Teaching Nutrition in Saskatchewan

Health Education Grade 2

The purpose of Teaching Nutrition in Saskatchewan is to provide credible Canadian based nutrition information and 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 2.1 Demonstrate a basic understanding of how thoughts, feelings, and actions influence health and well-being.

USC 2.2 Determine how healthy snacking practices influence personal health.

USC 2.3 Develop an understanding of how health may be affected by illness and disease.

USC 2.6 Examine how communities benefit from the diversity of their individual community members.

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 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 2.1 – Demonstrate a basic understanding of how thoughts, feelings, and actions influence health and well-being.

Nutrition Concepts for Student Learning USC 2.1	
Key Concept	**Student Learning Focus**
Our thoughts and feelings can influence how we eat and move.	• Notice how feelings like sadness, excitement, or boredom can influence eating and activity. • Recognize that our bodies give us signals that tell us when we are hungry or full.
We can make choices that help us feel good.	• Identify basic actions that support physical and emotional health (e.g., resting, eating, drinking water, moving). • Begin to reflect on how those choices make us feel.

Classroom Activities USC 2.1
• PHE Canada: Feed Your Brain, Bones, Muscles and More • Teach Food First: Exploring Our Drinks • AHS Nutrition Services: Lesson: Food Transformers • PHE Canada: Make a Rainbow Lunch

USC 2.2 – Determine how healthy snacking practices influence personal health.

Nutrition Concepts for Student Learning USC 2.2	
Key Concept	**Student Learning Focus**
Snacks help give our body energy between meals.	• Identify times when the body might need a snack and what kinds of foods are energizing. • Discuss snack ideas that include foods like fruit, vegetables, protein foods, and grain foods. • Discuss foods you enjoy and prepare a snack.
Understand the role food and water play in well-being.	• Recognize that eating regularly is needed to grow, learn, and move. • Begin to understand that water is the best drink for hydration and helps with thinking, learning, and playing.

Classroom Activities USC 2.2

- PHE Canada: CrEATe a Snack
- Hands on Food: Introduction to knife skills
- Hands on Food: Smoothies
- Teach Food First: Exploring Our Drinks

USC 2.3 – Develop an understanding of how health may be affected by illness and disease.

Nutrition Concepts for Student Learning USC 2.3	
Key Concept	**Student Learning Focus**
Practice effective personal hygiene.	• Hand washing helps prevent getting sick (e.g. wash hands before and after eating/preparing food).

Classroom Activities USC 2.3

- SHA: Germ Smart School: Handwashing Quick Guides, Videos, and Posters

USC 2.6 – Examine how communities benefit from the diversity of their individual community members.

Nutrition Concepts for Student Learning USC 2.6	
Key Concept	**Student Learning Focus**
Culture and traditions influence how we eat.	• Appreciate that food brings people together and different food choices are part of what makes a community special. • Recognize that food is part of celebrations, traditions, and shared experiences.
Everyone has different food likes and needs.	• Accept that what is a good choice for one person may be different for another (e.g. food allergies, intolerances, religion, preferences). • Show respect for others' food choices and needs.

Classroom Activities USC 2.6

- **AHS Nutrition Services: Lesson 1 - Why We Eat the Foods We Do**
- **Growing Chefs!: My Favourite Food Memory Worksheet** *(Note: discuss a favourite food memory and complete the worksheet)*
- **PHE Canada: Don't Be Hasty – It could be Tasty**
- **Teach Food First: The People I Like to Eat with**
- **Canada's Food Guide Toolkit for Educators: Let's have dinner together!**
- **Growing Chefs!: Taste like a Chef**
- **Canada's Food Guide Toolkit for Educators: SENSE-sational foods**