

BI-LO Food Detectives LEARNING POINTS

BI-LO Food Detectives is a fun, educational Field Trip that gets children excited about daily health and wellness practices in the aisles of their local BI-LO. Practical nutrition lessons are taught in the very place where food choices are made. This trip aligns with your local learning standards, including STEM*.

Essential Health Concepts

- Recognize and identify the principles of MyPlate
- Demonstrate the ability to select healthy foods
- Identify personal health-enhancing strategies related to nutrition
- Describe relationships between personal health behaviors and individual well-being
- Understand the importance of nutrients and how they impact and benefit the body
- Access and assess valid information (e.g. read nutrition labels)
- Explain how basic health information and resources are used in setting goals and decision making

Science, Technology, Engineering and Math

- Investigate different nutritional relationships
- Examine the roles of consumers and producers
- Develop skills that support inquiry into the natural world, principles and technology
- Recognize that design and problem solving involve many factors
- Develop independent reasoning to communicate mathematical ideas

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



This Field Trip program was designed by a Registered Dietitian.

BI-LO also offers BI-LO thrive! – a health and wellness program that shows shoppers that eating and living healthy doesn't have to be hard or expensive.



call us at 800.987.6409 or go to fieldtripfactory.com

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