This assignment requires you to provide a critical reflection describing your own thoughts and opinions about the new Canada’s Food Guide. You can access the new Guide from the Health Canada website. A link to the Food Guide has been provided here: <https://food-guide.canada.ca/en/>.

<https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-vegetables-and-fruits/>

From your research, please describe what you feel are the two (2) most positive attributes about the Food Guide.

Please provide an explanation for each point you make citing references appropriately.

Then, describe two (2) areas where you feel the Food Guide falls short or is lacking.

Again, make sure you provide a clear explanation as to why you feel this is the case.

**NOTE: Any opinions you express need to be explained and supported with evidence as applicable**.

Then, discuss why it’s important for nursing students to know about the food guide. Identify two (2) ways the new Canada’s Food Guide can be a useful tool for you as a nursing student when working with patients in a hospital or community setting.

Make sure you start your paper with a well positioned and organized introduction that briefly highlights the main points you will be discussing (1 paragraph). Summarize your paper with a brief recap of your overall impression of the New Canada’s Food Guide.

This assignment will be no more than 5 pages (not including a title page or reference list), double-spacedusing Arial 11 point font with 1” margins. Please include a title page with the following information: title of your assignment; your full name (first and last name); course title and course code; date submitted; due date, and instructor’s name.

**Mark Breakdown:**See Rubric on the next page

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| **Component/Criteria** | **Grade** |
| A well positioned brief introduction provided that highlights the main points to be discussed (1 paragraph). | **/1** |
| Two (2) positive attributes about the new Food Guide stated.  Explanation provided for each point as to why you feel they are positive attributes. | **/2**    **/2** |
| Two (2) areas identified where the new Food Guide is lacking or is missing something.  Explanation provided for each area identified as to why you feel these are shortfalls. | **/2**  **/2** |
| Identified two (2) ways the new Canada’s Food Guide can be a useful tool as a nursing student when working with patients in the hospital or in the community. | **/4** |
| Summary of your paper included that briefly recapped your overall impression of the New Canada’s Food Guide. | **/1** |
| Written clearly, concisely and free of spelling, typographical and grammatical errors and within the 5-page length limit (does not include title page), double spaced, using Arial 11 point font with 1” margins. | **/2** |
| References are included in-text and a reference list is provided at the end of the paper. References are appropriate and from credible sources (e.g. no Wikipedia); uses APA formatting. | **/4** |
| **Total Score** | **/20** |
| **Final Mark** | **/15** |