

## 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