



DOUGLAS COLLEGE
I-CARE Program
Individualized Community
Adult Reading Education

Fall 2026

Breakthrough

Small Changes for a Healthier Me



WELCOME MESSAGE

The theme of Fall 2026 *Breakthrough* is
“Small Changes for a Healthier Me.”

Inside this issue, you will learn how to
build healthy habits one small step at a time.

You will also enjoy special writing
from two learners and one tutor.

There are activities for you too.

Thank you for reading!

Mary and Nuala

Breakthrough is a publication of the
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at Douglas College.



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If you would like a copy of *Breakthrough*,
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Fall is a season of fresh beginnings

Fall is a season of change, growth, and new possibilities.

It can be a good time to learn something new.

How to set healthy goals

Anna and Mark (Part 1)



It was a Tuesday morning.

Anna and Mark met for coffee before work.

Mark looked tired. His eyes were red.

“Good morning, Mark! You look so tired,” Anna said.

“Good morning, Anna,” Mark replied.

Mark yawned again.

“Did you sleep well?” Anna asked.

“Not at all.

I stayed up late playing on my phone.

Now I need all this sugar just to wake up!” Mark sighed.

 **Yawn: People yawn when they feel tired, sleepy, or bored.**

Anna smiled.

“I used to do that too.

But I learned that too much sugar can make me feel tired later.

If you want more energy, try some healthy habits.”

“Healthy habits? What do you mean?” Mark asked.

“Do you mean buying expensive health food?

Or paying for a gym membership?

I don’t think I have the time or extra money for all that.” Mark said.

Anna understood his worries. Those were her concerns once too.

“Let’s meet for lunch. I’ll tell you all about my experience.” Anna said.

To be continued...

Do you want to know more about energy and healthy habits?

Let’s continue reading.



Habit: A habit is something you do regularly.



Puzzled: Feeling confused because something is hard to understand.

Healthy Eating

Healthy eating may sound scary. But it can be simple:

Choose foods that are less processed.

What are less processed foods?

Here are some examples:

Water 

Fruits   

Vegetables   

Eggs, whole wheat bread, and beans   

These foods are less processed.

They often give us important nutrients.

Foods that are less processed can be healthy choices!

 **Less Processed Food:** Food with fewer ingredients added to it.

 **Ingredients:** Things used to make a food.

 **Nutrients:** Things in food that help our body stay healthy.

Eating the Rainbow



What is “eating the rainbow?”

Did you know that foods of different colours provide us with different nutrients?

- Red foods (*strawberries, tomatoes, red peppers*) help keep our hearts healthy.
- Orange & Yellow foods (*carrots, oranges, sweet potatoes*) help keep our eyes healthy.
- Green foods (*broccoli, spinach, peas*) help keep our bones and muscles strong.
- Blue & Purple foods (*blueberries, purple cabbage, eggplant*) help keep our brains healthy.

Activity: Healthy eating



1) Circle the foods that are less processed.

apple

chips

eggplant

cookie

egg

pop



2) Circle the foods that help make a rainbow salad bowl.

tomato

candy

spinach

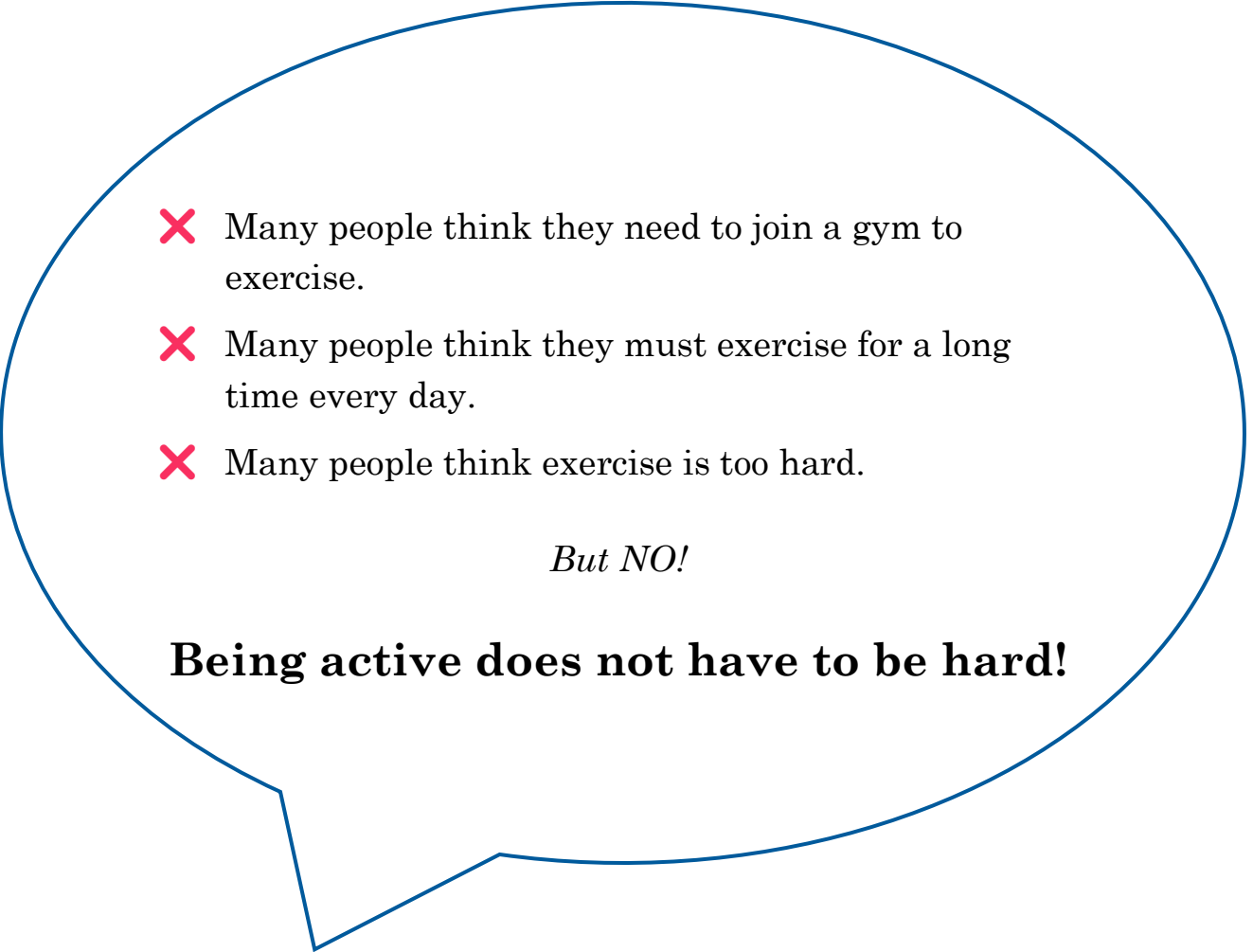
carrot

donut

peas



Being Active

- 
- ✗ Many people think they need to join a gym to exercise.
 - ✗ Many people think they must exercise for a long time every day.
 - ✗ Many people think exercise is too hard.

But NO!

Being active does not have to be hard!

Be more active, sit less

Walking is one of the easiest ways to stay active.

Many people start with walking because:

- ✓ It is free, and no special equipment is needed.
- ✓ You can start where you are. Every step counts!

What's stopping me?

Many people know that exercise is good for them. But being active is not always easy.

Sometimes we:



Feel tired or get busy.



Have pain or feel stressed.



Simply lose motivation.

This happens to many people.

The important thing is to **start again!**



Do you know? All of these count!



Standing while talking on the phone.



Walking in place while waiting for the kettle to boil.



Stretching during TV commercials.

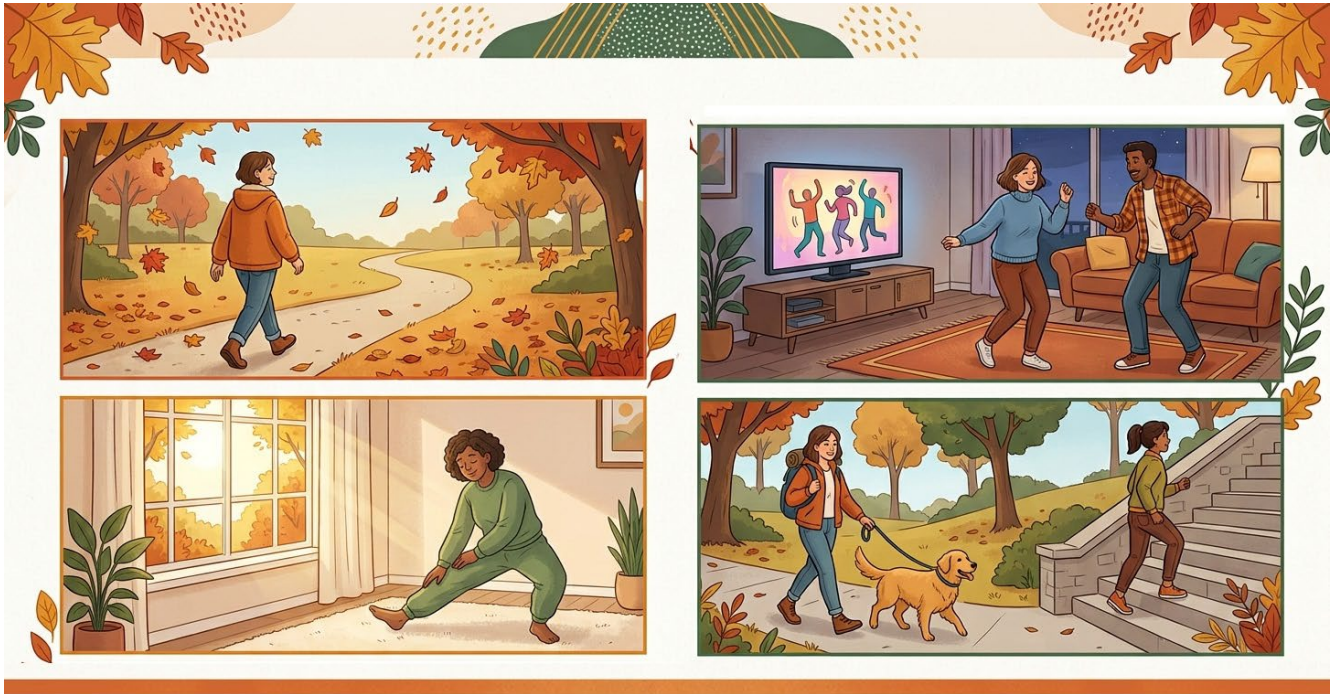
These are easy ways to keep your body active throughout the day.



Motivation: The feeling of wanting or needing to do something.

Activity: Find an exercise you enjoy doing

1) Circle two pictures that look fun to you.



2) Write down why:

My first choice:

My second choice:

I like these exercises because:

Healthy Sleep

Sleep is an important part of staying healthy.

When we sleep, our body and brain rest. They need time to repair.

Sleep matters!

Think about how we feel after a bad night's sleep.

We may:



Feel tired and have trouble paying attention.



Feel grumpy or stressed.



Have little to no energy.

A good night's sleep can help us feel our best the next day!

We may:



Wake up feeling better.



Focus better during the day.



Have more energy for daily activities.



Even a little more rest can help.

What Can I Do?

How to set healthy goals

Anna and Mark (Part 2)



“Healthy eating, being active, and healthy sleep.

That’s what I’ve been doing for months, Mark.” Anna said.

“I see. But, Anna, grocery prices are so high.

Can I really eat healthy on a limited budget?”

Mark asked.

**“There are many healthy choices out there.
Some of them are quite affordable.”** Anna explained.

**“For example, I use canned beans for soups and salads.
I also use frozen vegetables for stir-fries.”** Anna continued.
“These foods are low-cost and full of nutrients.”

Mark looked less stressed but was still yawning.

Anna laughed. **“You may also want to make small changes to sleep better.”**

“I think I’ll spend less time on my phone at night.” Mark said.

“Why don’t you join our lunch walking group, Mark?” Anna asked.
“Twice a week, a few of us go for a 30-minute walk after lunch.”

“Count me in! I could use some support,” Mark said.

Anna smiled and gave Mark a high-five.

The End

 **Affordable: Does not cost a lot of money.**

Healthy habits help us stay healthy



Many people wait until they feel motivated.

But we do not always feel motivated.

Let's set ourselves up for success.

Start with small changes!

Here are some small changes we can make:

 Put healthy foods where you can see them (so you can eat them!).

 Leave walking shoes by the door (so you can go for a walk!).

 Turn off your phone screen before bed (so you can stop looking at it!).

 **Encouragement helps us keep going.**

When healthy choices are easy to see and do, they are easier to make.

 **Encouragement: Words or actions that help someone feel confident and keep going.**

Activity: Looking back, looking ahead

Small changes often work better because they are easier to keep than big changes.

This week, I will:

☐ Choose some less processed foods:

☐ Be more active and sit less.

☐ Put my phone away before bed.

☐ Try a new healthy habit:

☐ Build a support team.



Start where you are. One small change is better than no change!



Ahead: Before something happens.

Activity: Imagine my healthier future

Building healthy habits is easier when we have support.

Let's write down our goal.

Let's share it with those who can encourage us along the way.



Moving forward:

One small change I would like to try is:

I hope to:



Small steps count. Better is enough!

Recipe 1

Nourishing Vegetable & Bean Soup

Ingredients: *(Makes 6 bowls)*

- Vegetables:  1 onion
 2 carrots
 2 celery sticks
- Canned Foods:  1 can of mixed beans
 1 can of diced tomatoes
- Others:  1 tablespoon oil
 4 cups water
 Salt and pepper to taste

Steps:

- 1) Chop the vegetables. Put them into a pot.
- 2) Add oil into the pot. Cook the vegetables for 5 minutes.
- 3) Open the cans. Add the beans, diced tomatoes, and water into the pot.
- 4) Bring to a boil. Turn down the heat and cook for 20 minutes.
- 5) Add salt and pepper to taste.
- 6) Enjoy!

 **Nourishing:** Helps your body stay healthy.

 **Chop:** Cut food into smaller pieces with a knife.

💡 Money-Saving Tips

- **Buy canned beans when they are on sale.**
Canned kidney beans, navy beans, white beans, and chickpeas are all healthy choices.
- **Use vegetables that are in season or frozen mixed vegetables.**
Carrots, celery, onion, cabbage, green beans, and corn are all healthy choices.



📖 **Simmer:** Cook slowly on low heat.

📖 **Seasoning:** Salt, pepper, and other ingredients added to make food taste better.

Recipe 2

Hearty Chicken & Vegetable Skillet

Ingredients: *(Makes about 4 servings)*

- Meat:  2 chicken thighs, diced
- Vegetables:
 -  1 onion, chopped
 -  1 bell pepper, chopped
 -  2 cups broccoli pieces
 -  2 carrots, sliced
- Others:
 -  1 tablespoon oil
 -  Salt and pepper to taste

Steps:

- 1) Heat oil in a large frying pan.
- 2) Add diced chicken thighs and fry until no longer pink.
- 3) Add onion, pepper, broccoli, and carrots into the pan.
- 4) Fry for 8 to 10 minutes.
- 5) Add salt and pepper to taste. Enjoy!

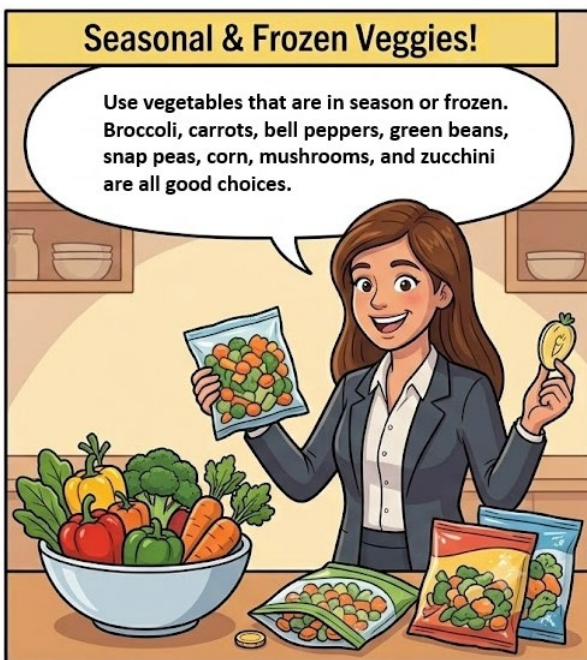
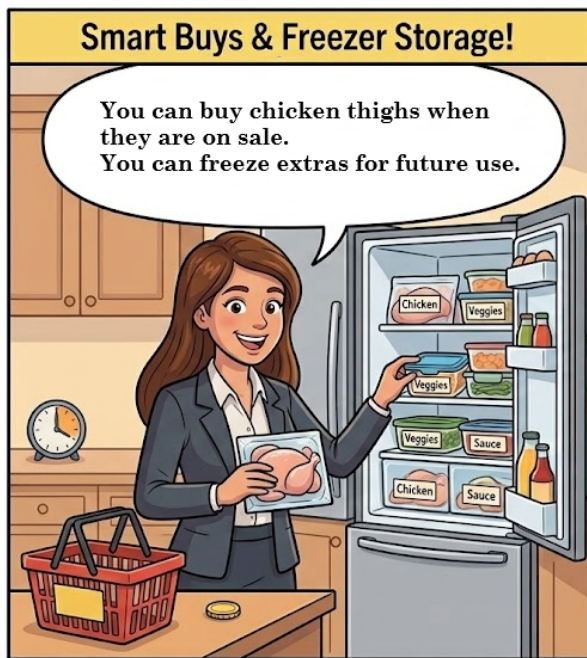
 **Hearty:** A meal that makes you feel full.

 **Diced:** Cut into small pieces.

 **Sliced:** Cut food into thin, flat pieces.

💡 Money-Saving Tips

- **Buy chicken thighs or other meat when they are on sale.**
Freeze the extra meat and use it later.
- **Use vegetables that are in season or frozen mixed vegetables.**
Carrots, celery, onion, cabbage, green beans, and corn are all healthy choices.



Activity: A shopping list

Planning ahead can help you save money and choose healthy foods.

My shopping list:

[illegible]

Every shopping trip is a new chance to make healthy choices.

After shopping:

Any healthy foods? What are they?

♥ Don't worry if you didn't buy any this time. Try next time!

Useful tips

- ✓ Check flyers before shopping.
- ✓ Check your kitchen and use what you already have.
- ✓ Try to buy foods that are on sale.
- ✓ Use vegetables that are in season or frozen vegetables.
- ✓ For extra portions, keep or freeze them for future use.
- ✓ Try adding one healthy food to your next shopping list.
- ✓ Make a shopping list and stick to it.
- ✓ Do not shop when hungry or stressed.

 **Portions: Amounts of food to eat at one meal.**

 **Extra portions: Extra amounts of food saved to eat later.**

Activity: Healthy habit detective

Let's put on the detective hat and look around your home.



Can you find things that help you build healthy habits? For example:

- ☐ Fruit that you can eat as a snack.
- ☐ A water bottle to keep you hydrated when exercising.
- ☐ Walking shoes ready to do the walk.
- ☐ A book or Breakthrough magazine to read.
- ☐ Something that helps you relax.
- ☐ Any item that supports your healthy habit.



Special Writing from a Tutor

Finding a New Passion Through I-CARE

By Jan K.

I would like to share my experience of how I became involved with the I-CARE Adult Literacy Program.

Upon retiring from the hospitality business, I searched for new interests that I could get excited about and that were important to me. I had just taken up learning Spanish, and I realized that I could help others with the English language.

I came across an ad recruiting tutors for Douglas College's I-CARE program and was interviewed and accepted into the program.

 **Hospitality business:** Jobs that help and serve guests.

 **Ad:** A short form of **advertisement**. It is a message that tells people about a job, service, or event.

 **Recruiting:** Looking for people to join a program, or volunteer position.

Soon after completing the training, I was paired with my learner. We put our shared interests together into our learning sessions. The monthly support materials from I-CARE are our grounding. We always look forward to what comes in the mail. In addition, there are incredible resources available to tutors to support their teaching needs.

Our shared interests keep growing. Together, we explore history, sports, cultures, nature, and everyday moments. It is also a great learning experience for me.

Being a tutor and a learner together brings immense satisfaction and joy!♥

 **Grounding:** Something that helps keep you focused, and on track.

 **Incredible:** Very good or excellent.

 **Immense:** Very great or very strong.

 **Satisfaction:** A good feeling that comes from doing something meaningful.

Special Writing from Learners

**“I-CARE
program has
really helped me
with my reading
and writing.”**

- S.A.

**“I suggest that if anyone
wants to get a tutor,
it would really help them.”**



The I-CARE program

**is such a life-changing experience, for all
who desire to learn and improve in English.**

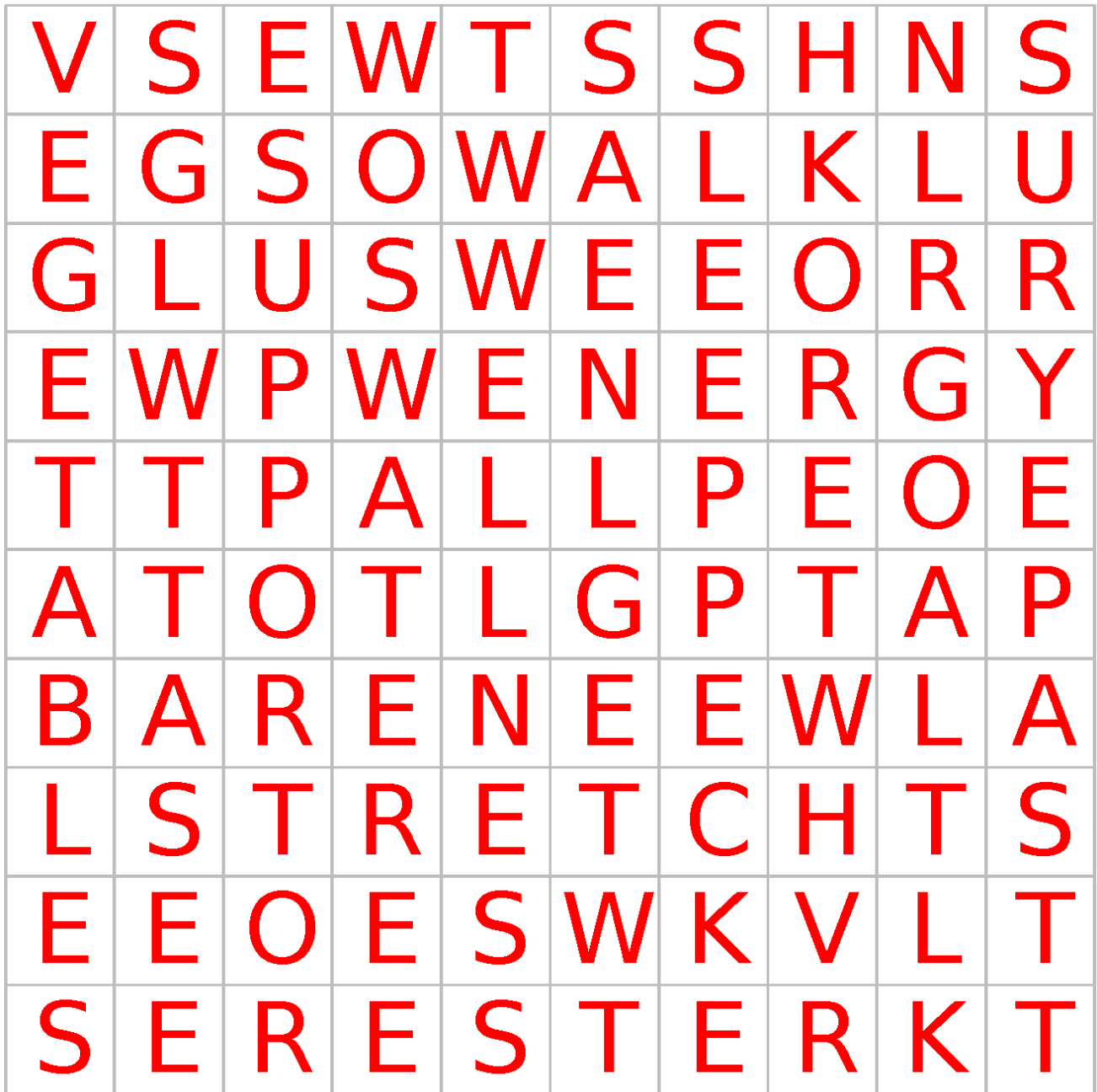
- G.T.

**As an immigrant and parent,
this program helped me
understand and
communicate
around life, including
my kids's school programs.**



**The I-CARE program has great and
friendly tutors that build meaningful
relationships, making learning more fun.**

Word Search 1



SUPPORT | WALK | WELLNESS | SLEEP
ENERGY | VEGETABLES | STRETCH | REST
WATER | GOAL

Word Search 2



FRUIT | RAINBOW | NUTRIENTS | PHONE

HABIT | MOVE | SHOPPING | SHOES

MOTIVATION | ENCOURAGEMENT

Games and Activities Answers

Activity: Healthy eating



1) Circle the foods that are less processed.

apple

chips

eggplant

cookie

egg

pop



2) Circle the foods that help make a rainbow salad bowl.

tomato

candy

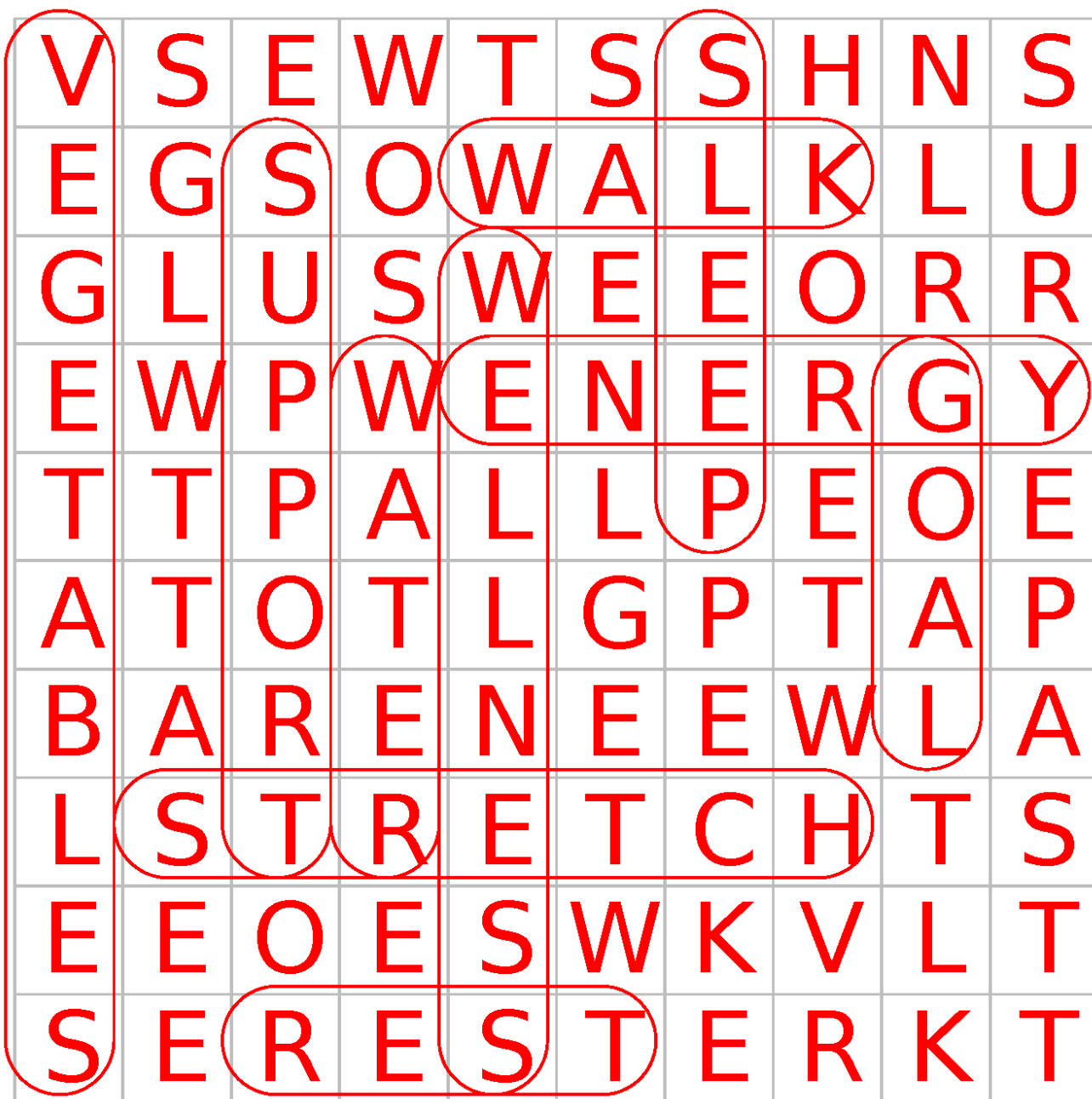
spinach

carrot

donut

peas

Word Search 1 Answers



SUPPORT | WALK | WELLNESS | SLEEP
ENERGY | VEGETABLES | STRETCH | REST
WATER | GOAL

Word Search 2 Answers



FRUIT | RAINBOW | NUTRIENTS | PHONE

HABIT | MOVE | SHOPPING | SHOES

MOTIVATION | ENCOURAGEMENT

