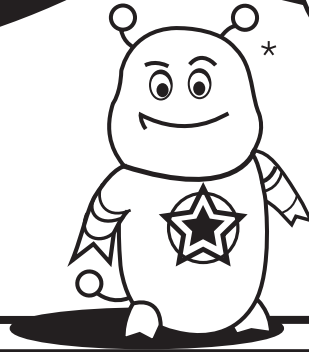




Grades 6-8
**Curriculum
 Connections**
Healthy Eating

Adventures in learning, created
 by Canadian dietitians

MISSION NUTRITION*
 resources for
 Kindergarten to
 Grade 8 are available in
 English and French at
www.missionnutrition.ca
 or by calling
 1-888-876-3750.



MISSION OBJECTIVES

LEARNING EXPECTATIONS

SUBJECTS

**MISSION 1 - EXPLORING
 HEALTHY EATING**

Students explore the benefits of healthy eating and factors that influence eating habits.

1. Describe the benefits of healthy eating.
2. Understand the various factors that influence their eating habits.

- ☆ Health
- ☆ Language
- ☆ Art

**MISSION 2 - FOOD FOR
 ENERGY AND NUTRIENTS**

Students explore their personal eating patterns and adopt a healthy eating goal.

1. Identify the nutritional needs of adolescents.
2. Compare personal eating patterns to *Canada's Food Guide*.
3. Develop and adopt personal goals to achieve healthy eating.

- ☆ Health
- ☆ Math
- ☆ Language

MISSION 3 - BODY SIGNALS

Students explore the body's signals for hunger and fullness, and promote healthy eating habits among their peers.

1. Recognize the body's internal signals for hunger and satiety.
2. Promote healthy eating habits among peers.

- ☆ Health
- ☆ Language

MISSION 4 - USING FOOD LABELS

Students explore how to use food labels to make informed choices for healthy eating.

1. Research food labels as a tool to analyze food choices and personal eating habits.
2. Apply food label reading skills for making food choices.

- ☆ Health
- ☆ Language
- ☆ Art