

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				