Teaching Nutrition in Saskatchewan

Health Education Grade 1

The purpose of Teaching Nutrition in Saskatchewan is to provide credible Canadian based nutrition information and teaching resources based on the Saskatchewan Health Education Curriculum (2010).

The following curriculum outcomes have been identified as having a clear association to nutrition.

Health Education Goal 1: Develop the understanding, skills and confidences necessary to take action to improve health.

USC 1.1 Examine healthy behaviours and opportunities and begin to determine how these behaviours and opportunities may affect personal well-being.

USC 1.5 Explore the association between a healthy sense of self and one's positive connection with others and the environment.

For each curriculum outcome, you will find:

1. **Nutrition Concepts for Student Learning:** includes key concepts and student learning focuses.
2. **Classroom Activities:** links to recommended websites that have applicable lesson plans and classroom activities.

For more information, email the Public Health Nutrition Department at:
publichealthnutrition@saskhealthauthority.ca

Health Education Goal 1: Develop the understanding, skills and confidences necessary to take action to improve health.

USC 1.1 – Examine healthy behaviours and opportunities and begin to determine how these behaviours and opportunities may affect personal well-being.

Nutrition Concepts for Student Learning USC 1.1	
Key Concept	**Student Learning Focus**
Eating a variety of foods can help us grow, learn, and play.	• Recognize that eating a variety of nutritious foods provides us the energy needed to grow, learn and play.
Food choices and ways of eating are influenced by many factors.	• Recognize that many factors, including family habits, cultural traditions, allergies, and access to food influence our food choices. • Describe personal food experiences and preferences.
Explore food with curiosity and develop food skills.	• Practice safe, simple food skills (e.g., washing fruit, spreading, stirring). • Use senses to explore food with curiosity and without judgment.
Identify water as the best drink for staying hydrated.	• Understand the importance of water for our body. • Recognize that drinking water supports thinking, learning, and playing.

Classroom Activities USC 1.1

- PHE Canada: Feed Your Brain, Bones, Muscles and More
- Teach Food First: The People I Like to Eat with
- Canada's Food Guide Toolkit for Educators: Water is the way to go
- NEC: Fun Food Sorting
- Canada's Food Guide Toolkit for Educators: Food Scramble and sort
- Canada's Food Guide Toolkit for Educators: Explore Veggies and fruits
- PHE Canada: Don't Be Hasty – It could be Tasty
- Northern Health: What Am I? Food Literacy Activity
- Hands on Food: Introduction to Knife Skills (*focus on learning with plastic knives and playdough)
- Hands on Food: Food Art

USC 1.5 – Explore the association between a healthy sense of "self" and one's positive connection with others and the environment.

Nutrition Concepts for Student Learning USC 1.5	
Key Concept	**Student Learning Focus**
Recognize that everyone's body is unique.	• Recognize that healthy bodies come in different shapes, sizes, and abilities. • Appreciate that bodies are unique and change over time.
Explore the connection between food and our environment.	• Learn where food comes from - farms, gardens, the land, and the sea. • Explore the local food environment (e.g. visit a local farm or community garden to learn about local agriculture).

Classroom Activities USC 1.5

- Teachers Pay Teachers: I Love My Body Because Program (*This lesson plan is designed to work alongside the book *I Love My Body Because*, however, the lesson plan could be used without the book)
- PHE Canada: Every Egg Has a Story
- Canada's Food Guide Toolkit for Educators: Grow at home
- AHS Nutrition Services: Lesson 2 - Roots of Our Food
- Red Cat Reading Video: Where Does Our Food Come From
- AHS Nutrition Services: Lesson - Food Transformers