

Term 3 Healthy Eating

Warm-Up Activity Resources

Printable Signs • Vocabulary Cards • Food Images

Grades 1–6 • Alberta PE & Wellness



How to Use This Resource

- Print slides 3–20 for wall signs and station labels
- Print slides 21–30 for vocabulary flash cards (cut and laminate)
- Print slides 31–45 for food picture cards by grade
- Each slide is designed for easy printing and laminating

GRADE 1 WALL SIGNS

Activities: Food Helper Corners • Body Helper Relay • Snack Decision Line

STRONG BONES & TEETH

Grade 1 • Food Helper Corners

STRONG MUSCLES

Grade 1 • Food Helper Corners

ENERGY

TO PLAY

SOMETIMES FOOD

Grade 1 • Food Helper Corners

EVERYDAY FOOD

Grade 1 • Snack Decision Line

**ONCE IN
AWHILE
FOOD**

Grade 1 • Snack Decision Line

GRADE 2 WALL SIGNS

Activities: Food Guide Match • Preference Walk • Culture Circle

VEGETABLES & FRUITS

Grade 2 • Food Guide Movement Match

WHOLE GRAINS

Grade 2 • Food Guide Movement Match

PROTEIN FOODS

Grade 2 • Food Guide Movement Match

GRADE 3 WALL SIGNS

Activities: Cooking Method Game • Before & After • Transformation Tag

BEFORE COOKING

AFTER COOKING

Grade 3 • Before & After Food Line

GRADE 4 STATION SIGNS

Activities: Nutrient Charades • Energy Swap • Alternative Options Circuit

DAIRY

FREE

**GLUTEN
FREE**

NUT FREE

PLANT- BASED PROTEIN

Grade 4 • Alternative Options Circuit

GRADE 5 CORNER SIGNS

Activities: Body System Stations • Hydration Shuffle • Culture & Factors

MUSCLES

BONES

Grade 5 • Body System Power Stations

BRAIN

Grade 5 • Body System Power Stations

HEART & LUNGS

Grade 5 • Body System Power Stations

FAMILY / CULTURE

COST / MONEY

ADS / SOCIAL MEDIA

ACCESS

(What's Nearby)

GRADE 6 AREA SIGNS

Activities: Food Desert Sprint • Budget Decisions • Walk the Week

FOOD DESERT

(Limited Options)

FOOD SWAMP

(Fast Food Everywhere)

LOWER COST

Grade 6 • Budget Snack Decisions

MEDIUM COST

Grade 6 • Budget Snack Decisions

HIGHER COST

KEY VOCABULARY CARDS

Print and laminate for reference

Next 10 slides contain vocabulary by grade level

Grade 1 Vocabulary

GROW

Get bigger and stronger

BONES

Hard parts inside your body

MUSCLES

Help you move and be strong

ENERGY

Power to run and play

Grade 2 Vocabulary

FOOD GUIDE

Tool to help choose healthy foods

ALLERGEN

Food that makes some people sick

PREFERENCE

Foods you like or don't like

CULTURE

Foods from different places

Grade 3 Vocabulary

RAW

Not cooked

BOILED

Cooked in hot water

BAKED

Cooked in oven

TEXTURE

How food feels (soft, crunchy)

Grade 4 Vocabulary

NUTRIENT

Part of food that helps your body

PROTEIN

Builds muscles

CALCIUM

Makes bones strong

ALTERNATIVE

Different choice that works

Grade 5 Vocabulary

HYDRATION

Getting enough water

BODY SYSTEM

Parts working together

INFLUENCE

Things that affect choices

ACCESS

Able to get or reach

Grade 6 Vocabulary

FOOD DESERT

Limited healthy food nearby

FOOD SWAMP

Mostly fast food available

AFFORDABILITY

Cost families can pay

SUSTAINABILITY

Practices that help environment

FOOD IMAGE CARDS

Suggested foods by grade

Print these slides or source images from [Canada's Food Guide website](#)

Grade 1 Food Cards

Body Helper Categories:

Bones & Teeth: Milk, cheese, yogurt, broccoli, almonds

Muscles: Chicken, fish, eggs, beans, tofu

Energy: Bread, rice, pasta, oatmeal, bananas

Sometimes: Cookies, candy, chips, pop

Grade 2 Food Cards

Food Guide Groups:

Vegetables & Fruits: Carrots, apples, broccoli, berries, peppers

Whole Grains: Brown rice, whole wheat bread, oats, quinoa

Protein: Fish, chicken, lentils, eggs, chickpeas

Cultural foods: Bannock, samosas, tacos, sushi, pierogies

Grade 3 Food Cards

Before & After Pairs:

- Raw carrot → Steamed/boiled carrot
- Raw potato → Baked/fried potato
- Fresh apple → Applesauce
- Bread → Toast
- Frozen peas → Steamed peas

Grade 4 Food Cards

Nutrient-Rich Foods:

Calcium: Milk, yogurt, kale, fortified orange juice

Protein: Chicken, fish, lentils, tofu, nuts

Fibre: Apples, oats, whole grains, beans

Healthy Fats: Salmon, avocado, nuts, olive oil

Grade 5 Food Cards

Body System Support:

Muscles: Chicken, beans, fish, eggs

Bones: Milk, leafy greens, fortified foods

Brain: Salmon, walnuts, blueberries, water

Heart: Oats, vegetables, olive oil, berries

Grade 6 Food Cards

Cost Comparison Examples:

Lower: Bulk rice, seasonal apples, homemade sandwich

Medium: Fresh chicken, whole grain bread, yogurt

Higher: Out-of-season berries, pre-cut veggies, restaurant meals

WHERE TO FIND MORE IMAGES

- Canada's Food Guide website (free downloads)
- Alberta Health Services nutrition resources
- PHE Canada teaching tools
- Teachers Pay Teachers (free food group posters)

PRINTING TIPS

- Print wall signs on 11×17 paper for visibility
- Laminate all signs for durability
- Cut vocabulary cards to 4×6 size
- Store by grade in labeled envelopes

Ready to Use!

Print • Laminate • Organize • Enjoy

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