



## Task Title: Dietary Aide Menu Planning

OALCF Cover Sheet – Learner Copy

**Learner Name:** \_\_\_\_\_

**Date Started:** \_\_\_\_\_

**Date Completed:** \_\_\_\_\_

**Successful Completion:** Yes  No

**Goal Path:** Employment  Apprenticeship

Secondary School  Post Secondary  Independence

### Task Description:

Read Canada’s Food Guide and Considerations to understand how to plan a healthy menu.

### Main Competency/Task Group/Level Indicator:

- Find and Use Information/Read continuous text/A1.2
- Find and Use Information/Interpret documents/A2.1
- Understand and Use Numbers/Use measures/C3.1

### Materials Required:

- Pen and Paper and/or digital device

Task Title: Dietary Aide Menu Planning\_E\_A1.2\_A2.1\_C3.1

## Learner Information

Dietary Aides or Dietary Assistants, work to ensure patients staying in a healthcare facility maintain a healthy diet. Scan Canada's Food Guide and Considerations.

**Canada's food guide**

# Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

Discover your food guide at **Canada.ca/FoodGuide**

**Canada**

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Health Canada Santé Canada

## Considerations

### Nutritious foods to encourage

Nutritious foods to consume regularly can be fresh, frozen, canned, or dried.

Vegetables, fruit, whole grains and protein foods are nutritious foods to encourage. Frozen, canned, or dried foods (such as legumes) are always convenient options, especially when fresh food is out of

season, costly, unavailable, or takes too long to prepare. Nutritious foods to encourage should have little to no added sodium and saturated fat, and little to no free sugars.

#### **Dried fruit**

Dried fruit is sticky and often adheres to teeth. The sugars contained in foods like dried fruit can contribute to dental decay. If dried fruit is consumed, it should only be consumed with meals.

## Work Sheet

**Task 1: What fraction of a plate should be fruits and vegetables?**

Answer:

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**Task 2: What fraction of a plate should be protein foods?**

Answer:

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**Task 3: List two situations when it is good to choose frozen, canned, or dried foods instead of fresh.**

Answer:

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**Task 4: List three ingredients that nutritious foods should not contain or contain little of.**

Answer:

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**Task 5: Which liquid should people drink?**

Answer:

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