

Nutrition in Our Aisles

featuring Guiding Stars®

FIELD TRIP OVERVIEW

Nutrition in our Aisles is a fun, educational Field Trip that gets students excited about daily health and wellness practices in the aisles of their local **Loblaw, Real Canadian Superstores and Zehr's Markets.**

Practical nutrition lessons are taught by Registered Dietitians in the very place where food choices are made. This trip aligns with the Ontario Ministry of Education's Health and Living Curriculum.

Essential Health Concepts

- Identify the food groups and how to use Canada's Food Guide
- Demonstrate the ability to select healthy foods and beverages
- Understand nutrition facts and labels
- Uncover unhealthy habits and healthy alternatives
- Experience new ways of being active and participate in program activities
- Explore safe food practices relating to personal safety
- Recognize food origins, nutritional value and environmental impact

Science and Math

- Understand nutritional relationships
- Cultivate skills that support inquiry into the natural world, principles and technology
- Demonstrate the ability to problem solve in a number of various ways
- Develop independent reasoning to communicate mathematical ideas
- Recognize the environmental impact of personal decisions and how to use the 3R's – Reduce, Reuse, Recycle
- Discuss the importance of sustainable food production

Communication Arts

- Identify and use effective listening strategies
- Display respectful behavior when speaking and listening
- Ask and answer questions about information from a speaker, offering appropriate elaboration and detail
- Evaluate a speaker's point of view and reasoning

call us at 855.383.0900 or go to fieldtripfactory.ca



Guiding Stars is an impartial, patented food rating system that rates food based on nutrient density using a scientific algorithm.

Foods are rated based on a balance of credits and debits. Foods are credited for vitamins, minerals, dietary fibre, whole grains, and Omega-3 fatty acids, and debited for saturated fats, trans fats, added sodium and added sugar. Rated foods are marked with easy-to-follow tags indicating 1, 2, or 3 stars.

**FIELD
TRIP** FACTORY
experiences that inspire