



Food Education Standard 1:



Food connects us to each other.

Food builds community.

Food is a part of who we are, our culture and our background.

By sharing food with others, we learn more about each other's experiences and identities.

Food is a shared language that helps us connect and build community.

People from all cultures and backgrounds can connect through food.

Learn more at
foodedu.pilotchefs.org

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Food Education Standard 2:



Foods have sources and origins.

Every food has a unique story.

Food has two types of sources and origins; environmental and personal.

Environmental origins include production, cultivation and consumption.

Personal origins include culture, tradition and community.

By learning about the land and people who grow and prepare our food, we can better understand their cultural history and stories and how they've changed over time.



Food Education Standard 3:



Food and the environment are interconnected.

Food is a part of nature.

Food is seasonal, it has a time and environment in which it grows best. These environments can be natural or built.

Seasonality can affect our food system.

Food is part of an ecosystem and living things, including humans, can impact that environment.

We can understand our impact on the environment and how we can better look after our resources.



Food Education Standard 4:



Food behaviors are influenced by internal and external factors.

We can make up our own minds about food.

Environmental, social and emotional factors influence our food behaviors.

We can identify and think critically about the internal and external factors that affect which foods we choose to eat.



Food Education Standard 5:



Food impacts health.

Foods can help build our bodies and minds.

There is a complex relationship between nutrition and how our bodies function in the short and long term.

By learning how different foods interact with the body to sustain us, we can identify the benefits of nutrient-dense foods and their effects on our bodies and minds.

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Food Education Standard 6:



We can make informed food choices.

We can choose our food thoughtfully.

We can navigate autonomy over our food choices within our inequitable food systems.

When we understand our food choices, we have the opportunity to practice food behaviors that are accessible to us.

These food behaviors will help us stay healthy for our whole life.



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.

It is important to use our voices and inquiry to explore the complex issues within our food systems.

Our food system exists at the intersection of many injustices which can be improved by being active and engaged agents of change.

We can build an equitable food future that is our own by implementing action plans for bringing awareness of food equity and choice to our communities.

