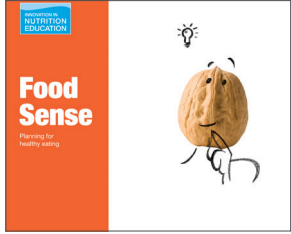





	<b>Big Ideas</b>	<b>Learning Standards</b>	<b>BCDA Nutrition Education Programs</b>
<b>Grade 4</b>	<p>Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle.</p> <p>Personal choices and social and environmental factors influence our health and well-being.</p>	<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><b>Gr. 4-6</b></p>
<b>Grade 5</b>	<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><b>Gr. 4-7</b></p>
<b>Grade 6</b>	<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><b>Gr. 6-8</b></p>
<b>Grade 7</b>	<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><b>Gr. 5-8</b></p>