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