

Healthy Living Learning Summary: Key Topics*

GRADE 1

Topic	D1. Understanding Health Concepts	D2. Making Healthy Choices	D3. Making Connections for Healthy Living
Healthy Eating	D1.1 Food for healthy bodies and minds	D2.1 Canada's Food Guide D2.2 Hunger and thirst cues	
Personal Safety and Injury Prevention	D1.2 Safe practices – personal safety	D2.3 Caring and exploitative behaviours and feelings D2.4 Safety at school	D3.1 Potential risks at home, in the community, outdoors
Substance Use, Addictions, and Related Behaviours			D3.2 Unhealthy habits, healthy alternatives
Human Development and Sexual Health	D1.3 Body parts D1.4 Senses and functions	D2.5 Hygienic procedures	
Mental Health Literacy	D1.5 Mental health and overall health		D3.3 Thoughts, emotions, actions

GRADE 2

Topic	D1. Understanding Health Concepts	D2. Making Healthy Choices	D3. Making Connections for Healthy Living
Healthy Eating		D2.1 Healthy eating patterns D2.2 Food choices (snacks, meals)	
Personal Safety and Injury Prevention	D1.1 Personal safety – home, online, and outdoors D1.2 Food allergies	D2.3 Consent, standing up for yourself and others	D3.1 Relating to others
Substance Use, Addictions, and Related Behaviours	D1.3 Prescription / non-prescription medicines		D3.2 Medication, healthy alternatives
Human Development and Sexual Health	D1.4 Stages of development D1.5 Body appreciation	D2.4 Oral health	
Mental Health Literacy	D1.6 Body and brain – responses and feelings	D2.5 Knowing when to seek help	

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* See page 291 for important information about the content, purpose, and design of this chart.

GRADE 3

Topic	D1. Understanding Health Concepts	D2. Making Healthy Choices	D3. Making Connections for Healthy Living
Healthy Eating	D1.1 Food origins, nutritional value, and environmental impact	D2.1 Oral health, food choices	D3.1 Local and cultural foods, eating choices
Personal Safety and Injury Prevention	D1.2 Concussion awareness	D2.2 Safety guidelines outside of class	D3.2 Real and fictional violence
Substance Use, Addictions, and Related Behaviours	D1.3 Impact of use of legal/illegal substances	D2.3 Decision making – substance use / behaviours	
Human Development and Sexual Health	D1.4 Healthy relationships, bullying, consent D1.5 Physical and social-emotional development		D3.3 Visible, invisible differences, respect
Mental Health Literacy	D1.6 Brain stress response system		D3.4 External factors that contribute to stressful feelings

GRADE 4

Topic	D1. Understanding Health Concepts	D2. Making Healthy Choices	D3. Making Connections for Healthy Living
Healthy Eating	D1.1 Nutrients	D2.1 Personal eating habits	D3.1 Healthier eating in various settings
Personal Safety and Injury Prevention	D1.2 Safe use of technology D1.3 Bullying, abuse, and non-consensual behaviour	D2.2 Decision making – assessing risk	
Substance Use, Addictions, and Related Behaviours	D1.4 Tobacco and vaping	D2.3 Decisions about smoking and vaping	D3.2 Short- and long-term effects of smoking and vaping
Human Development and Sexual Health	D1.5 Puberty – changes; emotional, social impact	D2.4 Puberty – personal hygiene and care	
Mental Health Literacy		D2.5 Healthy choices to support mental health	D3.3 Stress management (cognitive, behavioural)

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GRADE 5

Topic	D1. Understanding Health Concepts	D2. Making Healthy Choices	D3. Making Connections for Healthy Living
Healthy Eating		D2.1 Nutrition fact tables, food labels	D3.1 Media influences – food choices
Personal Safety and Injury Prevention	D1.1 Supports – injury prevention, emergencies, bullying, violence	D2.2 Strategies – threats to personal safety	D3.2 Actions, self-concept
Substance Use, Addictions, and Related Behaviours	D1.2 Short- and long-term effects of alcohol use	D2.3 Refusal skills – alcohol use and other behaviours	D3.3 Decision to drink alcohol, use cannabis; influences
Human Development and Sexual Health	D1.3 Reproductive system D1.4 Menstruation, spermatogenesis	D2.4 Self-concept, sexual orientation D2.5 Emotional, inter-personal stresses – puberty	
Mental Health Literacy		D2.6 How to help others, when to seek help	D3.4 Stigma awareness

GRADE 6

Topic	D1. Understanding Health Concepts	D2. Making Healthy Choices	D3. Making Connections for Healthy Living
Healthy Eating		D2.1 Influences on healthy eating D2.2 Eating cues and guidelines	D3.1 Benefits of healthy eating / active living
Personal Safety and Injury Prevention	D1.1 Benefits of inclusion, respect, and acceptance	D2.3 Safe and positive social interaction, conflict management	D3.2 Responsibilities, risks – care for self and others, safety practices
Substance Use, Addictions, and Related Behaviours	D1.2 Effects of cannabis, drugs	D2.4 Strategies, safe choices, influences, alcohol, tobacco, cannabis	
Human Development and Sexual Health	D1.3 Sexually explicit media	D2.5 Understanding of puberty changes, healthy relationships D2.6 Decision making, consent	D3.3 Stereotypes and assumptions – impacts and strategies for responding
Mental Health Literacy	D1.4 Seeking help – professional helpers D1.5 Connecting thoughts, emotions, and actions		

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GRADE 7

Topic	D1. Understanding Health Concepts	D2. Making Healthy Choices	D3. Making Connections for Healthy Living
Healthy Eating		D2.1 Eating patterns and health problems	D3.1 Personal, external factors in food choices
Personal Safety and Injury Prevention	D1.1 Benefits and dangers – technology	D2.2 Impact of bullying/harassment	
Substance Use, Addictions, and Related Behaviours	D1.2 Mental health, substances, support	D2.3 Body image, substance use	D3.2 Implications of substance use, addictions, and related behaviours
Human Development and Sexual Health	D1.3 Delaying sexual activity D1.4 Sexually transmitted and blood-borne infections (STBBIs) D1.5 STBBIs and pregnancy prevention	D2.4 Sexual health and decision making	D3.3 Relationship changes at puberty
Mental Health Literacy	D1.6 Mental health, mental illness		

GRADE 8

Topic	D1. Understanding Health Concepts	D2. Making Healthy Choices	D3. Making Connections for Healthy Living
Healthy Eating		D2.1 Personal eating behaviours	D3.1 Promoting healthy eating
Personal Safety and Injury Prevention	D1.1 Concussions – signs and symptoms D1.2 Reducing risk of injuries, death	D2.2 Assessing situations for potential danger	D3.2 Impact of violent behaviours; supports
Substance Use, Addictions, and Related Behaviours	D1.3 Warning signs, consequences		
Human Development and Sexual Health	D1.4 Decisions about sexual activity; supports D1.5 Gender identity, gender expression, sexual orientation, self-concept	D2.3 Decision making considerations and skills	D3.3 Relationships and intimacy
Mental Health Literacy		D2.4 Routines and habits for mental health	D3.4 Societal views, impact of stigma