Mindful Eating Lesson Plan: Cross Curricular Connections

A Kindergarten to Grade 12 Lesson Plan

Subject	Big Ideas	Competencies	Content
Applied Design, Skills, and Technologies	Skills can be developed through play. (K-3) Skills are developed through practice, effort, and action. (4, 5) Complex tasks require the sequencing of skills. (9)	Generate ideas from their experiences and interests. (K-3) Develop their skills and add new ones through play and collaborative work. (K-3) Identify the skills required for a task and develop those skills as needed. (4, 5) Identify and evaluate the skills and skill levels needed, individually or as a group, in relation to a specific task, and develop them as needed. (6- 9)	Variety of eating practices. (8) Health, economic, and environmental factors that influence availability and choice of food in personal, local, and global contexts. (9)
Career Education	Confidence develops through the process of self-discovery. (K-3) Everything we learn helps us to develop skills. (K-3) Learning is a lifelong enterprise. (K-3)	Share ideas, information, personal feelings, and knowledge with others. (K-3) Use self-assessment and reflection to develop awareness of their strengths, preferences, and skills. (8,9)	

English Language Arts	Stories and other texts help us learn about ourselves and our families. (K, 1) Stories and other texts can be shared through pictures and words. (K, 1) Curiosity and wonder lead us to new discoveries about ourselves and the world around us. (K- 8) Through listening and speaking, we connect with others and share our world. (K) Using language in creative and playful ways helps us understand how language works. (4) Exploring and sharing multiple perspectives extends our thinking (6) Language shapes ideas and influences others. (9, 12)	Use developmentally appropriate reading, listening, and viewing strategies to make meaning. (K) Engage actively as listeners, viewers, and readers, as appropriate, to develop understanding of self, identity, and community. (K-3) Use personal experience and knowledge to connect to stories and other texts to make meaning. (K-2) Use language to identify, create, and share ideas, feelings, opinions, and preferences. (K) Use sources of information and prior knowledge to make meaning. (1) Exchange ideas and perspectives to build shared understanding. (2) Plan and create a variety of communication forms for different purposes and audiences. (3) Access and integrate information and ideas from a variety of	

		sources and from prior knowledge to build understanding. (4) Exchange ideas and perspectives to build shared understanding. (5)	
Physical and Health Education	Good health comprises physical, mental, and emotional well-being. (K, 1) Our physical, emotional, and mental health are interconnected. (2,3) Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle. (4, 5) Personal choices and social and environmental factors influence our health and well-being (4, 5) Healthy choices influence our physical, emotional, and mental well-being. (6- 10)	Identify opportunities to make choices that contribute to health and well-being. (K, 1) Identify personal skills, interests, and preferences. (K, 1) Explore and describe components of healthy living. (2) Identify and apply strategies that promote mental well-being (2, 3) Develop and demonstrate respectful behavior when participating in activities with others. (2,3) Explore and describe strategies for making healthy eating choices in a variety of settings (3) Explore and describe strategies for pursuing personal healthy-living goals (3)	Relationships between food, hydration, and health. (K,1) Practices that promote health and well-being. (K, 1) Practices that promote health and well-being, including those relating to physical activity, nutrition, and illness prevention (2,3) Practices that promote health and well-being, including those that prevent communicable and non-communicable illnesses (5) Influences on food choices. (6) Factors that influence personal eating choices. (7) Potential short- and long-term consequences of health decisions, including those involving nutrition, protection from sexually

		Identify and describe factors that influence healthy choices. (4) Describe the impacts of personal choices on health and well-being (5, 6) Identify, apply, and reflect on strategies used to pursue personal healthy-living goals. (5) Identify and apply strategies for pursuing a personal healthy living goal. (4, 8, 10) Identify, apply, and reflect on strategies used to pursue personal healthy-living goals. (5- 7) Describe and assess strategies for promoting mental well-being, for self and others. (6) Investigate and analyze influences on eating habits. (7) Reflect on outcomes of personal healthy-living goals and assess strategies used. (7-9) Develop strategies for promoting healthy eating choices in different settings. (8)	transmitted infections, and sleep routines (9) Potential short- and long-term consequences of health decisions, including those involving physical activity, healthy eating, sleep routines, and technology (10) Potential short- and long-term consequences of health decisions (11, 12)

		Assess factors that influence healthy choices and their potential health effects. (8) Propose healthy choices that support lifelong health and well-being. (9) Reflect on outcomes of personal healthy-living goals and assess the effectiveness of various strategies (10) Analyze how health-related decisions support the achievement of personal healthy-living goals (10) Making healthy choices can help us reach our health and fitness goals. (12)	
Science	Humans interact with matter every day through familiar materials. (K)	Demonstrate curiosity and a sense of wonder about the world (K – 4) Ask simple questions about familiar objects and events (K- 2) Make exploratory observations using their senses (K) Make and record observations (1, 2)	(Anatomy and Physiology) Feedback loops and regulation of the body's internal environment (12)

		Share observations and ideas orally (K-12) Make observations about living and non-living things in the local environment (3) Make observations in familiar or unfamiliar contexts (6) Contribute to care for self, others, community, and world through individual or collaborative approaches (8, 9, 11, 12) Analyse cause and effect relationships (10)	