

# Nutrition Education Outcomes: Early Primary – Adult

## **Early Primary (K- Grade 1)**

Students build familiarity with a variety of foods through identification and cooking activities. They develop confidence and positive feelings about trying new foods.

## **Late Primary (Grades 2-3)**

Students learn to:

- Classify foods into food groups
- Choose snacks from the food groups
- Identify and create balanced meals

## **Intermediate (Grades 4-7)**

Students assess their diet for balance and make personal plans to improve choices. Goals are based on getting at least the minimum servings required in a day for meeting nutrient needs.

## **Secondary & Adult (Grade 8 and up)**

Students assess their diets for balance and make personal plans to improve choices. Less practice is required to learn the assessment skills but problem-solving to carry out plans continues to be a major focus. Students may go on to refine their food choices or focus on an area of specific interest (e.g. getting enough calcium or getting enough fibre).