

## **Grade 4 – 6 Healthy Eating**

**The Healthy Living Performance Standards represent selected PLO's at these grade levels. For a complete list of PLO's go to <HACE IRP link>**

### **Prescribed Learning Outcomes in Health and Career Education (HACE)**

#### **Grade Four**

##### **Healthy Living**

C2 describe choices they can make for healthy eating, based on Canada's Food Guide to Healthy Eating

#### **Grade Five**

##### **Healthy Living**

C2 describe strategies for contributing to a healthy, balanced lifestyle, including healthy eating,

#### **Grade Six**

##### **Healthy Living**

C1 describe the benefits of attaining and maintaining a balanced, healthy lifestyle, including the benefits of being physically active, healthy eating practice, an emotionally healthy lifestyle

##### **Healthy Relationships**

C5 assess the influence that peers have on individuals' attitudes and behaviour

### **Prescribed Learning Outcomes in Physical Education (PE)**

**The Healthy Living Performance Standards represent selected PLO's at these grade levels. For a complete list of PE PLO's go to <PE IRP link>**

#### **Grade Four**

##### **Active Living**

A4 describe the relationship between nutrition and physical activity (e.g., providing adequate fuel for the body for physical activity, providing adequate nutrition for bone and muscle development)

#### **Grade Five**

##### **Active Living**

A3 analyse the relationship between nutrition and physical activity

A5 participate daily (e.g., five times a week) in a variety of moderate to vigorous physical activities that develop muscular strength and endurance, cardiovascular endurance, and/or flexibility

**Grade Six**

**Active Living**

A3 analyse nutritional considerations for physical activity