

Healthy Eating Grade Level: 4 to 6

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.

Emerging	Developing	Acquired	Accomplished
<p>Snapshots</p> <p>The student requires assistance to access and understand what constitutes a balanced, healthy diet according to <i>Canada's Food Guide</i>; needs support to identify influences on eating habits and understanding the link between nutrition and physical activity</p>	<p>The student can access and demonstrate some understanding of a balanced, healthy diet according to <i>Canada's Food Guide</i>; identify some influences on eating habits; understand some of the links between nutrition and physical activity</p>	<p>The student can access, evaluate and demonstrate an understanding of a balanced, healthy diet according to <i>Canada's Food Guide</i>; identify influences on eating habits; understand the link between nutrition and physical activity</p>	<p>The student can access, understand, evaluate and advocate for a balanced, healthy diet according to <i>Canada's Food Guide</i>, with an awareness of various influences on eating habits; clearly understand the link between nutrition and physical activity</p>
<p>With assistance, the student will:</p> <ul style="list-style-type: none"> ▪ access information in <i>Canada's Food Guide</i> about food groups and total servings that enhance health for their age group ▪ evaluate information from the <i>Guide</i> to develop their personal dietary plan for a full day, including snacks ▪ communicate minimal information to others about what a daily, healthy, balanced food plan looks like and why it's important ▪ communicate to others the importance of healthy eating ▪ identify some food marketing practices ▪ identify a variety of influences on eating habits ▪ participate in healthy eating and physical activity sometimes ▪ participate in healthy eating and physical activity with reluctance 	<p>The student will:</p> <ul style="list-style-type: none"> ▪ access some information in <i>Canada's Food Guide</i> about food groups and total servings that enhance health for their age group ▪ evaluate some information in the <i>Guide</i> to develop their personal dietary plan for a full day, including snacks ▪ communicate partial information to others about what a healthy and balanced daily food plan looks like and why it's important ▪ recognize that healthy eating choices differ according to different cultural, racial, religious beliefs ▪ identify some food marketing practices ▪ identify and describe some influences that family, peers, media and marketing have on eating habits ▪ understand that these influences affect their own personal eating habits ▪ understand some of the connections between healthy eating and physical activity ▪ participate in healthy eating and physical activity occasionally 	<p>The student will:</p> <ul style="list-style-type: none"> ▪ access information <i>Canada's Food Guide</i> about food groups and total servings that enhance health for their age group ▪ evaluate information in the <i>Guide</i> to develop their personal dietary plan for a full day, including snacks ▪ describe and demonstrate healthy eating choices ▪ actively make healthy eating a personal choice ▪ recognize and communicate that healthy eating choices differ according to different cultural, racial, religious beliefs ▪ identify and describe food marketing practices ▪ identify and describe the influences that family, peer, media and marketing have on eating habits ▪ understand which influences affect their own personal eating habits ▪ understand and communicate the relationship between healthy eating and physical activity ▪ actively demonstrate daily healthy eating and physical activity 	<p>The student will:</p> <ul style="list-style-type: none"> ▪ confidently access, evaluate and communicate information in <i>Canada's Food Guide</i> about food groups and total servings that enhance health for their age group ▪ evaluate, plan and fulfil their dietary goals based on information in the <i>Guide</i> and be able to give reasons for their choices ▪ advocate for personal, family and community change that enhances daily healthy eating ▪ actively make healthy eating a personal choice ▪ advocate for healthy eating choices with respect to different cultural, racial, religious beliefs ▪ recognize and evaluate the influences of family, peers, media and marketing practices on their eating habits and make appropriate healthy choices ▪ understand, communicate and promote to others the relationship and benefits of healthy eating and physical activity to overall healthy living ▪ actively demonstrate daily healthy eating and physical activity