

Healthy Eating Grade Level: 7 to 9

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 With assistance, the student demonstrates some understanding of planning a healthy diet and the link between nutrition and physical activity.	The student has some understanding of planning and eating a healthy diet and the link between nutrition and physical activity; may need support.	The student communicates, demonstrates and practices skills for planning and eating a healthy diet, and understands the link between nutrition and physical activity.	The student demonstrates leadership in advocating for self and others to practice planning and eating a healthy diet, including the link between nutrition and physical activity.
Emerging	Developing	Acquired	Accomplished
With assistance, the student will: <ul style="list-style-type: none"> ▪ access information about food groups and serving sizes from <i>Eating Well with Canada's Food Guide</i> ▪ use the <i>Guide</i> to plan their daily personal dietary needs including meals and snacks ▪ tell others about what a healthy balanced daily food plan for a student should look like ▪ tell others about the importance of nutrition ▪ explain the need for food to fuel the body for physical activities ▪ analyze appropriate healthy food options required for specific activities ▪ identify a variety of influences on eating habits ▪ understand that culture, race and religion may influence the foods people choose 	The student will: <ul style="list-style-type: none"> ▪ access and understand information about food groups and serving sizes from <i>Eating Well with Canada's Food Guide</i> to plan their daily personal dietary needs including meals and snacks ▪ tell others about what a healthy balanced daily food plan for a student should look like ▪ practise healthy food choices daily the <i>Canada's Food Guide</i> principles ▪ understand the need for food to fuel the body for physical activity ▪ evaluate information about food intake and its relationship to physical activity ▪ identify and analyze some influences on eating habits, such as family, media, peers and marketing of products ▪ understand that culture, race and religion may influence the foods people choose 	The student will: <ul style="list-style-type: none"> ▪ access and evaluate information about food groups and serving sizes from <i>Eating Well with Canada's Food Guide</i> to plan their daily personal dietary needs including meals and snacks ▪ tell others what a healthy balanced daily food plan for a student should look like and why ▪ practise healthy food choices daily following the <i>Canada's Food Guide</i> principles ▪ access and understand information about food intake and its relationship to physical activity, and provide examples ▪ identify and examine the influences on eating habits, such as family, media, peers and marketing of products ▪ describe which influences affect their personal eating habits ▪ understand that culture, race and religion may influence the foods people choose and provide examples 	The student will: <ul style="list-style-type: none"> ▪ access and evaluate information about food groups and serving sizes from <i>Eating Well with Canada's Food Guide</i> to plan their daily personal dietary needs including meals and snacks ▪ tell others what a healthy balanced daily food plan for a student should look like, and why ▪ practise healthy food choices daily following the <i>Canada's Food Guide</i> principles and influence others to do the same ▪ advocate for better nutritional knowledge for themselves, family, and community ▪ understand the relationship between food intake and physical activity and recommend individual changes when necessary ▪ practice a balanced diet in conjunction with physical activity and help others to do the same ▪ identify and analyze the influence of family, peers, media and marketing on eating habits ▪ advocate for recognizing differences in healthy eating choices with respect to different cultural, racial and religious beliefs