

SPECIFIC RECOMMENDATIONS RELATED TO A HEALTH THEME

Young people may experience different life situations throughout their schooling that are related to one or more health and well-being themes. The competency-based approach makes it possible to focus on elements that are common to these life situations. However, in certain situations, it is important to consider elements related specifically to health themes. With this in mind, ÉKIP has developed recommendations on 12 health themes.

This infographic uses the “healthy eating” theme to provide examples of how to apply specific recommendations. The recommendations are useful and relevant for interventions with young people as well as actions in their various living environments (school-home-community).

LEGEND



Specific recommendations



Competencies to develop



Actions in young people's living environments

APPLYING SPECIFIC RECOMMENDATIONS FOR HEALTHY EATING



- Qualify foods in a positive way. Dichotomization of foods, using terms such as “good,” “bad,” “allowed” or “forbidden,” should be avoided.
- Emphasize that healthy eating consists in a variety of foods and that drinking water is a priority. Nutrient-dense foods should be prioritized in terms of both frequency and quantity.
- Encourage the development of students' critical judgment about the negative consequences of consuming sugary drinks.

SUGGESTION FOR APPLICATION

These recommendations can be applied to structured educational interventions targeting knowledge to be acquired, specifically: *Explain the influence of lifestyle habits on health and well-being*, and contribute to the development of the “Makes informed lifestyle choices” and “Manages social influences” competencies.



APPLYING SPECIFIC RECOMMENDATIONS FOR HEALTHY EATING (CONT.)



→ Focus interventions on adopting and maintaining healthy habits, not on weight.

SUGGESTION FOR APPLICATION

These recommendations can be applied through various initiatives implemented at school and in collaboration with the community, to promote the adoption of healthy lifestyle habits. Such initiatives may include:

- taking advantage of Nutrition Month to organize different activities that allow young people to discover a variety of foods and develop their tastes and preferences
- holding workshops led by community organizations that foster the development of knowledge and skills in the areas of eating and cooking
- encouraging the development of a positive body image and a healthy relationship with food



Find specific recommendations for each health theme as well as general recommendations in the **"Interventions"** section of the ÉKIP reference framework.

Learn more about the ÉKIP reference framework online:



Consult the
ÉKIP reference
framework



Consult the
"Interventions"
section

