**Food Guide Digital Scavenger Hunt**

**PHE Curricular Competencies:** Health and Active Living

**Audience(s):** 6-12

**Hyperlink:** [Food Guide Digital Scavenger Hunt Guide; Student Worksheet](#)

**Description**
The Food Guide Digital Scavenger Hunt is a ready-to-print activity that encourages students to critically assess media headlines and consider whether they accurately reflect Canada’s dietary guidelines. Use the teacher’s guide to deepen the conversation around eating as you discuss what students found. This activity is easy to facilitate in-class or virtually.

**Objective(s)**
This activity is a great way to get students to learn more about healthy eating while improving their digital health literacy.

**Curricular Connections**
This resource relates to the following Curricular Competencies:

- **Analyze health messages and possible intentions to influence behaviour (gr 6)**
- **Investigate and analyze influences on eating habits (gr 7)**
- **Identify factors that influence health messages from a variety of sources, and analyze their influence on behaviour (gr 8-9)**

*Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com*