

Food Skills for Families – Activity Guide

Activity Name	Fibre Activity (Bob & Sally)			
Aim	<input type="checkbox"/> Icebreaker	<input checked="" type="checkbox"/> Activity	<input type="checkbox"/> Discussion	<input type="checkbox"/> Review
Activity Type	<input checked="" type="checkbox"/> Seated	<input type="checkbox"/> Active/Energizer	<input checked="" type="checkbox"/> Interactive	<input type="checkbox"/> Passive
Delivery Platform	<input type="checkbox"/> Virtual	<input type="checkbox"/> In-person	<input checked="" type="checkbox"/> Virtual & in-person	<input type="checkbox"/> Other:
Total Time	<input type="checkbox"/> 2 - 5 minutes	<input checked="" type="checkbox"/> 5 - 10 minutes	<input type="checkbox"/> 10 - 15 minutes	<input type="checkbox"/> Other:
Suggested Session(s)/Module	Session 2 – framing the discussion around fibre			
Objective	To identify what foods are higher in fibre.			
Materials	Fibre Activity Toolkit (downloadable from the Food Skills Webpage in Session Two Resources)			
Time	Activity			
10 min	<u>Activity Instructions</u> <ol style="list-style-type: none"> Using the “Let’s Boost Your Fibre Intake” chart, jot down the amount of fibre on Bob & Sally’s menu. Give participants ~5 min to complete. As a group, discuss the findings. Some prompts may include: <ul style="list-style-type: none"> Who is getting more fibre? What can Bob do to increase his fibre intake? 			
Summary:	Lead into the discussion on what foods are high in fibre and why fibre is an important part of our diet.			

EAT YOUR FIBRE: *Bob*

Breakfast

Cereal + Fruit

2 cups Corn Flakes + 1 cup milk
1 banana

Snack

Coffee + milk

Lunch

Roasted Chicken Sandwich + Green Salad

2 slices white bread + 3 oz roasted chicken +
2 slices cheddar cheese + mayo + mustard
1 cup iceberg lettuce salad with dressing

Snack

1 apple + 6 saltine crackers

Dinner

Grilled Steak with Rice and Veggies

3 oz steak tenderloin + 1 cup white rice
1/2 cup string beans
1 slice French bread



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EAT YOUR FIBRE: *Sally*

Breakfast

Peanut Butter Toast + Fruit

2 slices sprouted grain bread

2 tbsp peanut butter

1 banana

Snack

1/2 cup yogurt + 1/2 cup blackberries

Lunch

Chicken Alfredo + Spinach Salad

1 cup whole wheat pasta +

3 oz roasted chicken + Alfredo sauce

1 cup spinach salad with vinaigrette

Snack

1/4 cup almonds

Dinner

Black Bean Chili

3/4 cup black beans + 1/2 cup yam +

1/4 cup green pepper + 1/2 cup tomato +

1/4 cup corn + 1/4 cup lean ground beef



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Let's Boost Your Fibre Intake

Fibre is good for you! It helps keep you full and helps keep your system moving smoothly. Most people don't eat enough fibre. Read below to see how much fibre you need each day and where you can find it.

AGE (YEARS)	MALE	FEMALE
1 to 3	19 grams	19 grams
4 to 8	25 grams	25 grams
9 to 13	31 grams	26 grams
14 to 18	38 grams	26 grams
19 to 50	38 grams	25 grams
51 to 70+	30 grams	21 grams
Pregnancy (any age)	-	28 grams
Breastfeeding (any age)	-	29 grams

Food Groups	Portion	Total Fibre (g)
GRAINS		
Cereals		
All Bran	1/2 cup	10.0-13.0
Barley	1/2 cup	15.6
Bran Flakes	1 cup	4.8
Bran, 100% natural wheat bran	2 Tbsp	3.0
Corn Flakes	1 cup	0.7
Oat bran, prepared	3/4 cup	5.0
Oatmeal, prepared	3/4 cup	2.0-3.0
Raisin Bran	1 cup	6.7
Shredded Wheat	1 biscuit	3.5
Shreddies	1 cup	6.3
Pastas, Rice		
Noodles, cooked, white	1 cup	1.8
Noodles, cooked, whole wheat	1 cup	4.8
Rice, cooked, white	1 cup	1.4
Rice, cooked, brown	1 cup	3.1
Breads		
Sprouted grain Bread	1 slice	3.0-5.0
White Bread	1 slice	0.5
Corn Bread	1 slice	1.2
French Bread	1 slice	0.7
Pumpernickel bread	1 slice	1.8
Rye Bread	1 slice	1.8
Whole Wheat Bread	1 slice	2.0
Crackers, Snacks		
Graham cracker, plain	1 square	0.2
Popcorn, popped	1/2 cup	0.5
Saltine cracker, regular	1 square	0.1

Note: All fibre grams are estimates. Check the Nutrition Facts for exact amounts.

Food Groups	Portion	Total Fibre (g)
FRUIT		
Apple, with skin	1 medium	3.0
Banana	1 medium	2.0
Blackberries or raspberries	1/2 cup	3.8
Grapes	1/2 cup	0.6
Honeydew	1/2 cup	0.7
Kiwi	1 large	3.0
Mango	1	4.0
Orange	1 medium	3.1
Pear, canned halves	1/2 cup	3.0
Pear, with peel	1 medium	4.3
Pineapple	1/2 cup	1.1
VEGETABLE		
Bell pepper (all colours)	1/2 cup	1.1
Broccoli	1/2 cup	2.6
Carrots	1/2 cup	2.4
Cauliflower, cooked	1/2 cup	2.3
Celery, raw	1/2 cup	0.9
Corn	1/2 cup	3.0
Kale, raw	1/2 cup	0.8
Lettuce, Iceberg	1/2 cup	0.3
Lettuce, Romaine	1/2 cup	0.6
Potato, baked with skin	1/2 cup	1.5
Spinach	1/2 cup	2.1
String beans	1/2 cup	1.6
Tomato	1/2 cup	1.2
Zucchini	1/2 cup	1.3
Yam	1/2 cup	3.1
MEAT, MILK & ALTs		
Meat		
Chicken, roasted	3 ounces	0
Egg, hardboiled	1 egg	0
Steak tenderloin, broiled	3 ounces	0
Milk		
Milk	1 cup	0
Yogurt	1/2 cup	0
Alternatives		
Almonds, roasted	1/2 cup	8.0
Black beans, cooked	3/4 cup	9.0-10.0
Chickpeas, cooked	3/4 cup	6.0
Kidney beans, cooked	3/4 cup	9.0
Lentils, cooked	3/4 cup	7.4
Peanut butter, chunky	2 Tbsp	3.0
Peanuts, roasted	1/2 cup	6.4
Soy nuts, roasted	1/2 cup	10.7
Tofu, regular; medium firm or firm	1/2 cup	1.9

Note: All fibre grams are estimates. Check the Nutrition Facts for exact amounts.

Answer Sheet

Sally's Menu

Breakfast	Peanut Butter Toast + Fruit 2 slices sprouted grain bread 2 tbsp peanut butter 1 banana	4.0 per slice x 2 = 8.0 3.0 2.0 <i>Breakfast = 13g</i>
Snack	½ cup yogurt ½ cup blackberries	0 3.8 <i>Snack = 3.8g</i>
Lunch	Chicken Alfredo Pasta 1 cup whole wheat pasta 3 oz roasted chicken Alfredo sauce Spinach Salad 1 cup spinach salad with vinaigrette	4.8 0 0 4.2 <i>Lunch = 9g</i>
Snack	¼ cup almonds	4.0 <i>Snack = 4g</i>
Dinner	Black Bean Chili ¾ cup black beans ½ cup yam ¼ cup green pepper ½ cup tomato ¼ cup corn ¼ cup Lean ground beef	9.5 3.1 0.55 1.2 1.5 0 <i>Dinner = 15.85g</i>
Total Daily Fibre Intake		45.65 g

Answer Sheet

Bob's Menu

Breakfast	Cereal + Fruit 2 cups Corn Flakes 1 cup milk 1 banana	1.4 0 2.0 <i>Breakfast = 3.4g</i>
Snack	Coffee with milk	0 <i>Snack = 0g</i>
Lunch	Roasted chicken sandwich 2 slices white bread 3 oz roasted chicken 2 slices cheddar cheese Mayo + mustard Green Salad 1 cup Iceberg lettuce salad with dressing	1.0 0 0 0 0.6 <i>Lunch = 1.6g</i>
Snack	1 apple 6 saltine crackers	3.0 0.6 <i>Snack = 3.6g</i>
Dinner	Grilled Steak with Rice + Veggies 3 oz steak tenderloin 1 cup white rice 1/2 cup string beans 1 slice French bread	0 1.4 1.6 0.7 <i>Dinner = 3.7g</i>
Total Daily Fibre Intake		12.3 g