**Appendix I**

**Website Investigation 2013 Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Current Trends in the Food Industry Class\_\_\_\_\_\_\_\_\_\_**

The Purpose of this class is to explore current trends in the food industry that may affect consumer food choices. The goal is for you to assess the websites, complete the worksheet and demonstrate your ability to make informed decisions about your health.

**Food and Nutrition Canada’s Food Guide Teacher Initial\_\_\_\_\_ /5**

**Go to** [**www.hc-sc.gc.ca**](http://www.hc-sc.gc.ca) **–** look to the right and find a food guide coloured icon. Take the food guide tour and then design a personal food guide with foods that you like and eat from the chart—remember green veggies and brown whole grains are better! Print and/or save a copy of your guide to use in class and show your teacher for marks.

**Dieticians of Canada**

|  |
| --- |
| Go to [www.dieticians.ca](http://www.dieticians.ca) →Click on “your health” top browser Next click on →“Assess yourself.”   1. Click on the Eat tracker website – This site lets you search for food recipes, exercise tips and it can also help you keep track of your food and compare your habits to the food guide. 2. Click on Food Search in the Top Browser. Type in blueberry muffins.   Compare the results for commercial vs homemade muffins in the chart provided.  Which muffin is healthier? Explain why in the space below.  c) Next go back to “Eat tracker” and Click on “Recipe Analyzer” in the top browser. This link lets you plug in any recipe and get it analyzed for nutrients and calories. Type in the data for the following recipe for Chocolate Rice Crispy Squares:  6 cups of rice crispy cereal  4 Chocolate bars (mars bars yummy)  1 cup butter  Consider that this recipe makes 12 squares, how many calories are in one serving of this dessert? \_\_\_\_\_\_\_\_\_\_\_ |

**Healthy Food Production and Processing**

Watch the following video on Safe Food Handling.

<http://www.befoodsafe.ca/en-home.asp>

1.

2.

3.

**Food Safety** Examine the following Brochure (to follow the link, hit control button and enter) <http://www.fightbac.org/storage/documents/flyers/fightbac_color_brochure.pdf>

How should you store food to avoid cross contamination? (3 points)

**Safe Cooking Guidelines**

Complete the following Chart for Cooking the following meats

|  |  |
| --- | --- |
| Meat | Internal Cooking Temperature |
| Beef |  |
| Poultry |  |
| leftovers |  |

**Organic Versus Inorganic**

Go to <http://www.inspection.gc.ca/english/fssa/labeti/guide/ch4ae.shtml#a4_8>

Read the following regulations

4.8/4.81 & 4.82

1. Hand draw a picture of the “certified organic” logo used in Canada found at 4.82

2. For a product to be “certified organic,” what does this mean for the consumer?

3. If a multi- ingredient product contains less then 70% organic content, are they allowed to use the organic logo?\_\_\_\_\_\_\_\_. Are they allowed to list the ingredients as organic in the ingredient list? \_\_\_\_\_\_\_\_\_\_

4. Read the following article about Organic Foods. <http://www.eatrightontario.ca/en/Articles/Farming-Food-production/Organic-Foods-and-Growing-Methods-FAQ>

Explain whether or not you may buy more organic foods when grocery shopping based on what you read in this article?

**Vegetarianism Facts for Teens**

Go to <https://www.healthunit.com/healthy-eating-vegetarian-eating-youth>

Define the following terms

Lacto-ovo-vegetarian- is an eating pattern based on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

• Lacto-vegetarians is an eating pattern based on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

• Vegan or total vegetarian is an eating pattern based on grains, vegetables and

fruit, legumes, seeds, nuts but excludes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Overall, If you are thinking about becoming vegetarian you need to make sure you get enough of the following nutrients: calcium, vitamin D, vitamin B12, and zinc.

List three ways that a vegetarian can satisfy protein needs in his/her diet? For more information go to <http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Sports-Nutrition/Eating-Well-for-Vegetarian-Athletes.aspx>

1.

2.

3.

**Media Influences on Making Healthy Food Choices**

Make a list of popular food companies with trendy ads in the chart below. Consult the following webpage and complete the chart below. <http://mediasmarts.ca/sites/default/files/pdfs/lesson-plan/Lesson_Advertising_All_Around_Us.pdf>

|  |  |  |
| --- | --- | --- |
| Product | What advertising strategy is being used? Who does the ad target? | Do you find this campaign effective? Why? |
| Ex Activia Yogurt |  |  |
| Milk Got It? |  |  |
| McDonalds |  |  |
| Gatorade |  |  |
|  |  |  |
|  |  |  |

Bonus Homework. Check out popular product commercials on utube. Decide whether or not these ads had the “Cool Factor”. Which ones were your favourite?

<http://www.youtube.com/watch?v=VJwFUNHtCJQ>

<http://www.bing.com/videos/search?q=Oreo+Super+Bowl+Commercial+2013&view=detail&mid=83FF10C36333C9A466C783FF10C36333C9A466C7&first=0&FORM=NVPFVR>

<http://www.bing.com/videos/search?q=commercials+m%26M+santa+commercial&docid=5040754988549359&mid=99745B20BB3C1AA40BB799745B20BB3C1AA40BB7&view=detail&FORM=VIRE3>