

Healthy Eating Curriculum Map

This curriculum resource is designed to align with the Ontario curriculum for Physical and Health Education 2019, incorporating both Healthy Living and Social-Emotional Learning Skills strands. Each lesson highlights one or more curriculum strands at the top of the page, promoting a cross-strand learning approach that encourages holistic development for students. The lessons are carefully crafted to provide students with opportunities to explore healthy living concepts while actively practicing social and emotional skills. This integrated approach supports both academic and personal growth, ensuring meaningful and engaging learning experiences.

What's Included:

- How to Use This Resource
- Teacher Slides in Power Point
- Eight Lessons
- Answer Key

Each lesson is thoughtfully designed for Grade 4 students, ensuring it reflects the values of representation, inclusion, and relatability. Lessons incorporate real-life examples to connect with students' experiences and foster meaningful learning. Teachers are encouraged to adapt or expand upon the material to meet the unique needs and interests of their students, creating an engaging and supportive learning environment tailored to their classroom.

How to use the Teacher Slides: Simply follow the sequence of slides, adapt the content as needed, and use the prompts and visuals to engage your students effectively. Each slide is structured to provide clear, step-by-step guidance for delivering the lesson, making it easy to stay organized and on track. The slides are flexible, allowing you to customize the pace, language, or activities to suit your students' unique learning styles and needs. Use the built-in visuals and prompts to spark discussions, encourage critical thinking, and create an interactive and dynamic classroom environment.

Student Lessons: Every lesson is paired with corresponding activities in the workbook, allowing students to actively engage with the lesson content and solidify their understanding of the topic. These activities are thoughtfully designed to align with the learning objectives, providing practical opportunities for students to apply what they've learned.

Healthy Living – Learning Objectives

1.Lesson One: Understand Key Nutrients (D1.1, D2.1, A1.3)

Identify the key nutrients (fats, proteins, carbohydrates, water, vitamins, and minerals) provided by foods and beverages and explain their importance for health.

2.Lesson Two: Healthy Eating Habits (D1.1, D2.1, A1.5)

Monitor personal eating habits, reflect on choices, and compare them to Canada's Food Guide recommendations, setting a goal to improve one aspect of your eating habits.

3.Lesson Three: Understanding Food Labels (D1.1, D2.1, A1.3)

Examine food labels to identify nutritional information and ingredients, to make balanced food choices based on portion sizes and servings.

4.Lesson Four: Choosing Healthy Foods Wisely (D1.1, D2.1, A1.3, A1.5)

Understand how to find reliable nutrition information and use it to make healthy food choices, including exploring different dietary options like eating meat, vegetarianism, and veganism.

5.Lesson Five: Healthy Eating and Well-being (D1.1, D2.1, D3.1, A1.3)

Explain how healthy eating and drinking water when thirsty contribute to overall well-being, including physical wellness, mental health, and learning performance.

6.Lesson Six: Promoting Healthy Eating (D2.1, D3.1, A1.5)

Develop strategies to promote healthier eating habits in various settings (e.g., at school, home, recreational events) and explain how these settings influence food choices.

7.Lesson Seven: Understanding Health Messages (D2.1, D3.1, A1.3)

Understand how health messages in advertisements, social media, and other sources can influence decisions and use critical thinking to decide if the information is true and if it helps you make good food choices.

8.Lesson Eight: Healthy-Living Goals (D2.1, D2.5, A1.5)

Learn and use personal strategies to live a healthy life, like helping to prepare meals, including regular physical activity in your day, and choosing foods that are good for your body and mind.

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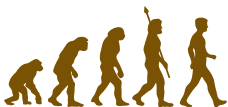
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Lesson 1

HEALTHY EATING

Nutrients

Nutrients are substances in food that help us grow, stay healthy, and have energy. Nutrients are important because they help our bodies function properly and support our overall well-being.

Think, Pair and Share

Pair up and brainstorm your favourite foods and guess which nutrients they might contain.



The 6 Key Nutrients

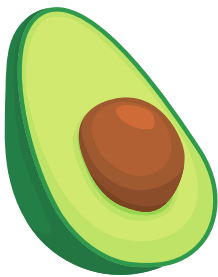
- fats
- proteins
- carbohydrates
- water
- vitamins
- minerals



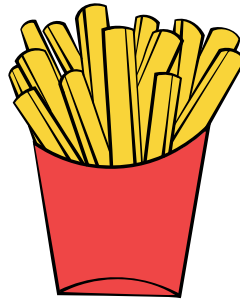
FATS

Some fats are good for your body, and some fats are not as healthy. Look at the pictures below and sort them into two groups:

Healthy Fats and Unhealthy Fats.



Avocado



French fries



Ice cream



Donuts



Almonds



Salmon

Healthy Fats

Unhealthy Fats

PROTEINS

Proteins help your body grow, repair muscles, and stay strong. Think about the foods you ate recently. Write down three foods you ate that are rich in protein. Then, choose one food and explain why it's good for your body.

My Protein-rich Foods

Write three protein-rich foods you ate recently:

Protein 1. _____

Protein 2. _____

Protein 3. _____

Why Protein Matters

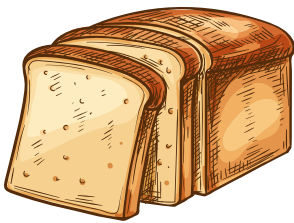
Pick one food from your list and explain why it is good for your body.



CARBOHYDRATES

Carbohydrates are the body's main source of energy. They help fuel your brain, muscles, and all your daily activities.

Match the carbohydrate-rich foods on the left with the meal you might eat them for on the right. Draw a line to connect them.

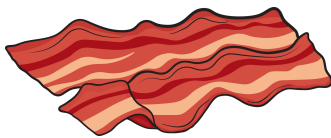


Whole-meal bread



Spaghetti

Breakfast

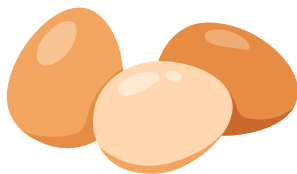


Bacon



Oatmeal

Lunch



Eggs



Cheese

Dinner



Rice



Yogurt

MY FOOD DIARY

Keep track of the foods you eat for a whole day. Writing down your meals and snacks helps you understand your eating habits and make healthier choices!

Write them down for breakfast, lunch, dinner, and any snacks. Then, answer the reflection questions on the next page.



Food Diary

Time of Day	What Did You Eat?	How Did It Make You Feel? (E.g., full, energized, tired)
Breakfast		
Snack		
Lunch		
Snack		
Dinner		

REFLECTION

Now that you've completed your food diary, take a moment to reflect on what you ate and how it made you feel by answering the questions below.

Reflection Questions

1. Which meal or snack gave you the most energy?

2. Did you eat foods from all the food groups today?

3. What's one healthy food you'd like to eat more of tomorrow?
