

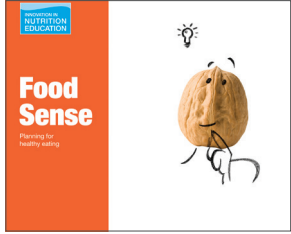





BC's New Curriculum: Physical and Health Education

Nutrition Education Programs that support
Big Ideas and Learning Standards related to healthy eating

	Kindergarten	Grade 1	Grade 2	Grade 3
Big Ideas	Knowing about our bodies and making healthy choices help us look after ourselves.	Knowing about our bodies and making healthy choices help us look after ourselves.	Adopting healthy personal practices and safety strategies protects ourselves and others.	Adopting healthy personal practices and safety strategies protects ourselves and others.
Learning Standards	<p>Identify and explore a variety of foods and describe how they contribute to health.</p> <p>Identify opportunities to make choices that contribute to health and well-being.</p>	<p>Identify and explore a variety of foods and describe how they contribute to health.</p> <p>Identify opportunities to make choices that contribute to health and well-being.</p>	<p>Explore strategies for making healthy eating choices.</p>	<p>Explore and describe strategies for making healthy eating choices in a variety of settings.</p> <p>Explore and describe strategies for pursuing personal healthy-living goals.</p>
BCDA Nutrition Education Programs				

	Big Ideas	Learning Standards	BCDA Nutrition Education Programs
Grade 4	<p>Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle.</p> <p>Personal choices and social and environmental factors influence our health and well-being.</p>	<p>Explain the relationship of healthy eating to overall health and well-being.</p> <p>Identify and describe factors that influence healthy choices.</p> <p>Examine and explain how health messages can influence behaviours and decisions.</p> <p>Identify and apply strategies for pursuing healthy-living goals.</p>	 <p>Gr. 4-6</p>
Grade 5	<p>Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle.</p> <p>Personal choices and social and environmental factors influence our health and well-being.</p>	<p>Analyze and describe the connections between eating, physical activity and mental well-being.</p> <p>Describe the impacts of personal choices on health and well-being.</p> <p>Identify, apply and reflect on strategies used to pursue personal healthy-living goals.</p>	 <p>Gr. 4-7</p>
Grade 6	<p>Healthy choices influence our physical, emotional and mental well-being.</p> <p>Learning about similarities and differences in individuals and groups influences community health.</p>	<p>Explore and plan food choices to support personal health and well-being.</p> <p>Describe the impacts of personal choices on health and well-being.</p> <p>Analyze health messages and possible intentions to influence behaviour.</p> <p>Identify, apply and reflect on strategies used to pursue personal healthy-living goals.</p> <p>Explore and describe strategies for managing physical, emotional and social changes during puberty and adolescence.</p>	 <p>Gr. 6-8</p>
Grade 7	<p>Healthy choices influence our physical, emotional and mental well-being.</p> <p>Learning about similarities and differences in individuals and groups influences community health.</p>	<p>Investigate and analyze influences on eating habits.</p> <p>Identify factors that influence healthy choices and explain their potential health effects.</p> <p>Identify and apply strategies to pursue personal healthy-living goals.</p> <p>Reflect on outcomes of personal healthy-living goals and assess strategies used.</p>	 <p>Gr. 5-8</p>