



Food Education Standard 1:



Food connects us to each other.

Food builds community.

We learn about each other and feel connected by talking about what we eat and by sharing food together.

We eat a lot of the same things and that brings us together.

We eat different things too, and that helps us learn about each other.

Learn more at
foodedu.pilotchefs.org

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Food Education Standard 2:



**Foods have sources
and origins.**

Every food has a story.

We respect the land where foods come from and the people who grow and eat the food.

Every food has a source - where is the food planted? Where does it grow?

Every food also has origins - who grows the food? How is this food important to them?



Food Education Standard 3:



Food and the environment are interconnected.

Food is a part of nature.

Foods need different things to grow.

Some foods grow best in hot, sunny weather. Other foods grow best in cool weather underground.

Nature and the environments that people build can affect which foods are available.

All living things depend on each other for energy.



Food Education Standard 4:



Food behaviors are influenced by internal and external factors.

We can make up our own minds about food.

Different things affect how we choose and eat food, like where we are, who is around us, and how we are feeling.

By understanding what makes us choose certain foods, we can think carefully about what to eat.

We can make up our own minds about food by understanding all the reasons we want to eat certain foods.



Food Education Standard 5:



Food impacts health.

Foods can help build our bodies and minds.

The food we eat affects our bodies, both right away and over time.

Every time we eat, we feed ourselves in different ways. There are foods that help us grow on the outside and there are foods that help us grow on the inside.

Some foods, like fruits and vegetables are so powerful that they build our bodies and parts like our bones, brains and hearts so they are strong and healthy!

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Food Education Standard 6:



We can make informed food choices.

We can choose our food thoughtfully.

We can make our own choices about food, while keeping in mind that not everyone has the same access to all kinds of different foods.

When we can choose foods that make us feel good, we feel strong and confident in making thoughtful food decisions.

Understanding food helps us practice eating habits that can keep us healthy for our whole lives.



Food Education Standard 7:



We can advocate for food choices and changes that impact ourselves, our communities, and our world.

We can change the world, one bite at a time.

We can learn about the big problems in our food systems, and we can take action to make things better.

We can work together to create a fairer food system for everyone.

We can use what we know about food to teach others about food fairness and how to make better food choices for our communities.

