



What's for Dinner?

QLWG
Essential Life Skills
Unit 5

QLWG Skills for Life

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QLWG Skills for Life Series

THEMATIC UNITS

Competency-based learning meets the needs of all learners. It is important to keep in mind, however, that all learners are different. In order to address the needs and interests of all learners, units have been divided by *Essential Life Skills* and *Individual Life Skills*.

Essential Life Skills are important for everyone, while *Individual Life Skills* address the needs and interests of different learners. Once learners have completed the “Essential” units, they may choose a unit that is applicable to their interests and lifestyle.

Essential Life Skills Units	Individual Life Skills Units
1. Orientation Unit	18. My Hobbies and Leisure Time
2. Around the Home	19. Employment Skills
3. My Community	20. On the Job
4. Being a Canadian Citizen	21. My Family
5. What’s for Dinner?	22. Entertainment (music and film)
6. Managing My Money	23. Fitness and the Great Outdoors
7. Smart Shopping	24. Getting Around (travel and transportation)
8. My Health	25. Career Exploration
9. All About Me	26. Getting My Driver’s Licence
10. Communication Skills	27. Learning in Quebec
11. Living in Quebec	28. Living Green
12. Strategies for Reading	29. Handling Legal Concerns
13. Strategies for Writing	30. The Retirement Years
14. Strategies for Grammar	
15. Strategies for Numbers 1: Understanding Numbers	
16. Strategies for Numbers 2: Adding & Subtracting	
17. Strategies for Numbers 3: Multiplying, Dividing & Fractions	

QLWG *Skills for Life Series*

What's for Dinner?

Unit # 5

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WELCOME LEARNER!

This workbook is meant to help you develop important life skills. As you work on different activities, try to see the purpose in what you are doing, stay motivated and enjoy!

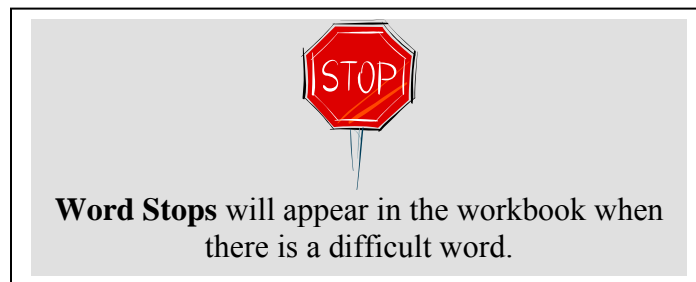
Things to Look for:

Checkpoints

You will finish every unit of study with a Checkpoint (in blue). Once you have completed the Checkpoint questionnaire, you will send this document to your distance education tutor. Make sure you fill in the **date, your name, your phone number** and the **distance education tutor's name** on the cover of this document.

Word Stops

Word Stops will explain more difficult words. Look for words in bold print (example: **bold**). A **Word Stop** will follow to tell you what that word means.



If you do not understand, follow these steps:

1. Look at titles and pictures. Do they tell you anything?
2. Try to find the general meaning.
3. Look for Word Stops.
4. Use a dictionary.
5. If you still do not understand, contact your distance education tutor.

Before you contact your distance education tutor:

1. Prepare your questions. What do you want to ask?
2. Give the page number and section title to your tutor so they know where you are.



“Act the part; walk and talk exactly as if you were already the person you want to be.”

~Brian Tracy

What's for Dinner?

"Food is our common ground, a universal experience."

~James Beard



Introduction:

Food is an important part of life. You have probably heard someone say, "You are what you eat". Lately, doctors and **nutritionists** have been agreeing with this statement. A person's diet has a direct impact on how they feel. In this unit, you will think about the food you eat.

In this unit, you will:

- Learn about *Canada's Food Guide*.
- Think about healthy food choices.
- Examine a nutrition label.
- Make a grocery list.
- Practice finding specials in a grocery store flyer.
- Read and order from a menu.
- Practice finding the cost of a meal.



WORD STOP

1. **nutritionist** (nyoo-trish-un-ist): an expert on food.

Getting Started

ACTIVITY:

Make a list of ten different items you have in your cupboard or fridge and then decide whether they are good for you.

STEP 1:

Examine the food in your cupboards and fridge. Find the foods that you eat regularly. Put the names of at least ten of these items on your list (below).

STEP 2:

Consider whether this food is good for you. Check the column to the right that fits with your idea of the food.

PURPOSE:

It is important to think about what we put in our bodies. This list will help you to see what you eat regularly and determine whether your idea of “healthy” food is correct.

Food (from your cupboard or fridge)	Good for me	Somewhat good for me	Not good for me
<i>Apple</i>	✓		
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

ACTIVITY:

Read the article “You Can Learn a Lot from Your Car” (on the next page).

STEP 1:

Prepare yourself for reading. Look at the title and pictures to get an idea of what you will be reading.

STEP 2:

Read the article. Stay focused. Underline key words as you go.

Reading Tip

Stay focused!

It is hard to finish reading if you do not **concentrate**. If you think about other things, you will probably not get the message. If your mind wanders, stop for a minute and then begin again. Once you have finished reading, treat yourself to something you enjoy.



WORD STOP

1. **concentrate** (kon-sun-trate): to think and stay focused.

Foody Times

You Can Learn a Lot from Your Car

by Victoria Wolfe

Clarissa Lafleur loves her car. Although she bought the car in 1997, it's still as reliable as the day she drove it off the dealer's lot. Clarissa did all she could to take care of her investment, knowing that if she treated it well, it would treat her well back. Clarissa brings her car in for regular maintenance and uses only premium grade gas to keep her vehicle operating at its peak. Clarissa uses the car to commute to her job, which she also loves.



Lately though, things at work have been hard. Clarissa is under a lot of stress and has many deadlines to meet. She doesn't seem to have the time to prepare lunches for herself anymore and has been regularly eating soda pop and chips from her company's vending machine. She comes home late every night, skipping her evening jog with the dogs and drives to her local fast-food joint instead. Clarissa is feeling awful. As each day goes by, Clarissa feels herself getting physically worse and worse, but she ignores it. She keeps thinking things will get better soon. If Clarissa doesn't make some changes soon, before she knows it, she will be

heading for a breakdown!

What Clarissa doesn't realize is that, just like her car, her body requires maintenance and the proper fuel to work its best. Whereas a car requires fuel and oil, people require a balanced mix of the proper foods and exercise to look and feel their best.

People may eat plenty of food - too much in fact - but they don't always choose the right foods to give them the nutrients to keep healthy. Just as important as what you eat, is your level of physical activity. Just like a neglected car that sits in the driveway rusting, people can get broken down from not enough exercise. For the greatest overall health benefits, experts recommend that people should get 20 to 30 minutes of aerobic activity three or more times a week and some type of muscle strengthening two times a week. If you are unable to do this level of activity, you can still gain considerable health benefits by doing 30 minutes a day of moderate physical activity, five days week.

Eating right and being physically active are not just a diet or a program; rather they are ways to a healthier lifestyle. The best way to give your body what it needs is to eat a variety of nutrient rich foods each day, keeping the amount of calories you consume to a manageable level. When you start taking in more calories than you use up on a daily basis, you gain weight.



Obesity can lead to a number of serious health issues including heart disease, diabetes and stroke.

People should put the same kind of care and effort into caring for their bodies as they do for their cars. The reason is simple. Unlike cars, when your body gives out, you can't go out and get a new one. You only have one body and it has to last a lifetime.

Treat your body right. Eat a variety of fruits and vegetables every day, whether fresh, frozen or canned. Vary your veggies. Get 3 cups of low-fat or fat-free milk or its equivalent every day. Eat at least 3 ounces of whole grain cereals, pasta, bread, crackers, or rice. (One ounce is about 1 slice of bread, one cup of cereal or ½ cup cooked rice or pasta.) Choose lean meats and poultry and consider grilling or broiling them - it's healthier.

If you follow these simple guidelines, you will be well on your way to a happier and healthier you.

Happy motoring!

REFLECTING ON READING:

1. What did you learn from this article?

2. How is your body like a car?

3. What kind of fuel does your body need?

KEY WORDS:

Make a list of five key words in this article, and then explain why they are important.

Key Word	This word is important because...
Example: <i>investment</i>	<i>it's about giving now to get back later.</i>
1.	
2.	
3.	
4.	
5.	

Healthy Eating

There are many reasons to have a healthy diet. The first, and probably the most important reason, is that it makes you feel good. Making wise food choices means having more energy and looking and feeling better.

Canada's Food Guide

This guide is meant to help you make healthy choices when choosing what you eat. You can refer to *Canada's Food Guide* for information on a well-balanced diet.

ACTIVITY (PART 1): Get familiar with *Canada's Food Guide*.

STEP 1:

Examine the *Food Guide* (provided at the end of this unit)

TIP: Use pictures to help you understand the different food groups.

STEP 2:

Answer the reflection questions to make sure you have a good idea of what the *Food Guide* is all about.

PURPOSE:

In order to make healthy choices with food, you should know what your body needs each day. *Canada's Food Guide* provides simple guidelines for a healthy diet.



"Tell me what you eat, I'll tell you who you are."
~Anthelme Brillat-Savarin

REFLECTION:

1. What did you learn from *Canada's Food Guide*?

2. The four main food groups are...

- 1. _____
- 2. _____
- 3. _____
- 4. _____

3. The types of food I should most often choose are...



ACTIVITY (PART 2):

Study your diet to see where you should make changes.

STEP 1:

Keep track of what you eat for a week on the chart (pages 11 and 12).

EXAMPLE:

Breakfast	Lunch	Supper	Snacks
<i>2 pieces of toast with peanut butter</i>	<i>Ham sandwich and salad</i>	<i>Spaghetti (meat sauce)</i>	<i>Apple Chocolate bar</i>

STEP 2:

Separate what you ate by the different food groups. Write the name of each item in the right category (page 13).

STEP 3:

Study the list to see if you have a well-balanced diet.

PURPOSE:

This activity will help you see if you need more variety in your diet.





What I've eaten in the past week

Sunday:

Breakfast	Lunch	Supper	Snacks

Monday:

Breakfast	Lunch	Supper	Snacks

Tuesday:

Breakfast	Lunch	Supper	Snacks

Wednesday:

Breakfast	Lunch	Supper	Snacks

Thursday:

Breakfast	Lunch	Supper	Snacks

Friday:

Breakfast	Lunch	Supper	Snacks

Saturday:

Breakfast	Lunch	Supper	Snacks



"Vegetables are a must in a diet. I suggest carrot cake, zucchini bread and pumpkin pie."
 ~"Garfield" 😊

<p>Grain Products <i>You should have 5 to 12 servings per day.</i></p>	
<p>Vegetables and Fruit <i>You should have 5 to 10 servings per day.</i></p>	
<p>Milk Products <i>Men should have 2 to 4 servings per day and women should have 3 to 4 servings per day.</i></p>	
<p>Meat and Alternatives <i>You should have 2 to 3 servings per day.</i></p>	
<p>Other <i>You should have in moderation.</i></p>	

REFLECTION:

"Let your food be your medicine, and your medicine be your food."
~Hippocrates

1. I have discovered that my diet is...

2. I should eat/drink more...

3. I should eat/drink less...

4. Some changes I want to make to my diet are...

5. I can make changes by...



Reading a Nutrition Label



Much like a book has a table of contents to let you know what is inside, a nutrition label tells you about the **nutrients** that are in that food. You can find nutrition facts on the outside of packaged food.

Your body needs certain nutrients, such as [vitamins](#), in order to work well. Most nutrients are measured in **grams**, (**g** on a label), but some are measured in **milligrams (mg)**. Other information on a label is given in **percentages**. These numbers are based on eating 2,000 **calories** in a day (the suggested amount of calories per day).



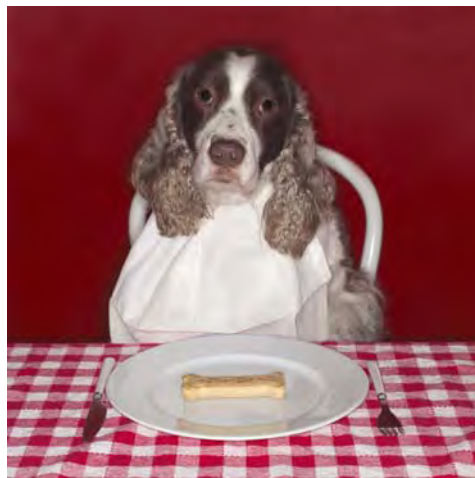
WORD STOP

1. **nutrients** (nyoo-tree-unt): what feeds the body and helps it work well.
2. **gram (g)** (gram): a metric unit used to weigh something.
3. **milligram (mg)** (mill-uh-gram): a very small metric unit; there are one thousand milligrams in a gram.
4. **percentage (%)** (pur-sen-tij): an amount counted out of a hundred.
5. **calorie** (kal-or-ree): a unit of energy that tells you how much energy you will get by eating.

Look at the nutrition label below. Do you know what the different parts mean? In this section, you will learn how to read a nutrition label.

Sample Nutrition Label (for crackers)

Nutrition Facts	
Per 4 Crackers (18 g)	
Amount	% Daily Value
Calories 90	
Fat 3.0 g	5 %
Saturated 0.5g + Trans 0 g	3 %
Cholesterol 0 g	0 %
Sodium 45 mg	2 %
Carbohydrates	4 %
Fibre 2 g	
Sugars 0 g	
Protein 2 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	6 %
Thiamin	6%

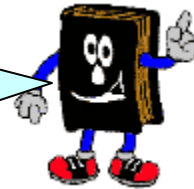




Parts of a Nutrition Label

1. **Serving Size (per container or package):** The size of a serving. The nutrients go with the serving size.
2. **Calories:** The number of calories in a serving. If you eat more calories than you burn, you gain weight,
3. **Percent Daily Value:** The percentage (%) tells you how much of the serving meets what we should get each day.

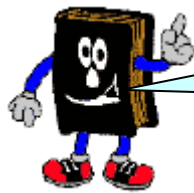
Look at fibre on the sample label. Four crackers provide 8% of the fibre that a person should get each day.



4. **Total Fat:** This is the number of fat grams that are in one serving. “Unsaturated” fats are better for you than “saturated” fats.
5. **Cholesterol and Sodium:** This tells you how much cholesterol and sodium (salt) are in a serving. Both should be limited in a healthy diet.
6. **Total Carbohydrate:** Carbohydrates are an excellent source of energy. They are broken down into grams of fibre and grams of sugar.
7. **Protein:** Proteins help to build and repair muscles, blood and organs.
8. **Vitamins and Minerals:** Vitamins A and C and Calcium and Iron must be on a label because they are so important for good health. Try to take in 100 grams of each.

Look at Ingredients Too!

Most nutritionists agree that natural ingredients are best. Look for products that have more natural ingredients. The first ingredient that you see is the one that there is the most of. This may help you to decide if a product is healthy. If you see sugar as a number one ingredient, for example, the product is probably not very good for you.



Fruits and vegetables are great for you because they are all natural!



"Food...can look beautiful, taste exquisite, smell wonderful, make people feel good, bring them together, inspire romantic feelings...

At its most basic, it is fuel for a hungry machine;...."

~Rosamond Richardson, *an English cookery author*

ACTIVITY: Inspect a nutrition label.

STEP 1:

Find a food product (from your cupboard or fridge) that has a nutrition label.

STEP 2:

Closely examine the label.

STEP 3:

Complete the nutrition label questionnaire (on the next page).

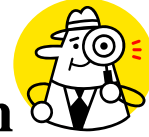
STEP 4:

Answer the questions about ingredients (on page 21).

PURPOSE:

It can be difficult to make sense of a nutrition label. Practising reading a nutrition label will help you to know what to look for in your food.





Nutrition Label Inspection

Question	Response
1. What is the product?	
2. What is the serving size? (found under Nutrition Facts)	
3. How many calories are there in a serving?	
4. What is the percentage of daily fats?	
5. Is there a lot of cholesterol? How much?	
6. Is there a lot of sodium? How much?	
7. What is the percentage of daily carbohydrates?	
8. What is the percentage of daily protein?	
9. What vitamins and minerals are there? Is there a healthy amount?	

What About Ingredients?

1. What ingredients can you identify?

2. Does there seem to be a lot of natural ingredients?

REFLECTION:

1. Why should you know how to read a nutrition label?



How are you doing?



Complete the questionnaire to keep track of your learning.

1. Have you completed all reading and activities to this point? (*Circle your answer.*)

Yes

No

2. If you answered “No”, explain what you did not complete and why.

3. What was easy and why?

4. What was difficult and why?

5. General comments. (*Do you have any comments on the work that you have done?*)

Grocery Shopping

Because we must eat, we must somehow get food. Buying groceries can cost quite a bit. This is why you should find ways to cut back and save. In this section you will look at the benefits of preparing a weekly grocery list.

Deciding What to Buy

Plan Ahead

- Planning ahead will help you to know which groceries to buy. When you know exactly what you need at the grocery store, you cut back on buying food that may or may not be eaten.

Check for Specials

- Looking at specials in grocery store flyers will also help you to plan ahead. Look through the flyers to check for prices. Cut out coupons.

Think Healthy

- Choose a variety of food from the different food groups. Planning in advance will make it easier to maintain a healthy diet.



"Food, like a loving touch or a glimpse of divine power, has that ability to comfort."

~Norman Kolpas

Always Make a List

Why a grocery list is useful.

1. You will know what you need.
2. You will get everything you need.
3. You will avoid wasting money (you buy less food that is not needed).
4. You won't forget the specials seen in the flyer.
5. You will save time in the store because you will know exactly what to get.
6. You can plan healthier meals.



Sample Grocery List:

Grapes
Pears
Lettuce
Tomatoes
Bread
Chicken
Ground beef (on sale)
Milk
Cheddar cheese
Ice cream (on sale)
Coffee
Earl Grey tea (on sale)
Laundry detergent (on sale)
Hand soap

ACTIVITY:

Use a flyer from a local grocery store to prepare a grocery list.

Material:

- A flyer from your local grocery store. You have probably had flyers delivered to your home. If not, pick one up at the grocery store or ask a friend for one. Keep a copy of your flyer for your distance education tutor.

STEP 1:

Think about what you need (groceries).

STEP 2:

Carefully look through the flyer. Look for specials that interest you. Write down the items that you wish to buy.

STEP 3:

Complete your grocery list on page 27. Indicate which items are on sale. Try to keep your food groups together.

Purpose:

Because grocery lists are so useful, you should get into the habit of using them.

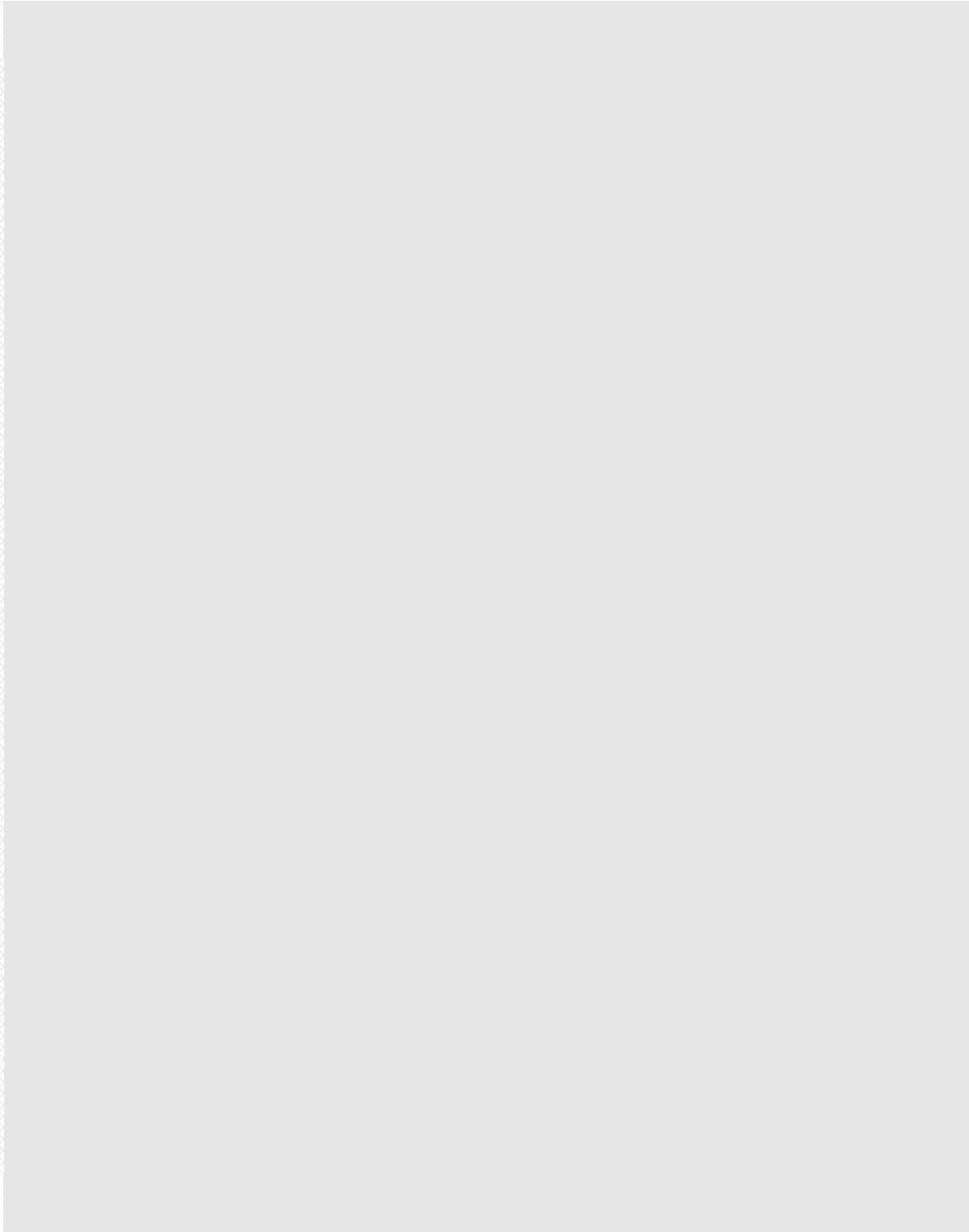


Tips for Reading a Flyer

1. Look at the pictures.
2. Ask yourself if you have already seen or used the product before.
3. Look at the price. Does it seem good?
4. Compare prices with what you have seen before for the same product.
5. Check with other stores.
6. Read the small print.
7. Look carefully at any coupons. Check for expiry dates.



My Grocery List:



Eating Out

Sometimes it's fun to eat out. In this section, you will practice figuring out how much a full meal would cost with tax and tip (gratuity).



ACTIVITY: Choose items from a menu and **calculate** how much your meal will cost.

STEP 1:

Look at the menu on the next page and choose what you want to order. Choose an item from each section (**appetizer**, **entrée**, **beverage** and **dessert**).



WORD STOP

1. **calculate** (kal-kyoo-late): to find a total amount.
2. **appetizer** (ap-uh-ty-zur): the starter to a meal (soup or salad).
3. **entrée** (on-tray): the main dish.
4. **beverage** (bev-uh-rij): a drink.

STEP 2:

Look at the example on page 31 to get a clear idea of what to do.

STEP 3:

Use the charts (on pages 32 and 33) to “place your order” and calculate how much it will cost (including tax and tip).

PURPOSE:

The cost of eating out can be deceiving. Once the tax and the tip have been added to a bill, the total may be higher than what you had expected. This activity will help you to be prepared for the total on restaurant bills.



The Menu

Choose from each section of the menu.

<p style="text-align: center;">The Pasta Palace</p> <p style="text-align: center;">APPETIZERS</p> <p>Soup of the day \$3.00</p> <p>House salad \$3.50</p> <p>Caesar salad \$4.00</p> <p>Caesar salad with chicken \$5.50</p> <p>Garlic bread \$2.50</p> <p style="text-align: center;">ENTRÉES</p> <p>Spaghetti with meatballs \$7.50</p> <p>Vegetarian Spaghetti \$6.50</p> <p>Seafood Spaghetti \$9.50</p> <p>Creamy Penne with Italian sausage \$8.50</p> <p>Creamy pasta \$6.50</p> <p>Creamy pasta with Grilled chicken \$8.50</p> <p>Meat lover's lasagne \$7.50</p> <p>Vegetarian lasagne \$6.50</p> <p>Steak and fries \$9.50</p>	<p style="text-align: center;">BEVERAGES</p> <p>Coffee \$1.50</p> <p>Tea \$1.50</p> <p>Coke (refillable) \$2.50</p> <p>Fruit juice \$2.00</p> <p>Beer \$3.50</p> <p>Wine \$4.50</p> <p style="text-align: center;">DESSERTS</p> <p>Chocolate cake \$3.50</p> <p>Caramel cream \$4.00</p> <p>Sundae \$2.50</p> <p>Brownies with chocolate sauce \$4.50</p> <p>Apple pie with ice cream \$3.50</p> <p>Fruit cup \$2.00</p> <p style="text-align: center;">Please note that taxes and gratuities are on top of all prices.</p> <p style="text-align: center;">Enjoy your meal!</p>
--	---

Example:

I ordered the steak and fries, a coffee, and a fruit cup.

1. ADDING THE TOTAL BEFORE TAX:

Just add the three together.

$$\begin{array}{r} \$9.50 \text{ (steak and fries)} \\ \$1.50 \text{ (coffee)} \\ + \$2.00 \text{ (fruit cup)} \\ \hline \mathbf{\$13.00} \end{array}$$

2. CALCULATING THE TAX: (The tax is **13%** of the total price in Quebec.)

$$\begin{array}{r} \$13.00 \\ \times 0.13 \\ \hline \mathbf{\$ 1.69} \end{array}$$

3. CALCULATING TIP: (The tip is **15%** of the total price.)

$$\begin{array}{r} \$13.00 \\ \times 0.15 \\ \hline \mathbf{\$ 1.95} \end{array}$$

4. THE FINAL TOTAL: (With tax and tip.)

$$\begin{array}{r} \$13.00 \text{ (the meal before the tax)} \\ + \$ 1.69 \text{ (taxes)} \\ \hline \mathbf{\$14.69} \end{array}$$

$$\begin{array}{r} \$14.69 \text{ (total with the tax)} \\ + \$ 1.95 \text{ (the tip)} \\ \hline \mathbf{\$16.64} \end{array}$$



**The final total
is \$16.64.**

My Order:

What I ordered	The cost (\$)
Appetizer:	
Entrée:	
Beverage:	
Dessert:	

1. THE TOTAL **BEFORE** TAX:

2. CALCULATING THE TAX:

The tax is 13% of the total price.

$$\underline{\quad} \times 0.13$$

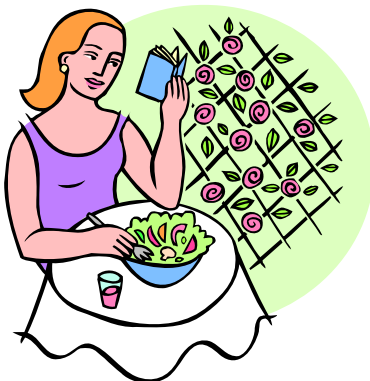
3. CALCULATING THE TIP:

The tip is usually 15% of the total price.

4. MY FINAL TOTAL: (With tax and gratuity.)

\$		(the meal before the tax)
+ \$		(tax)
\$		(total with the tax)
+ \$		(the tip)
\$		

The final total for my order is:



CHECK IT OUT: Great Websites on Health and Nutrition

You can learn even more about health and nutrition online!

Go to **Learning Links** at...

<http://www.recitfga.gc.ca/english/activities/sitsat-2007/Darlene-Brown/04-1.asp>

For a virtual shopping tour, go to...

http://www.healthyeatingisinstore.ca/vgs/vgs_en.html

For a copy of *Canada's Food Guide*, go to...

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

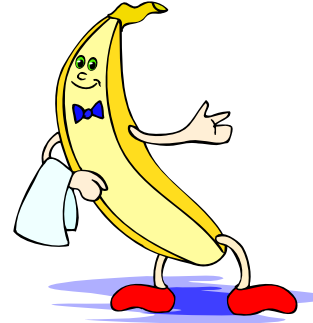
To personalize your Food Guide, go to...

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index-eng.php>



Funny Food Quotes

- **“Do vegetarians eat animal crackers?” ~ Author Unknown**
- **“No man in the world has more courage than the man who can stop after eating one peanut.” ~ Channing Pollock**
- **“Red meat is *not* bad for you. Now blue-green meat, *that's* bad for you!” ~ Tommy Smothers**
- **“As a child my family's menu consisted of two choices: take it or leave it.” ~ Buddy Hackett**
- **“Forget love... I'd rather fall in chocolate!” ~ Author Unknown**
- **“Without ice cream, there would be darkness and chaos.” ~ Don Kardong**
- **“Stressed spelled backwards is desserts. Coincidence? I think not!” ~ Author Unknown**
- **“My favorite animal is steak. ~ Fran Lebowitz**
- **Condensed milk is wonderful. I don't see how they can get a cow to sit down on those little cans.” ~ Fred Allen**
- **“I don't cry over spilt milk, but a fallen scoop of ice cream is enough to ruin my whole day.” ~ Terri Guillemets**



My Diet and Me

Now that you have learned about the importance of a healthy diet, you are ready to observe how food affects your everyday life.

ACTIVITY:

Pay close attention to the world around you to find examples of how food affects your life.

STEP 1:

Reflect on what you know about healthy eating.

STEP 2:

Observe the world around you for several days and take note of how your food affects your life (or others' lives).

STEP 3:

Answer the questions on the following page. Provide solid examples of what you observe.

PURPOSE:

Learning is most valuable when you can apply it to your own life.

Where to find real-life examples:

1. Look at the people around you. How does what they eat affect them?
2. Watch T.V. to see what kind of messages popular programs share about healthy eating.
3. Look at your family and consider how they are affected by what they eat.
4. Observe what you eat and how it makes you feel.
5. Take note of how your learning affects your meal choices.

What's for Dinner

Learning Checklist

Check off each item on this list that you can do as “ACHIEVED”. If you feel that you have to improve on something, check “IN PROGRESS”. Review your Learning Checklist with your tutor.

COMPETENCIES What I can do.	IN PROGRESS	ACHIEVED
1. I can make a list of food items in my fridge and cupboard.		
2. I can consider which food is healthy and unhealthy.		
3. I can concentrate on what I read.		
4. I can explain how a body is like a car.		
5. I can find key words in an article.		
6. I can explain why these words are important in the article.		
7. I can read <i>Canada's Food Guide</i> .		
8. I can describe the four main food groups.		
9. I can categorize foods by their food groups.		
10. I can identify the parts of a nutrition label.		
11. I can inspect a nutrition label.		
12. I can check the ingredients in food.		

COMPETENCIES What I can do.	IN PROGRESS	ACHIEVED
13. I can identify what is good and bad for me in food.		
14. I can plan meals in advance.		
15. I can look for specials and coupons in a flyer.		
16. I can “think healthy” when making food choices.		
17. I can make a grocery list.		
18. I can explain why a grocery list is important.		
19. I can read a menu.		
20. I can order from a menu.		
21. I can add up totals.		
22. I can calculate the tax (13%).		
23. I can calculate the tip (15%).		
24. I can connect what I learned to my life.		
25. I can look around me for examples of what I have learned.		
26. I can observe how the food I eat affects my life.		
27. I can write about what I observe.		
28. I can keep track of my learning in a journal.		

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