

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 4 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 from Canada's Food Guide.

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 (e.g. choose one dark green and one orange vegetable daily) at this level.