

### Healthy Eating Grade Level: K to 3

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><b>Snapshots</b></p> <p>The student has a limited understanding of the food groups and healthy daily food choices. They need considerable support to describe what makes up a healthy lifestyle and to create a goal.</p>   | <p>The student can sometimes recognize appropriate food choices for a balance diet. They are beginning to understand what makes up a healthy lifestyle. The student sometimes needs support to recognize and achieve a reasonable goal.</p>  | <p>The student is often able to recognize food groups and make healthy, balanced food choices according to <i>Canada's Food Guide</i>. They can describe what makes up a healthy lifestyle and are able to set and attempt their goals.</p>   | <p>The student is able to consistently make healthy food choices according to <i>Canada's Food Guide</i>. They understand the benefits of making healthy lifestyle choices and they are able to set achievable goals. There is observable effort to achieve set goals.</p>  |
| <p>With assistance, the student will:</p> <ul style="list-style-type: none"> <li>▪ identify the main food groups from <i>Canada's Food Guide</i></li> <li>▪ recognize a serving size</li> <li>▪ recognize a balanced diet for a day</li> <li>▪ say that food, water and sleep are important</li> <li>▪ select healthy food choices that affect personal well being positively</li> <li>▪ set a reasonable healthy eating goal and work towards achieving it</li> </ul> | <p>The student will:</p> <ul style="list-style-type: none"> <li>▪ name and match some food to some food groups from <i>Canada's Food Guide</i></li> <li>▪ recognize a serving size inconsistently</li> <li>▪ choose foods from each food group but not accurate quantities for a day</li> <li>▪ say that food, water and sleep are important, and why</li> <li>▪ select some healthy food choices that affect personal well being positively</li> <li>▪ set a reasonable healthy eating goal with adult or peer support and work towards achieving it</li> </ul> | <p>The student will:</p> <ul style="list-style-type: none"> <li>▪ name and match most foods to appropriate food groups from <i>Canada's Food Guide</i></li> <li>▪ recognize a serving size</li> <li>▪ recognize a balanced diet for a day</li> <li>▪ say why food, water, and sleep are important</li> <li>▪ select healthy food choices that affect personal well being positively</li> <li>▪ be able to set a reasonable healthy eating goal and create a plan to follow a balanced diet</li> </ul> | <p>The student will:</p> <ul style="list-style-type: none"> <li>▪ consistently name and match most foods to appropriate food groups from <i>Canada's Food Guide</i></li> <li>▪ recognize serving size consistently</li> <li>▪ choose foods from each food group to develop a balanced food plan for a day</li> <li>▪ say why food, water and sleep are important and how they contribute to a healthy lifestyle</li> <li>▪ describe the relationship between healthy food choices and how these positively affect personal well being including self image</li> </ul> |

