

Food Literacy + You = Better Health

Better food literacy can help you, your children, and your family enjoy better health



Food Literacy is...

1. knowing about food
2. having food skills
3. feeling confident when choosing, preparing, and eating food
4. making healthier food decisions most of the time
5. improved by having a supportive food system; food environment; living situation; and culture and traditions



**Let's learn more
about food literacy**

1. Food literacy is knowing about food



Do you know...

What ingredients are in food?
What nutrients are in food?
How food can affect your health?
Where food comes from?

Do you know...

What terms like high fibre or low sodium mean?
What boiling, baking, frying, means?

2. Food literacy is having food skills



Can you...

Plan and shop for meals, chop food, measure ingredients,
use a recipe, and handle food safely?

People of all ages and abilities can learn food skills.

3. Food literacy is feeling confident about food



Do you know...

How to tell if
information about
healthy eating is true
or false?

Do you believe...

You are able to
choose and buy food
that is good for you?

Do you believe...

You are able to cook
tasty meals using
food you have?

What attitudes do you have about food?

Do you feel good about the food you eat?

Do you enjoy food with others?

Do you like to prepare healthy food?

4. **Food literacy** is making healthier food decisions most of the time



Do you make healthier food choices...
most of the time?

How do your food choices...
affect your health?
affect your children's health?



5. Food literacy may be improved by having a supportive...

Food System

How we grow, process, transport, consume, sell, and dispose of food.

Food Environment

Food offered or sold where we live, work, and play.

Living situation

Income, housing, education, and access to food.

Culture and Traditions

Eating together, cooking, growing, and hunting.

All of these affect our knowledge, skills, and decisions about food

Let's review. Food literacy is...

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www.foodliteracy.ca

For more information email

eazevedoperry@hkpr.on.ca or heather.thomas@mlhu.on.ca