

# Top Chef



Your group's task is to create a healthy children's menu for children between the ages of 9-13 years old. Your group will be responsible for meeting the daily requirements in each food group for that specific age group when selecting your group's menu items.

Your group must include:

1 Breakfast Meal

1 Lunch Meal

1 Dinner Meal

1 Desert/Snack

\*\*\*Note\*\*\*Deserts and snacks can still be healthy! Chips and ice cream would not be considered a healthy choice.

Your group must follow the Canadian Food Guide recommendations to ensure that throughout your daily meals, you have selected items that will meet those daily requirements.

\*\*\*Note\*\*\*You do not need to meet the daily requirements within each meal. You must however, create a menu that shows balance over the course of the three meals and snack. (For ex. 6 servings of fruits and veggies = 2 servings for breakfast, 2 servings for lunch, 2 servings for dinner).

Keep in mind, the recommendations on the Canadian Food Guide are the **MINIMUMUM REQUIREMENTS**. You may exceed the daily requirements as long as the menu remains healthy portion sizes.

FOOD CATEGORIES	NUTRITIONAL REQUIREMENTS 9-13
Vegetables and Fruit	6 Servings
Grain Products	6 Servings
Milk and Alternatives	3-4 Servings
Meat and Alternatives	1-2 Servings

**What is One Food Guide Serving?**  
Look at the examples below.

 <p>Fresh, frozen or canned vegetables 125 mL (½ cup)</p>		 <p>Leafy vegetables Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)</p>		 <p>Fresh, frozen or canned fruits 1 fruit or 125 mL (½ cup)</p>		 <p>100% Juice 125 mL (½ cup)</p>					
 <p>Bread 1 slice (35 g)</p>		 <p>Bagel ½ bagel (45 g)</p>		 <p>Flat breads ½ pita or ½ tortilla (35 g)</p>		 <p>Cooked rice, bulgur or quinoa 125 mL (½ cup)</p>		 <p>Cereal Cold: 30 g Hot: 175 mL (¾ cup)</p>		 <p>Cooked pasta or couscous 125 mL (½ cup)</p>	
 <p>Milk or powdered milk (reconstituted) 250 mL (1 cup)</p>		 <p>Canned milk (evaporated) 125 mL (½ cup)</p>		 <p>Fortified soy beverage 250 mL (1 cup)</p>		 <p>Yogurt 175 g (¾ cup)</p>		 <p>Kefir 175 g (¾ cup)</p>		 <p>Cheese 50 g (1½ oz.)</p>	
 <p>Cooked fish, shellfish, poultry, lean meat 75 g (2 ½ oz.)/125 mL (½ cup)</p>		 <p>Cooked legumes 175 mL (¾ cup)</p>		 <p>Tofu 50 g or 175 mL (¾ cup)</p>		 <p>Eggs 2 eggs</p>		 <p>Peanut or nut butters 30 mL (2 Tbsp)</p>		 <p>Shelled nuts and seeds 60 mL (¼ cup)</p>	



**Oils and Fats**

- Include a small amount - 30 to 45 mL (2 to 3 Tbsp) - of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

