



# Healthy Eating

## Using the Picture Dictionary

**ELSA Level:** Level 1  
**Activity:** Using a Picture Dictionary  
**Time:** 20 minutes  
**Materials:** Canada's Food Guide  
Picture Dictionary

### Learning Outcomes:

Learners will be able to:

- Name different methods of food preparation
- Identify healthier methods of preparing food

### Suggested Approach:

- Students use a picture dictionary to check the meaning of recommended methods of cooking food from the Food Guide.

(Vocabulary found in the Food Guide: steam; bake; stir fry; roast; poach)