

# 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 **Atlantic Superstore**.

Practical nutrition lessons are taught by Registered Dietitians in the very place where food choices are made. This trip aligns with the Ministry of Education's Health Education 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 to **www.FieldTripFactory.ca**



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Atlantic  
**superstore**®\*



*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*