Teaching Nutrition in Saskatchewan

Health Education Grade 3

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 3.1 Determine the role of a variety of healthy foods and physical activity on the health and development of the mind, body and immune system.

Health Education Goal 2: Make informed decisions based on health-related knowledge.

DM 3.1 Demonstrate the importance of investigating information for making informed decisions related to healthy foods and physical activity, one's inner self, helpful and harmful substances, healthy family and home, safety at home and impact of violence.

Health Education Goal 3: Apply decisions that will improve personal health and/or the health of others.

AP 3.1 Use the understandings, skills, and confidences related to healthy foods and physical activity, one's inner self, helpful and harmful substances, healthy family and home and impact of violence.

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 3.1 – Determine the role of a variety of healthy foods and physical activity on the health and development of the mind, body and immune system.

Nutrition Concepts for Student Learning USC 3.1	
Key Concept	**Student Learning Focus**
Our bodies and minds feel better when we choose a variety of foods.	• Explore how meals with protein foods, whole grain foods and fruits and vegetables support mood, focus, and energy. • Notice how food choices and being active affect how we feel physically and mentally.
Movement and eating nutritious foods help our body and immune system.	• Understand that different foods help different parts of the body (e.g., bones, muscles, brain). • Identify how food and physical activity create strong and resilient bodies.

Classroom Activities USC 3.1

- AHS Nutrition Services: Lesson 1 - Canada's Food Guide Fuels Us
- AHS Nutrition Services: Lesson 2 - Food Characteristics
- SHA: Germ Smart School - Handwashing Quick Guides, Videos, and Posters
- PHE Canada: Feed Your Brain, Bones, Muscles and More
- Canada's Food Guide Toolkit for Educators: Water is the way to go
- ACFN: Plant Parts You Eat

Health Education Goal 2: Make informed decisions based on health-related knowledge.

DM 3.1 - Demonstrate the importance of investigating information for making informed decisions related to healthy foods and physical activity, one's "inner self", helpful and harmful substances, healthy family and home, safety at home and impact of violence.

Nutrition Concepts for Student Learning DM 3.1	
Key Concept	**Student Learning Focus**
Use trusted sources of information to learn about health, food, and activity.	• Identify where to find trustworthy information (e.g., Canada's Food Guide). • Recognize that some messages (e.g., ads or online content) might not always be true or helpful.
Knowing how we feel inside helps us make informed choices.	• Notice how emotions like stress or happiness can affect what we eat or how active we are. • Listening to and following our feelings of hunger and fullness can help us decide how much to eat. • Understand that taking care of our inner self helps us feel strong and make better choices.

Classroom Activities DM 3.1

- **Media Smarts: Can you spot the Ad?**
- **NEDIC Beyond Images: Lesson 1 – Banishing Body Talk**
- **SHA: Germ Smart School - Handwashing Quick Guides, Videos, and Posters**
- **Canada's Food Guide Toolkit for Educators: Take Time to Eat and Enjoy**

Health Education Goal 3: Apply decisions that will improve personal health and/or the health of others.

AP 3.1 Use the understandings, skills, and confidences related to healthy foods and physical activity, one's inner self, helpful and harmful substances, healthy family and home, safety at home and impact of violence.

Nutrition Concepts for Student Learning AP 3.1	
Key Concept	**Student Learning Focus**
We can make choices that help us feel good.	• Think about how your body and mind feel when you make different choices (e.g., eating fast or slow).
Our choices can help others too.	• Practice sharing health-promoting habits with friends and family (e.g., help pack a nutritious and tasty lunch or play an active game together).
Demonstrate ways to prevent illness.	• Demonstrate proper hand washing to prevent illness caused by bacteria and viruses. • Apply food safe practices in the kitchen.

Classroom Activities AP 3.1

- **PHE Canada: Make a Rainbow Lunch**
- **Teachers Pay Teachers: Mindful Eating Activity** (*Trigger Warning: Some students may have sensitivities or past experiences related to food. During the mindful eating exercise, do not require students to taste or consume the food. Participation can be limited to observation, smelling, or other non-eating interaction)
- **Health Canada Experiences: Food Safety for Kids**
- **SHA: Germ Smart School - Handwashing Quick Guides, Videos, and Posters**
- **Northern Health: What am I? Food literacy activity.**
- **Food Share: Stone Soup**
- **Canada's Food Guide Toolkit for Educators: Water is the way to go**