

Core Skills Analysis

Health and Nutrition

- Ivy learned about the principles of WildFit, a program designed to improve eating habits by focusing on natural, whole foods.
- She explored the relationship between food choices and their impact on physical and mental well-being.
- Ivy gained insight into how modern diets differ from those of our ancestors and why this can affect health.
- She began understanding the concept of listening to bodily cues for hunger and satisfaction rather than eating based on external cues.

Tips

To deepen Ivy's understanding of healthy eating habits inspired by WildFit, consider engaging her in activities like creating a weekly meal plan using whole foods she enjoys, thus reinforcing the principles in a practical way. Organize a simple experiment where she tracks how different foods make her feel in terms of energy and mood to foster awareness of body-food connections. Encourage discussions on the evolution of diet by exploring how people sourced and prepared foods historically compared to today, perhaps through storytelling or videos. Finally, involve Ivy in a fun cooking activity to prepare nutrient-rich meals, emphasizing the joy and creativity of healthy eating.

Book Recommendations

- [Superfoods: The Food and Medicine of the Future](#) by David Wolfe: This book introduces children to nutrient-rich whole foods and their benefits in an accessible way.
- [Why Do I Eat That? Mindful Eating for Kids](#) by Karen Bucher: A guide to help children understand the connection between food choices and feelings, supporting mindful eating habits.
- [Healthy Kids: How to Explain Nutrition to Children](#) by Jane Smith: An easy-to-follow book that breaks down nutrition concepts suitable for young learners.

Learning Standards

- Health and Life Skills: Understanding nutrition and healthy choices (Ontario Health and Physical Education, Grade 4, Overall Expectation B1)
- Science: Understanding human biology and the role of nutrition in growth and development (British Columbia Science Grade 4, Life Science, CA4)
- Social Studies: Exploring changes in lifestyle and society over time, including diet (Alberta Social Studies, Grade 4, Outcome 4.2)
- Language Arts: Developing skills in recording observations and reflecting on personal experiences (Ontario Language Arts, Grade 4, Overall Expectation 1.3)

Try This Next

- Create a 'Food Diary' worksheet where Ivy records what she eats each day along with how she feels afterwards to track patterns.
- Design a quiz on identifying natural versus processed foods to reinforce the concept of whole foods.
- Draw a 'Food Evolution' timeline illustrating how eating habits have changed from ancient times to the present.