegetables or fruit 50 mL (¼ cup) dried fruit
How many Food Guide Servings of Vegetables and Fruit do you think you have had so far today?	Answers will vary. Be sure not to make judgments about the number of servings participants report having and do not compare participants based on their number. There are many reasons why someone might not have one or more servings of Vegetables and Fruit. Simply encourage the group to look for ways to increase their servings.
What is the difference between 100% pure fruit juice, fruit drinks, fruit cocktails or fruit punch?	100% real fruit juice has vitamin C, folic acid and other important nutrients. Other fruit-flavoured drinks cannot claim to be 100% juice as they are mostly sugar and water. Canada's Food Guide recommends choosing whole fruits more often than juice. Whole fruits are more satisfying to eat, have more fibre and are less harmful to teeth than juice.

Question	Answer
Does it matter if a vegetable or fruit comes fresh, frozen or in a can? Is one healthier than another?	Fresh, frozen and canned vegetables and fruit are all healthy choices. Frozen and canned products can be used when the vegetable or fruit is not in season. Choose frozen and canned vegetables and fruit that have no added fat, salt or sugar.
According to Canada's Food Guide, which vegetables should I have each day?	At least one serving of dark green and orange vegetables. Broccoli, spinach, carrot and sweet potatoes are good examples. These deeply coloured vegetables have higher amounts of important vitamins and minerals than 'pale' coloured vegetables and fruit.

## Bring on breakfast

Include the following questions in your Bring on breakfast session.

Questions	Answers
Why is breakfast important?	Breakfast gives you energy to start your day. It helps you focus and learn better in school and makes it easier to meet your daily food group
How many food groups should make up a healthy breakfast?	Include at least three out of four food groups.
What are some breakfasts that can be eaten on the go?	Even if you are in a hurry it is important to start your day with a healthy breakfast which includes at least three of the four food groups from Canada's Food Guide. Examples of healthy breakfasts to eat on the go include: a whole grain tortilla spread with peanut butter around a banana; half a cheese sandwich made on whole grain bread and a plum; a smoothie in a travel mug made with low fat vanilla yogurt, skim, 1% or 2% milk and berries with a small homemade banana muffin or a scrambled egg wrapped in a

## Let's do lunch

Include the following questions in your Let's do lunch session.

Questions	Answers
What do you usually bring to school for lunch?	A variety of answers could be provided.
What do you think is a healthy school lunch to pack?	A healthy school lunch is prepared from whole foods at home. It should include at least three of the four food groups from Canada's Food Guide as well as a clean refillable water bottle. Leftovers from dinner the night before can be a great place to start. For example, make a sandwich with leftover meat (e.g. chicken, beef, etc.), tomato slices and whole grain bread, fill a reusable container with low fat vanilla yogurt topped with frozen blueberries, add a few cantaloupe slices, and a small homemade muffin. Products that are advertised for school lunches such as pre-packaged lunch kits, fruit flavoured candy, prepackaged cheese and crackers, chips, fruit drinks
What can you do make healthier choices?	A variety of answers are possible. For example, prepare more food from scratch. Rely less on processed or convenience foods. Eat less fast food. Read labels and look for food that is low in fat, sugar and salt. Include a variety of food from Canada's



## Sensational snacks

Include the following questions in your Sensational snacks session.

Question	Answer
What do you think of when you hear the word snack?	The real definition of a snack is any food that is eaten outside of a meal, however, many people think of packaged snack foods such as potato chips, granola bars and cookies as "snacks." Snacks should include at least two of the four food groups.
What is an example of a healthy snack?	There are many healthy snacks available and most do not come pre-packaged. Some examples of healthy snacks include: any fruit, lower fat yogurt, lower fat cheese, whole grain crackers or pitas, trail mix with dried fruit and whole grain cereal, sliced veggies and

## Delicious dinners

Include the following questions in your Delicious dinners session.

Question	Answer
What do you think is healthy dinner to eat?	A healthy dinner should include all four food groups from Canada's Food Guide. Food should be prepared using little fat, sugar and salt. Examples could include grilled skinless chicken, whole grain rice or pasta with tomato sauce and a brightly coloured steamed vegetable.
What is an example of a meal that contains food from all of the four food groups?	Examples include: whole grain rice with stir-fried vegetables, tofu and a glass of milk; quesadillas made with a whole grain tortilla, refried beans, lower fat cheese and peppers; whole grain pasta with vegetables, shrimp and parmesan cheese.

Question	Answer
What do you think of when you hear the word "dessert"?	Dessert is generally a sweet-tasting food served at the end of a meal. Some people have dessert daily after their main meal, while others might have it only on weekends or special occasions. Desserts can be high in sugar and fat. If dessert is eaten daily, it is best to include healthy options. Look for recipes that use less fat and sugar or simply reduce the amounts the recipe calls for. Healthier desserts include: yogurt with fresh fruit, fruit salad and frozen fruit smoothies.