

## Healthy Eating: Grade Level 10 to 12

This elaborated scale can be used to evaluate student development in this aspect anytime during the year. Note that evaluation of student progress may require observation of actual student behaviour as written activities or other products may not always offer appropriate evidence. The rating scale may require adaptation when used for different grades, purposes and tasks.

Snapshots			
Emerging	Developing	Acquired	Accomplished
<p>With assistance the student can demonstrate some understanding of making appropriate nutritional choices based on a variety of factors.</p> <p>With assistance, the student will:</p> <ul style="list-style-type: none"> <li>▪ access information about food groups and appropriate servings from <i>Eating Well with Canada's Food Guide</i></li> <li>▪ use <i>Canada's Food Guide</i> to plan their personal dietary needs for an entire day, including meals and snacks</li> <li>▪ tell others about what a healthy balanced food plan for a day for a student should look like</li> <li>▪ identify foods which are healthy options versus those that are less healthy, or 'junk food'.</li> <li>▪ explain the need for food to fuel the body for physical activities</li> <li>▪ analyze the appropriate healthy food options required for specific activities</li> <li>▪ read food nutrition labels to identify and compare products to make a healthier choice</li> <li>▪ recognize the basic health check symbols on food packaging</li> </ul>	<p>The student has some understanding of making appropriate nutritional choices based on a variety of factors.</p> <p>The student will:</p> <ul style="list-style-type: none"> <li>▪ access and understand information about food groups from <i>Eating Well with Canada's Food Guide</i> to plan their personal dietary needs for an entire day, including meals and snacks</li> <li>▪ tell others about what a healthy balanced food plan for a day for a student should look like</li> <li>▪ practise healthy food choices daily based on the principles of eating well using <i>Canada's Food Guide</i></li> <li>▪ access information related to energy and nutritional balance</li> <li>▪ evaluate information about food intake and its relationship to physical activity</li> <li>▪ evaluate some information contained in commercial product labelling</li> <li>▪ read food nutrition labels to understand nutritional content of commercial food products</li> <li>▪ understand the basic health check symbols on food packaging</li> </ul>	<p>The student communicates and demonstrates an understanding of making appropriate nutritional choices based on a variety of factors.</p> <p>The student will:</p> <ul style="list-style-type: none"> <li>▪ access and evaluate information about food groups from <i>Eating Well with Canada's Food Guide</i> to plan their personal dietary needs for an entire day, including meals and snacks</li> <li>▪ communicate to others what a healthy balanced food plan for a day for a student should look like, and why</li> <li>▪ practise healthy food choices daily based on the principles of eating well using <i>Canada's Food Guide</i></li> <li>▪ access and understand information about food intake and its relationship to physical activity, and provide examples</li> <li>▪ practice a balanced diet in conjunction with physical activity to enhance personal health</li> <li>▪ compare similar food products with regard to nutritional values</li> <li>▪ communicate to others an understanding of nutritional content of commercial food products</li> <li>▪ demonstrate basic knowledge of health check symbols on food packaging</li> </ul>	<p>The student demonstrates leadership in advocating for self and others in making appropriate nutritional choices based on a variety of factors.</p> <p>The student will:</p> <ul style="list-style-type: none"> <li>▪ access and evaluate information about food groups from <i>Eating Well with Canada's Food Guide</i> to plan their personal dietary needs for an entire day, including meals and snacks</li> <li>▪ communicate to others what a healthy balanced food plan for a day for a student should look like, and why</li> <li>▪ practise healthy food choices daily on a daily basis following the <i>Canada's Food Guide</i> principles</li> <li>▪ advocate for nutritional knowledge enhancement for themselves, family, and community</li> <li>▪ understand the relationship between food intake and physical activity and recommend individual changes when necessary</li> <li>▪ practice a balanced diet in conjunction with physical activity and advocate for change that enhances health in the community</li> <li>▪ evaluate commercial food products based on analysis for nutritional values</li> <li>▪ develop and use criteria to compare similar food products to improve individual or group nutrition programs</li> </ul>