

TEACHER BACKGROUND INFORMATION: PACKAGED FOODS

- As early as the 1950s, sugary cereals in the grocery store were targeting children. Today, packaged food products

THE ALBERTA CURRICULUM: FOOD AND NUTRITION OUTCOMES

Table 1 lists the food and nutrition outcomes detailed by the Alberta Education Health and Life Skills Curriculum¹. The research findings outlined in this Background Information document work to supplement these learning outcomes by providing children with the tools to understand and navigate the appeals made on packaged foods.

GRADES 1-6 ALBERTA CURRICULUM: FOOD AND NUTRITION OUTCOMES¹

Grade 1	Students will recognize the importance of basic, healthy, nutritional choices to well-being of self; e.g., variety of food, drinking water, eating a nutritious breakfast
Grade 2	Students will classify foods according to Canada's Food Guide to Healthy Eating, and apply knowledge of food groups to plan for appropriate snacks and meals
Grade 3	Students will apply guidelines from Canada's Food Guide to Healthy Eating to individual
Grade 4	Students will analyze the need for variety and moderation in a balanced diet; e.g., role of protein, fats, carbohydrates, minerals, water, vitamins
Grade 5	Students will examine ways in which healthy eating can accommodate a broad range
Grade 6	Students will analyze personal eating behaviours— food and fluids— in a variety of settings;

¹ GRADE 1: <http://education.alberta.ca/media/352951/gr1.pdf> p. 192-195; GRADE 2: <http://education.alberta.ca/media/352954/gr2.pdf> p. 225-227; GRADE 3: <http://education.alberta.ca/media/352957/gr3.pdf>



<p>Finding 3</p>	<p>Children choose foods they believe to be healthy based on colour. This equally holds true for packaged</p> <ul style="list-style-type: none"> • "When there is green on the box, it means it's healthy." (G1) • "