

K to 3 Healthy Eating

Prescribed Learning Outcomes in Health and Career Education (HACE)

The Healthy Living Performance Standards represent selected PLO's at these grade levels. A complete list of PLO's can be found at [Health and Career Education](#)

Kindergarten

Goals and Decisions

A1 identify opportunities to make choices

Healthy Living

C1 identify practices that contribute to health, including healthy eating, regular physical activity, emotional health practices, and disease prevention practices

Grade One

Healthy Living

C1 identify practices that contribute to health, including healthy eating, regular physical activity, and emotional health practices

Grade Two

Goals and Decisions

A2 identify opportunities to make decisions (e.g., healthy eating choices, recess activities)

Healthy Living

C1 describe practices that contribute to physical and emotional health (e.g., regular physical activity, healthy eating, healthy relationships)

C2 identify healthy eating practices as described in Canada's Food Guide to Healthy Eating

Grade Three

Healthy Living

C1 describe practices that contribute to physical and emotional health (e.g., regular physical activity, healthy eating, talking to a trusted friend or adult when feeling sad or confused)

C2 describe the importance of healthy eating and regular physical activity for a healthy lifestyle (e.g., to obtain the required nutrients needed for growth, to help prevent diseases)

Prescribed Learning Outcomes in Physical Education (PE)

The Healthy Living Performance Standards represent selected PLO"s at these grade levels.
A complete list of [Physical Education PLOs](#).

Kindergarten

Active Living

Knowledge

A3 identify the importance of food as fuel for physical activity

Grade One

Active Living

Knowledge

A4 describe the importance of choosing healthy food as fuel for physical activity

Grade Two

Active Living

Knowledge

A3 describe the importance of food, water, and sleep as fuel for physical activity

Grade Three

Active Living

Knowledge

A2 describe healthy nutritional choices for physical activity