



## Information Fair Healthy Living

### Purpose:

The purpose of this activity is to display eating choices and also to demonstrate the effects of physical activity.

### Materials:

- Food items: bananas and donuts
- Copies of Canada's food guide, copies of the physical activity guideline
- Labels of how much servings of each food group is required daily (see food guide) <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/quantit-eng.php>
- Labels of how much calories are in each food being presented
- Stop watch/timer

### Directions:

Everyone starts off by doing jogging on the spot as a physical exercise for 1minute. After the exercise is complete facilitators share that the average Canadian youth should accumulate at least 60minutes of moderate physical activity a day. Everyone moves back to their tables where food items will be in place. The facilitator will then ask questions based on facts (see below). The youth will have to push the food item forward to show their answer (Banana represents false and Donut represents true. The youth who answers correctly has the choice of eating that particular food item.

**Sticky Facts:** True or False A medium Banana contains approximately 100 calories and a small banana contains approximately 80 calories. True

True or False – A Banana contains no cholesterol and almost no fat or sodium. (True)

True or False – A Banana helps produce serotonin, the natural chemical that alleviates mental depression. (False)

Source: <http://www.umm.edu/ency/> <http://www.hc-sc.gc.ca/fn-an/nutrition/index-eng.php>

**Debrief Questions:** Go around the room and ask everyone individually what their favourite food is and if they know the amount of calories in each item. If they don't know: ask them if they will want to figure it out. Ensure that there is no judgment when you present your questions.