



Curriculum Connections

Sip Smart! BC is aligned with prescribed learning outcomes for Health and Career Education for grades 4, 5, and 6 and touches on other curriculum areas such as Science.

The comprehensive set of materials and resources in the *Sip Smart! BC* Teacher Resource Guide (TRG) makes it easy for teachers to teach the full program in about 3-4 curriculum hours.

The curriculum connections for grade 4, 5, and 6 are as follows:

Grade 4

Healthy Living (Health and Career Education)

- C2 - Describe choices they can make for healthy eating, based on Eating Well with Canada's Food Guide

Grade 5

Goals and Decisions (Health & Career Education)

- A1 - Describe how various factors (e.g., access to accurate and relevant information, media and social influences) affect decision making

Healthy Living (Health and Career Education)

- C1 - Identify factors that influence attitudes and decisions regarding healthy lifestyles (e.g., family, peer, media)
- C2 - Describe strategies for contributing to a healthy, balanced lifestyle, including healthy eating, integrating regular physical activity, and maintaining emotional health

Grade 6

Goals and Decisions (Health & Career Education)

- A2 - Identify influences on goal setting and decision making, including family, peer, and media influences

Healthy Living (Health and Career Education)

- C1 - Describe the benefits of attaining and maintaining a balanced, healthy lifestyle, including the benefits of:
 - being physically active
 - healthy eating practices
 - an emotionally healthy lifestyle.