



## Ontario Curriculum Connections

Grades 1-3

Subject: Health

Strand: Healthy Living

Education Ring and Education Centres throughout The Fair including Farm to Table Discovery Zone	1	C1.1	-explain why people need food to have healthy bodies Visit the agriculture education centres to learn more about healthy eating and the nutritional content of locally grown/raised foods- For example visit the Dairy education centre and learn that Milk is a good source of calcium and makes bones strong.
		C1.2	-demonstrate an understanding of essential knowledge and practices for ensuring their personal safety Create a safety plan for the fair. Explain what to do if a student gets separated from the group.
		C1.4	-identify the five senses and describe how each functions Have students sample the fruit/vegetable sample of the day provided by OFVGA. Ask students to use all senses to describe it.
	2	C2.1	-describe how the food groups in Canada's Food Guide (i.e., vegetables and fruit, grain products, milk and alternatives, meat and alternatives) can be used to make healthy food choices [CT] Visit all the education centres and see if you can find food representative of all 5 food groups.
		C2.1	-use Canada's Food Guide to assess the nutritional value of meals (e.g., in terms of food groups and number and size of servings), and identify food and beverage choices that enhance healthy growth and development See if you could spot food products (vegetables, eggs, milk, grains) at the Fair and sort them into their respective food group.

	3	<p>C1.4</p> <p>C2.1</p> <p>C1.1</p>	<p>identify factors (e.g., sleep, food, physical activity, heredity, environment, support from a caring adult, sense of belonging, peer influence) that affect physical development.  <a href="#">Visit the egg education centre and learn why eggs can be a great healthy food choice.</a></p> <p>-demonstrate an understanding of food affect its nutritional value and environmental impact  <a href="#">Learn why it is best to buy local at one of our agriculture centres.</a></p> <p>-demonstrate an understanding of how the origins of food (e.g., where the food is grown, how it is made) affect its nutritional value and environmental impact.  <a href="#">Visit the egg education centre and learn the process from chicken to plate.</a></p>
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