



Make Meals That Are Good For My Health

What Food Makes a Good Meal?



I Will Learn About:

- Why I need to eat food that is good for me.
- How I can eat well.
- What happens when I do not eat well.
- What good food is.
- The 4 food groups.
- Who can help me to pick good food.



Other Plain Language Resources About Health and Disabilities From The VRRRI

Depression

Diabetes and You

Enabling Care: Information From Women With Disabilities for Health Care Providers

Going to the Doctor: Some Helpful Hints for Women With Disabilities

If You Do Not Want to Get Pregnant...

Sterilization for Women

Menopause: What Is It?: A Booklet for Women

Menopause: What the Hard Words Mean

Menopause: What to Do If You Have Problems

Sex: Make No Mistake

Sexual Assault by Someone You Know (Acquaintance Assault)

Sexuality and Women with Disabilities

The Simply Health Series

Dental

Eyesight

Hearing

Podiatry

Prostate

The Breast

Smoking and People With Developmental Disabilities

Stress: What Is It? What Can I Do If I Have Stress?

What If I Want An Abortion?

What Is Epilepsy?

You and Your Partner Talk About Sex

Why Eat Food That is Good For Me?

- Good food makes me feel good.
- It gives me lots of **energy**.
- It helps me to stay in good health.
- When I am sick, good food makes me better sooner.



Energy is when I want to do what I like.

When I do not eat good food, my energy is low.

Then I want to rest.



How to Eat Well

Meals that are good for my health have food that is good for me.

There are some things I can do to eat well.

- 1) Eat food from the 4 food groups.
- 2) Chew the food well.
- 3) Eat slowly.
- 4) Do not eat too much.

What Happens When I Do Not Do This?

- Then I can put on too much weight [wait].
- This can give me problems with my health, such as diabetes or heart problems.



What Is Good Food?

Food that is good for me comes from the 4 food groups made by Health Canada.

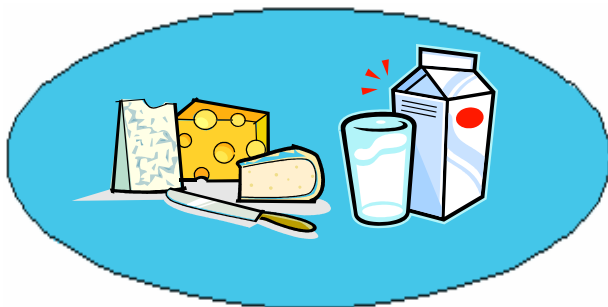
The food groups are:



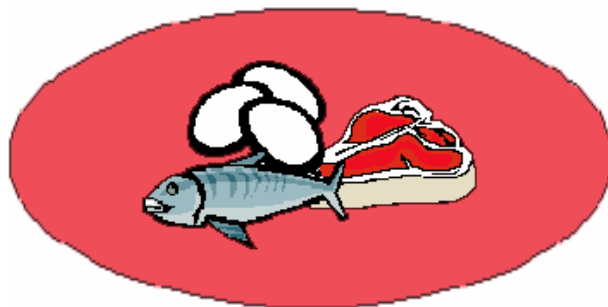
Grains



Fruits and Vegetables



Dairy Products



Meat and Alternatives
[all - turn - na - tifs]

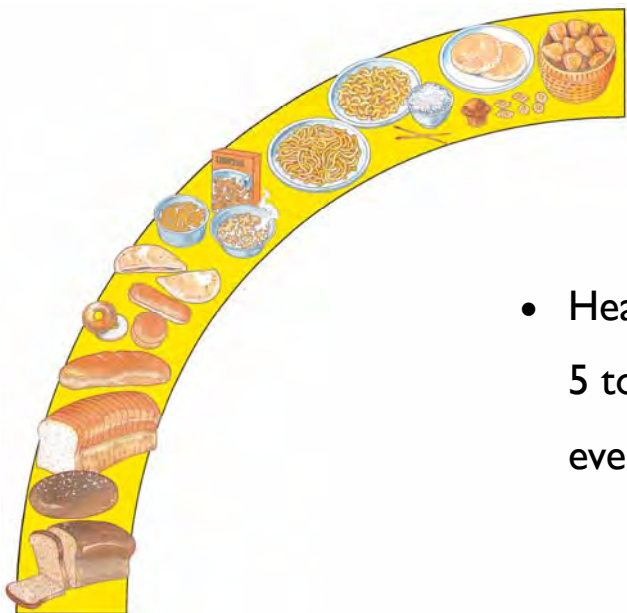
Alternatives is another word for **other**.

They are foods like eggs, chicken, fish, and tofu.

The 4 Food Groups



1) Grain



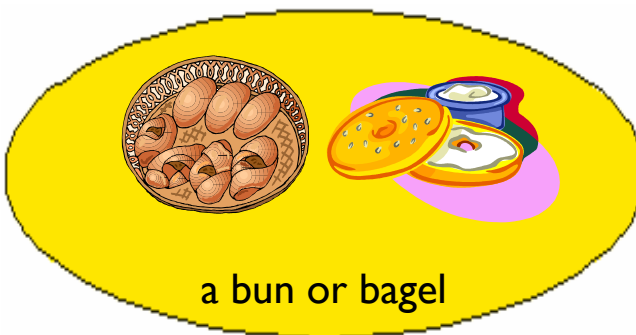
- Health Canada says I need to eat 5 to 12 **servings** of grains every day

- **one serving** is as much as



a slice of bread

or

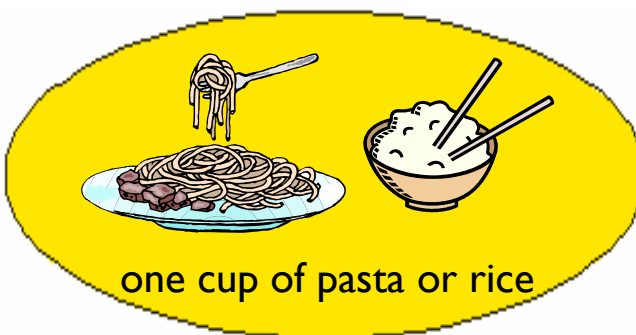


a bun or bagel

or



one small bowl of cereal



one cup of pasta or rice

The 4 Food Groups



2) Fruits and Vegetables



- Health Canada says I need to eat 5 to 10 **servings** of fruits and vegetables every day

- **one serving** is as much as



or



or

or



or



The 4 Food Groups



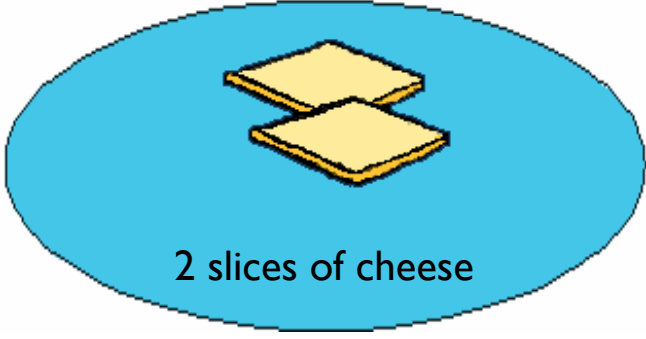
3) Dairy Products

- dairy products are food made from milk



- Health Canada says I need to eat 2 to 4 **servings** of dairy products every day

- one serving** is as much as



or

or

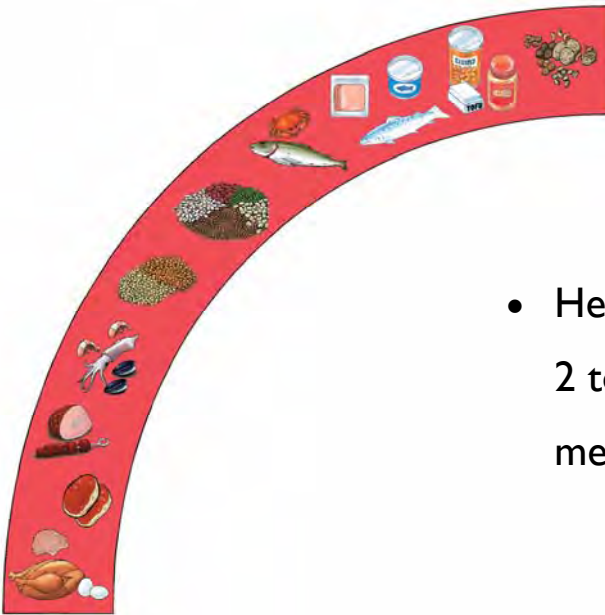


The 4 Food Groups



4) Meat and Alternatives

- alternatives are foods like eggs, fish, chicken, beans, nuts, and tofu



- Health Canada says I need to eat 2 to 3 **servings** of meat and alternatives every day

- **one serving** is as much as



or

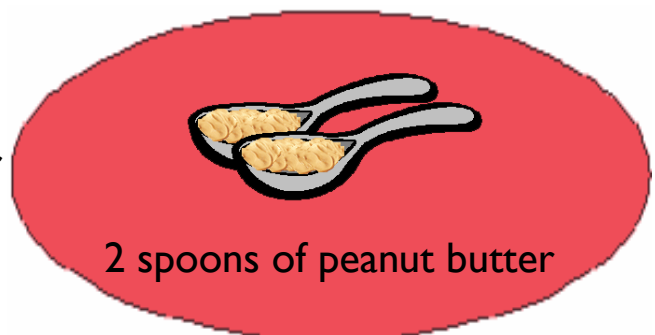


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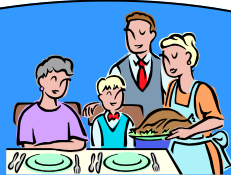
or



or



Where Can I Get Help to Pick Good Food?



Family

- I can ask them to help me pick food from the 4 food groups.



Friends

- My friends can help me pick food that is good for me.



Doctor

- My doctor can give me a list of food that is good for **my** health

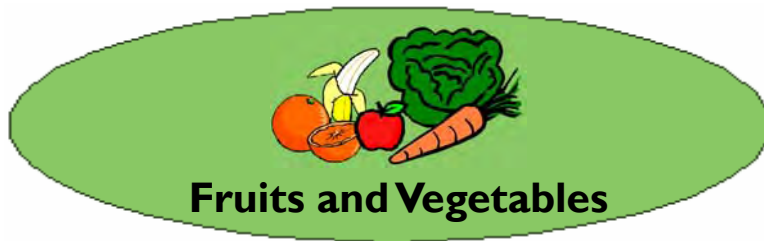


Staff

- I can tell my staff that I want to buy food that is good for me.
- My staff can help me make a list of good food. I can use the list to help me shop.

What Food Do I Like From the 4 Food Groups?





What Food Do I Like From the 4 Food Groups?







Easy Reading

Health and Disabilities

Created by

The Vocational and Rehabilitation Research Institute

For more information or other resources contact
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