USC 7.5 Healthy Food Choices

**USC 7.5 Evaluate personal food choices and needs by applying accurate and current nutritional knowledge.**

**Big Idea:**

Healthy eating is part of a healthy lifestyle.

Nutritional information changes over time.

**Unpacking:**

Evaluate food choices

Evaluate needs

Apply knowledge

**Essential questions**:

* Why does information constantly need to be reexamined?
* How can I make good food decisions?
* How does how I eat impact my health?
* When does knowing more help us do better and when does it not?
* How can I make a commitment?

**Enduring Understanding:**

* Students will understand that their eating behaviours affect their health.
* Accurate information leads to sound decision making.
* That knowing more doesn’t always lead to better choices.
* That part of staying healthy is about examining how to transfer knowledge into action.
* That committing to a behavior means looking at the behavior in its complexity, determining challenges and being proactive in planning.

**Students will be able to do:**

* Locate and evaluate healthy-eating information
* Examine consequences of not evaluating information
* Analyze persuasion/propaganda techniques
* Apply the Canada Food Guide
* Track and analyze food consumption for one week
* Analyze food labels
* Prepare a three-day menu
* Analyze changes to Canada Food Guide

**Students will know:**

* Criteria for examining resources
* Determine conditions associated with poor eating habits
* Propaganda techniques
* The Canada Food Guide guidelines
* Parts of a food label
* Nutritional information
* The effects of budgets on diet