**Explainer Video Worksheet 4: Old way/new way model**

**Unrelated sample video**: What is Pinterest <https://www.youtube.com/watch?v=oJzD4vF5dFA>

**Topic**: New food guide

**Audience**: Parents

**Learning objective or take-away**: New food guide is better for you and your kids

**Big ideas**: More veggies, more water, less processed food

**Length**: 3 minutes (keep it snappy)

1. Introduction: How will you introduce the new idea succinctly?

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| Eat more veggies! |

2. How was it done or thought about before?

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| Remember the four food groups? Grains, fruits and veggies, milk products and meat and alternatives. |

3. What was wrong with the old way?

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| The old guide was pretty prescriptive - eat this many servings of this a day. It also put too much emphasis on meat and dairy and not enough importance on fruits and vegetables.  |

4. What is the new way?

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| The new guide focuses on proportions more than portions and simply suggests that half you food should be fruits and vegetables and ¼ from protein sources and the same for grains. The new guide also emphasises drinking more water and reducing the use of alcohol and processed foods. |

5. What examples can you offer? How is the new way better? Are there any challenges?

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| Here is what some meal combinations might look like.Mention some of the challenges with access to fresh veggies and fruit (cost), accessibility in northern communities and resistance to change. |

6. What is the next step for your audience. What do you want them to do?

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| Provide ideas to ease into the change and to do it more affordably. |