



HealthyBeverages

H.E.A.L.T.H.Y.
Pledge Program

Curriculum Resources

Grade	Curriculum strand	Activity	Link
Kindergarten	<p>Science and Technology: exploration and experimentation</p> <ul style="list-style-type: none"> Understanding Personal and Social Development: Awareness of Surroundings. <p>3.3 identify ways in which they can care for and show respect for the environment</p> <p>Overall Expectation 3: Demonstrate an understanding of the natural world and the need to care for and respect the environment.</p>	Lesson Plan	<ul style="list-style-type: none"> Ontario Eco Schools www.ontarioecoschools.org/2016-Water-Awareness-and-Action-Kit pp: 9, 10. The Peel Water Story – Main Info page www.peelregion.ca/pw/waterstory/ Lesson: www.peelregion.ca/pw/waterstory/grades/k.htm. Aboriginal Curriculum: https://www.safewater.org/operation-water-spirit.
		Presentation	<p>Description: www.peelregion.ca/conservation/teachgreen/resource.asp?rid=187.</p> <p>Teachers will need to pre-register for these presentations by filling out the online request form www.peelregion.ca/pw/chwaterfest/tours-presentations/ or by contacting the Region of Peel's Public Works Department at 905-791-7800 ext. 4409 (8:30 a.m. – 4:30 p.m. Monday to Friday).</p>
Grade 1	<p>Science and Technology</p> <ul style="list-style-type: none"> Understanding Life Systems: Needs and Characteristics of Living Things. <p>Overall Expectation 1: Assess the role of humans in maintaining a healthy environment</p>	Lesson Plan	<ul style="list-style-type: none"> Ontario Eco Schools www.ontarioecoschools.org/2016-Water-Awareness-and-Action-Kit pp: 9, 10.
		Presentation	<p>Description: http://www.peelregion.ca/conservation/teachgreen/resource.asp?rid=187.</p> <p>Teachers will need to pre-register for these presentations by filling out the online request form http://www.peelregion.ca/pw/chwaterfest/tours-presentations/ or by contacting the Region of Peel's Public Works Department at 905-791-7800 ext. 4409 (8:30 a.m. – 4:30 p.m. Monday to Friday).</p>

Grade	Curriculum strand	Activity	Link
Grade 1	Social Studies <ul style="list-style-type: none"> Understanding Canada and World Connections: The Local Community. 	Lesson Plan	<ul style="list-style-type: none"> The Peel Water Story – Main Info page www.peelregion.ca/pw/waterstory/ Lesson: www.peelregion.ca/pw/waterstory/grades/g1.htm.
	Understanding Basic Concepts 3.4 describe the characteristics of a healthy environment, including clean air and water 3.7 describe how the things plants and animals use to meet their needs are changed by their use and are returned to the environment	Lesson Plan	<ul style="list-style-type: none"> The Peel Water Story – Main Info page www.peelregion.ca/pw/waterstory/ Lesson: www.peelregion.ca/pw/waterstory/grades/g1.htm. Aboriginal Curriculum: www.safewater.org/operation-water-spirit.
		Presentation	Description: www.peelregion.ca/conservation/teachgreen/resource.asp?rid=187 . Teachers will need to pre-register for these presentations by filling out the online request form www.peelregion.ca/pw/chwaterfest/tours-presentations/ or by contacting the Region of Peel’s Public Works Department at 905-791-7800 ext. 4409 (8:30 a.m. – 4:30 p.m. Monday to Friday).
Grade 2	Science and Technology <ul style="list-style-type: none"> Understanding Earth and Space Systems: Air and Water in the Environment. Understanding Matter and Energy: Properties of Liquids and Solids. Overall Expectation 1: Assess ways in which the actions of humans have an impact on the quality of air and water, and ways in which the quality of air and water has an impact on living things.	Lesson Plan	<ul style="list-style-type: none"> The Peel Water Story – Main Info page www.peelregion.ca/pw/waterstory/ Lesson: https://www.peelregion.ca/pw/waterstory/grades/g2.htm. Ontario Eco Schools www.ontarioecoschools.org/2016-Water-Awareness-and-Action-Kit pp: 9, 10. Aboriginal Curriculum: www.safewater.org/operation-water-spirit.
		Presentation	Description: www.peelregion.ca/conservation/teachgreen/resource.asp?rid=187 . Teachers will need to pre-register for these presentations by filling out the online request form www.peelregion.ca/pw/chwaterfest/tours-presentations/ or by contacting the Region of Peel’s Public Works Department at 905-791-7800 ext. 4409 (8:30 a.m. – 4:30 p.m. Monday to Friday).

Grade	Curriculum strand	Activity	Link
Grade 3	<p>Media Literacy Overall Expectation 3: Create a variety of media texts for different purposes and audiences using appropriate forms, conventions, and techniques.</p> <p>Overall Expectation 4: Reflect on and identify their strengths as media interpreters and creators, areas for improvement, and the strategies they found most helpful in understanding and creating media texts.</p>	Lesson Plan	<ul style="list-style-type: none"> Ontario Eco Schools www.ontarioecoschools.org/2016-Water-Awareness-and-Action-Kit pp: 11-13.
	<p>Science and Technology</p> <ul style="list-style-type: none"> Understanding life systems <p>2.7 use a variety of forms (e.g. oral, written, graphic, multimedia) to communicate with different audiences and for a variety of purposes (e.g. make illustrated entries in a personal science journal to describe plant characteristics and adaptations to harsh environments)</p>	Lesson Plan	<ul style="list-style-type: none"> The Peel Water Story – Main info page www.peelregion.ca/pw/waterstory/grades/g3.htm Bright Bites brightbites.ca/SSO_Teacher-Resource-Guide_Ontario.pdf pp: 47 – 8.
	<p>Social Studies</p> <ul style="list-style-type: none"> Heritage and Citizenship: Early Settlements in Upper Canada. Canada and World Connections: Urban and Rural Communities. 	Lesson Plan	<ul style="list-style-type: none"> The Peel Water Story – Main Info page www.peelregion.ca/pw/waterstory/grades/g3.htm
	<p>Health and Physical Education – Healthy Living</p> <p>1.1 use self-awareness and self-monitoring skills to help them understand their strengths and needs, take responsibility for their actions, recognize sources of stress, and monitor their own progress, as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living</p> <p>C1.1 demonstrate an understanding of how the origins of food affect its nutritional value and environmental impact [CT]</p> <p>C2.1 demonstrate an understanding of the importance of good oral health to overall health, and assess the effect of different food choices on oral health [PS]</p> <p>C3.1 explain how local fresh foods and foods from different cultures can be used to expand their range of healthy eating choices [CT]</p>	Lesson Plan	<ul style="list-style-type: none"> Bright Bites brightbites.ca/SSO_Teacher-Resource-Guide_Ontario.pdf pp: 20 - 88.

Grade	Curriculum strand	Activity	Link
Grade 4	Media Literacy Overall Expectation 3: Create a variety of media texts for different purposes and audiences, using appropriate forms, conventions, and techniques. Overall Expectation 4: Reflect on and identify their strengths as media interpreters and creators, areas for improvement, and the strategies they found most helpful in understanding and creating media texts.	Lesson Plan	<ul style="list-style-type: none"> Ontario Eco Schools www.ontarioecoschools.org/2016-Water-Awareness-and-Action-Kit pp: 11-13.
	Science and Technology <ul style="list-style-type: none"> Understanding Life Systems: Habitats and Communities. <p>1.1 analyse the impacts of human interactions with natural habitats and communities</p> <p>2.6 use a variety of forms (e.g. oral, written, graphic, multimedia) to communicate with different audiences and for a variety of purposes (e.g. use presentation software to show the steps one might follow to set up and maintain a terrarium)</p> <p>3.10 describe ways in which humans are dependent on natural habitats</p>	Lesson Plan	<ul style="list-style-type: none"> The Peel Water Story – Main Info page www.peelregion.ca/pw/waterstory/ Lesson: www.peelregion.ca/pw/waterstory/grades/g4.htm. Bright Bites brightbites.ca/SSO_Teacher-Resource-Guide_Ontario.pdf pp: 47 – 88.
		Presentation	Description: www.peelregion.ca/conservation/teachgreen/resource.asp?rid=187 . Teachers will need to pre-register for these presentations by filling out the online request form www.peelregion.ca/pw/chwaterfest/tours-presentations/ or by contacting the Region of Peel’s Public Works Department at 905-791-7800 ext. 4409 (8:30 a.m. – 4:30 p.m. Monday to Friday).
	Social Studies <ul style="list-style-type: none"> Canada and World Connections: Canada’s Provinces, Territories, and Regions. 	Lesson Plan	<ul style="list-style-type: none"> The Peel Water Story – Main Info page www.peelregion.ca/pw/waterstory/ Lesson: www.peelregion.ca/pw/waterstory/grades/g4.htm.
		Presentation	Description: www.peelregion.ca/conservation/teachgreen/resource.asp?rid=187 Teachers will need to pre-register for these presentations by filling out the online request form www.peelregion.ca/pw/chwaterfest/tours-presentations/ or by contacting the Region of Peel’s Public Works Department at 905-791-7800 ext. 4409 (8:30 a.m. – 4:30 p.m. Monday to Friday)

Grade	Curriculum strand	Activity	Link
Grade 4	<p>Health and Physical Education – Healthy Living</p> <p>1.1 use self-awareness and self-monitoring skills to help them understand their strengths and needs, take responsibility for their actions, recognize sources of stress, and monitor their own progress, as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living</p> <p>C1.1 identify the key nutrients provided by foods and beverages, and describe their importance for growth, health, learning, and physical performance</p> <p>C2.1 analyse personal food selections through self-monitoring over time, using the criteria in Canada’s Food Guide, and develop a simple healthy eating goal appropriate to age and activity level [CT]</p> <p>C3.1 identify ways of promoting healthier food choices in a variety of settings and situations [CT]</p>	Lesson Plan	<ul style="list-style-type: none"> Bright Bites brightbites.ca/SSO_Teacher-Resource-Guide_Ontario.pdf pp: 20 - 88.
	<p>Media Literacy</p> <p>Overall Expectation 3: Create a variety of media texts for different purposes and audiences, using appropriate forms, conventions, and techniques.</p> <p>Overall Expectation 4: Reflect on and identify their strengths as media interpreters and creators, areas for improvement, and the strategies they found most helpful in understanding and creating media texts.</p>	Lesson Plan	<ul style="list-style-type: none"> Ontario Eco Schools www.ontarioecoschools.org/2016-Water-Awareness-and-Action-Kit pp: 11-13.
Grade 5	<p>Science and Technology</p> <ul style="list-style-type: none"> Understanding life systems. Understanding earth and space systems: Conservation of energy and resources. <p>1.1 analyse the long-term impacts on society and the environment of human uses of energy and natural resources</p> <p>1.2 assess the social and environmental impact of using processes to alter material matter</p>	Lesson Plan	<ul style="list-style-type: none"> The Peel Water Story – Main Info page www.peelregion.ca/pw/waterstory/ Lesson: www.peelregion.ca/pw/waterstory/grades/g5.htm. Bright Bites brightbites.ca/SSO_Teacher-Resource-Guide_Ontario.pdf pp: 47 - 88. Aboriginal Curriculum www.safewater.org/operation-water-spirit.
	<p>2.5 use a variety of forms (e.g. oral, written, graphic, multimedia) to communicate with different audiences and for a variety of purposes (e.g. create labelled charts or graphs to show changes in heart rate and breathing as a result of exercising)</p>	Presentation	<p>Description: www.peelregion.ca/conservation/teachgreen/resource.asp?rid=187.</p> <p>Teachers will need to pre-register for these presentations by filling out the online request form www.peelregion.ca/pw/chwaterfest/tours-presentations/ or by contacting the Region of Peel’s Public Works Department at 905-791-7800 ext. 4409 (8:30 a.m. – 4:30 p.m. Monday to Friday).</p>

Grade	Curriculum strand	Activity	Link
Grade 5	Social Studies <ul style="list-style-type: none"> Understanding Heritage and Citizenship: Early Civilizations. 	Lesson Plan	<ul style="list-style-type: none"> Aboriginal Curriculum www.safewater.org/operation-water-spirit.
		Presentation	<p>Description: www.peelregion.ca/conservation/teachgreen/resource.asp?rid=187.</p> <p>Teachers will need to pre-register for these presentations by filling out the online request form www.peelregion.ca/pw/chwaterfest/tours-presentations/ or by contacting the Region of Peel's Public Works Department at 905-791-7800 ext. 4409 (8:30 a.m. – 4:30 p.m. Monday to Friday).</p>
Grade 5	Health and Physical Education – Healthy Living <p>1.1 use self-awareness and self-monitoring skills to help them understand their strengths and needs, take responsibility for their actions, recognize sources of stress, and monitor their own progress, as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living</p> <p>C2.1 explain how to use Nutrition Facts tables and ingredient lists on food labels to make healthier personal food choices [CT]</p> <p>C3.1 describe how advertising and media influences affect food choices, and explain how these influences can be evaluated to make healthier choices [CT]</p>	Lesson Plan	<ul style="list-style-type: none"> Bright Bites brightbites.ca/SSO_Teacher-Resource-Guide_Ontario.pdf pp: 20 - 88.
Grade 6	Media Literacy <p>Overall Expectation 3: Create a variety of media texts for different purposes and audiences, using appropriate forms, conventions, and techniques.</p> <p>Overall Expectation 4: Reflect on and identify their strengths as media interpreters and creators, areas for improvement, and the strategies they found most helpful in understanding and creating media texts.</p>	Lesson Plan	<ul style="list-style-type: none"> Ontario Eco Schools www.ontarioecoschools.org/2016-Water-Awareness-and-Action-Kit pp: 11-13.
	Science and Technology <ul style="list-style-type: none"> Understanding life systems. <p>1.1 assess the benefits that human societies derive from biodiversity</p> <p>2.5 use a variety of forms (e.g. oral, written, graphic, multimedia) to communicate with different audiences and for a variety of purposes (e.g. create labelled charts or graphs to show changes in heart rate and breathing as a result of exercising)</p>	Lesson Plan	<ul style="list-style-type: none"> The Peel Water Story – Main info page www.peelregion.ca/pw/waterstory/ Lesson: www.peelregion.ca/pw/waterstory/grades/g6.htm Bright Bites https://brightbites.ca/SSO_Teacher-Resource-Guide_Ontario.pdf pp: 47 – 88

Grade	Curriculum strand	Activity	Link
Grade 6		Presentation	<p>Description: www.peelregion.ca/conservation/teachgreen/resource.asp?rid=187.</p> <p>Teachers will need to pre-register for these presentations by filling out the online request form www.peelregion.ca/pw/chwaterfest/tours-presentations/ or by contacting the Region of Peel's Public Works Department at 905-791-7800 ext. 4409 (8:30 a.m. – 4:30 p.m. Monday to Friday).</p>
	<p>Social Studies</p> <ul style="list-style-type: none"> Heritage and Citizenship: First Nation Peoples and European Explorers. 	Presentation	<p>Description: www.peelregion.ca/conservation/teachgreen/resource.asp?rid=187.</p> <p>Teachers will need to pre-register for these presentations by filling out the online request form www.peelregion.ca/pw/chwaterfest/tours-presentations/ or by contacting the Region of Peel's Public Works Department at 905-791-7800 ext. 4409 (8:30 a.m. – 4:30 p.m. Monday to Friday).</p>
	<p>Health and Physical Education – Healthy Living</p> <p>1.1 use self-awareness and self-monitoring skills to help them understand their strengths and needs, take responsibility for their actions, recognize sources of stress, and monitor their own progress, as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living</p> <p>C2.1 apply their knowledge of medical, emotional, practical, and societal factors that influence eating habits and food choices to develop personal guidelines for healthier eating [CT]</p> <p>C3.1 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 [CT]</p>	Lesson Plan	<ul style="list-style-type: none"> Bright Bites brightbites.ca/SSO_Teacher-Resource-Guide_Ontario.pdf pp: 20 - 88.
Grade 7	<p>Media Literacy</p> <p>Overall Expectation 3: Create a variety of media texts for different purposes and audiences, using appropriate forms, conventions, and techniques.</p> <p>Overall Expectation 4: Reflect on and identify their strengths as media interpreters and creators, areas for improvement, and the strategies they found most helpful in understanding and creating media texts.</p>	Lesson Plan	<ul style="list-style-type: none"> Ontario Eco Schools www.ontarioecoschools.org/2016-Water-Awareness-and-Action-Kit pp: 11-13.

Grade	Curriculum strand	Activity	Link
Grade 7	Science and Technology <ul style="list-style-type: none"> Understanding life systems: interactions in the environment. Understanding structures and mechanisms: form and function. Understanding matter and energy: pure substances and mixtures. <p>1.1 assess the impact of selected technologies on the environment</p> <p>1.2 analyse the costs and benefits of selected strategies for protecting the environment</p> <p>2.5 use a variety of forms (e.g. oral, written, graphic, multimedia) to communicate with different audiences and for a variety of purposes (e.g. create labelled charts or graphs to show changes in heart rate and breathing as a result of exercising)</p>	Lesson Plan	<ul style="list-style-type: none"> The Peel Water Story – Main Info page www.peelregion.ca/pw/waterstory/ Lesson: www.peelregion.ca/pw/waterstory/grades/g7.htm. Bright Bites https://brightbites.ca/SSO_Teacher-Resource-Guide_Ontario.pdf pp: 47 - 88. Aboriginal Curriculum: www.safewater.org/operation-water-spirit.
		Presentation	<p>Description: www.peelregion.ca/conservation/teachgreen/resource.asp?rid=187.</p> <p>Teachers will need to pre-register for these presentations by filling out the online request form www.peelregion.ca/pw/chwaterfest/tours-presentations/ or by contacting the Region of Peel's Public Works Department at 905-791-7800 ext. 4409 (8:30 a.m. – 4:30 p.m. Monday to Friday).</p>
	Geography Students explore the many ways that people acquire and use natural resources, and the environmental impact of these actions.	Lesson Plan	<ul style="list-style-type: none"> The Peel Water Story – Main Info page www.peelregion.ca/pw/waterstory/ Lesson: www.peelregion.ca/pw/waterstory/grades/g7.htm. Aboriginal Curriculum: www.safewater.org/operation-water-spirit.
		Presentation	<p>Description: www.peelregion.ca/conservation/teachgreen/resource.asp?rid=187.</p> <p>Teachers will need to pre-register for these presentations by filling out the online request form www.peelregion.ca/pw/chwaterfest/tours-presentations/ or by contacting the Region of Peel's Public Works Department at 905-791-7800 ext. 4409 (8:30 a.m. – 4:30 p.m. Monday to Friday).</p>
	Health and Physical Education – Healthy Living <p>1.1 use self-awareness and self-monitoring skills to help them understand their strengths and needs, take responsibility for their actions, recognize sources of stress, and monitor their own progress, as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy Living</p>	Lesson Plan	<ul style="list-style-type: none"> Bright Bites brightbites.ca/SSO_Teacher-Resource-Guide_Ontario.pdf pp: 20 - 88. Aboriginal Curriculum: www.safewater.org/operation-water-spirit.

Grade	Curriculum strand	Activity	Link
Grade 7	<p>C2.1 demonstrate the ability to make healthier food choices, using information about the role that different foods play as contributing or preventive factors in a variety of health disorders [CT]</p> <p>C3.1 demonstrate an understanding of personal and external factors that affect people's food choices and eating routines, and identify ways of encouraging healthier eating practices</p>		
Grade 8	<p>Media Literacy</p> <p>Overall Expectation 3: Create a variety of media texts for different purposes and audiences, using appropriate forms, conventions, and techniques.</p> <p>Overall Expectation 4: Reflect on and identify their strengths as media interpreters and creators, areas for improvement, and the strategies they found most helpful in understanding and creating media texts.</p>	Lesson Plan	<ul style="list-style-type: none"> Ontario Eco Schools www.ontarioecoschools.org/2016-Water-Awareness-and-Action-Kit pp: 11-13.
	<p>Science and Technology</p> <ul style="list-style-type: none"> Understanding Life Systems: Cells. Understanding Structures and Mechanisms: Systems in Action. Understanding Matter and Energy: Fluids. Understanding Earth and Space Systems: Water Systems. 	<p>Lesson Plan</p> <p>Presentation</p>	<ul style="list-style-type: none"> The Peel Water Story – Main Info page www.peelregion.ca/pw/waterstory/ Lesson: www.peelregion.ca/pw/waterstory/grades/g8.htm. <p>Description: www.peelregion.ca/conservation/teachgreen/resource.asp?rid=187.</p> <p>Teachers will need to pre-register for these presentations by filling out the online request form www.peelregion.ca/pw/chwaterfest/tours-presentations/ or by contacting the Region of Peel's Public Works Department at 905-791-7800 ext. 4409 (8:30 a.m. – 4:30 p.m. Monday to Friday).</p>