

Grade 7 to 9 PLO's Healthy Eating

Prescribed Learning Outcomes in Health and Career Education (HACE), Physical Education (PE) and Home Economics (HE)

The Healthy Living Performance Standards represent selected PLO's at these grade levels. For a complete list of PLO's go to [Health and Career Education](#), [Physical Education](#) and [Home Economics](#).

Health and Career Education

Grade Seven

Goals and Decisions

A1 design a plan to achieve a specific goal

A2 demonstrate an ability to apply a decision-making model to a specific situation

Healthy Living

C1 analyse factors (including media and peer) that influence personal health decisions

C2 describe strategies for attaining and maintaining physical, emotional, and social health during puberty and adolescence

Grade 8

Healthy Living

- set personal goals for attaining and maintaining a healthy lifestyle
- analyse influences on eating habits, including family, peers, and media

Grade Nine

Healthy Living

- relate the characteristics of a healthy lifestyle to their ability to maximize personal potential
- analyse how healthy eating habits can support a healthy lifestyle

Physical Education

Grade Seven

Active Living

Knowledge

A2 analyse the relationship between personal nutrition choices and participation in physical activity

Home Economics: Foods and Nutrition

Grade Eight

Nutrition and Healthy Eating

C1 describe the importance of nutrition and other factors that contribute to health

C2 use *Eating Well with Canada's Food Guide* to plan simple, nutritious dishes and snacks

C3 use product labels to identify and compare the nutritional value of a variety of food products

Social, Economic, and Cultural Influences

D1 describe factors that influence personal food choices

Grade Nine

Nutrition and Healthy Eating

C2 use *Eating Well with Canada's Food Guide* to plan meals and snacks for a nutritionally balanced diet

C3 examine the relationship between individual eating practices and physical activity

C4 identify and compare the ingredients and nutritional value of various commercial food products

Social, Economic, and Cultural Influences

D1 describe factors that influence food choices