



Ontario Curriculum Connections: Grade 9-12

Subject: Health

<ul style="list-style-type: none"> • Education Centres throughout The Fair, including Education Ring (Egg Farmers, Dairy Farmers), Farm to Table Discovery Zone, Spirit of the Horse, EquiMania 	9	C1.1	<p>- explain how active living and healthy eating contribute to a person’s physical health and mental, emotional, and spiritual well-being, and describe the benefits of a holistic approach to health</p> <p>Discover locally grown produce at the Nature Fresh Greenhouse and encourage students to add more of these products into their diet.</p>
		C2.1	<p>-apply their knowledge of basic nutrition principles and healthy eating practices</p> <p>Take pictures of the various food products seen at The Royal Winter Fair and ask students to come up with recipes that include at least 3 of these ingredients.</p>
		C3.1	<p>-analyse the influence of social and environmental factors on food and beverage choices (e.g., accessibility of different kinds of food, proximity to where food was produced, environmental impact of food production methods)</p> <p>Ask a dairy farmer why it is more environmentally friendly to buy locally produced milk.</p>

10	C2.2 C3.1 C3.1	<p>-assess the nutritional implications of a variety of dietary choices, including those reflecting current dietary trends, and explain how they can make personal choices that will provide the nutritional requirements for a healthy, active life-identify ways of promoting healthier food choices in a variety of settings and situations Discover locally grown produce at the OFVGA and encourage students to add more of these products into their diet.</p> <p>-demonstrate an understanding of how they, as consumers, can have an impact on food and beverage choices at school and in the community (e.g., promoting availability of healthy choices Ask farmers the ethical and environmental considerations related to food choices such as eating locally sourced food.</p> <p>-explain how healthy eating and active living work together to improve a person's general health and well-being and how the benefits of both can be promoted to others Learn about the nutritional content of Milk and eggs and how they can be part of a balanced diet at the Dairy Farmers and Egg Farmers displays.</p>
11	C3.1	<p>- identify current issues that involve food either directly or indirectly (e.g., issues involving food safety or quality, such as pesticide use, genetic modification of crops, the sale of non-pasteurized milk products; issues involving food marketing and advertising; environmental issues, such as climate change, packaging and waste reduction, water pollution, biodiversity, long-range transportation of food; issues involving agricultural practices, such as humane treatment of animals, labour and trading practices), and explain how healthy eating choices are related to these issues Ask Dairy farmers questions about non-pasteurized milk products and the safety concerns they cause.</p>

12	C2.1	<p>demonstrate the ability to make healthy eating decisions that take into account their personal requirements and resources (e.g., nutritional needs, personal likes, ethical and environmental) in a variety of situations that they may encounter now and in the future</p> <p>Ask students to talk to Dairy and egg farmers and people who choose to eat a vegan diet without these products and compare and contrast their views on eating animal by-products and the ethical treatment of animals.</p>
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