



Healthy Eating

Poster Presentation

ELSA Level: Literacy and Level 1
Activity: Creating a Food Guide Poster
Time: 1 hour
Materials: Local grocery store flyers; realia like empty boxes, labels from cans etc. (Learners can also include their own illustrations)
Flipchart paper or bristol board
Assortment of coloured pencils, markers etc.
A copy of Canada's Food Guide (picture) as a template to follow
Glue/tape

Learning Outcomes:

Learners will be able to:

- Demonstrate their knowledge of the food groups in Canada's Food Guide.

Suggested Approach:

- Learners create their own poster versions of the Food Guide using pictures from flyers, labels from different food products, or their own illustrations. Learners should be encouraged to include food they typically eat at home.
- Learners present/display their poster to the class/in the classroom. Tell classmates what they included on their poster and why. (they liked that food, easy to prepare, healthy, etc).