



Task Title: Dietary Aide Menu Planning

OALCF Cover Sheet – Practitioner 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**

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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:

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

Answer:

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

Answer:

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

Answer:

Task 5: Which liquid should people drink?

Answer:

Answers

Task 1: What fraction of a plate should be fruits and vegetables? (C3.1)

Answer: $\frac{1}{2}$

Task 2: What fraction of a plate should be protein foods? (C3.1)

Answer: $\frac{1}{4}$

Task 3: List two situations when it is good to choose frozen, canned, or dried foods instead of fresh. (A1.2)

Answer: Any 2 of the following:

- When fresh food is out of season
- When fresh food is costly
- When fresh food is unavailable
- When preparing fresh food takes too long

Task 4: List three ingredients that nutritious foods should not contain or contain little of. (A1.2)

Answer: added sodium, saturated fats, and free sugars.

Task 5: Which liquid should people drink? (A2.1)

Answer: water should be the drink of choice

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
A1.2	Scans text to locate information			
A1.2	Locates multiple pieces of information simple texts			
A1.2	Makes low-level inferences			
A2.1	Scans to locate specific details			
A2.1	Locates specific details in simple documents such as labels and signs.			
C3.1	Interprets and represents measures using whole numbers, decimals, and simple, common fractions (e.g. $\frac{1}{2}$, $\frac{1}{4}$)			

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This task: Was successfully completed Needs to be tried again

Learner Comments:

Instructor (print):

Learner (print):
