

Table of Contents

Introduction

The Ontario Curriculum, Grades 1-8, Health and Physical Education:	
Healthy Living Strand – Healthy Eating Component.....	3
Purpose of this Resource	3
Using This Resource	3
Why Teach about Healthy Eating?.....	4
Issues and Concerns	4
References.....	5

Grades 1-3

Background Information	7
Glossary	35
Grade 1 Activities	39
Grade 1 Handouts.....	47
Grade 2 Activities	57
Grade 2 Handouts.....	68
Grade 3 Activities	75
Grade 3 Handouts.....	83

Grades 4-6

Background Information	88
Glossary	121
Grade 4 Activities	124
Grade 4 Handouts.....	133
Grade 5 Activities	143
Grade 5 Handouts.....	152
Grade 6 Activities	171
Grade 6 Handouts.....	180

Grades 7-8

Background Information	191
Glossary	225
Grade 7 Activities	228
Grade 7 Handouts.....	235
Grade 8 Activities	240
Grade 8 Handouts.....	249

Additional Resources

Resources, Web Sites.....	258
Public Health Unit Directory	265
Sample Parent Letters, by grade level.....	272