

Healthy Eating and Active Living

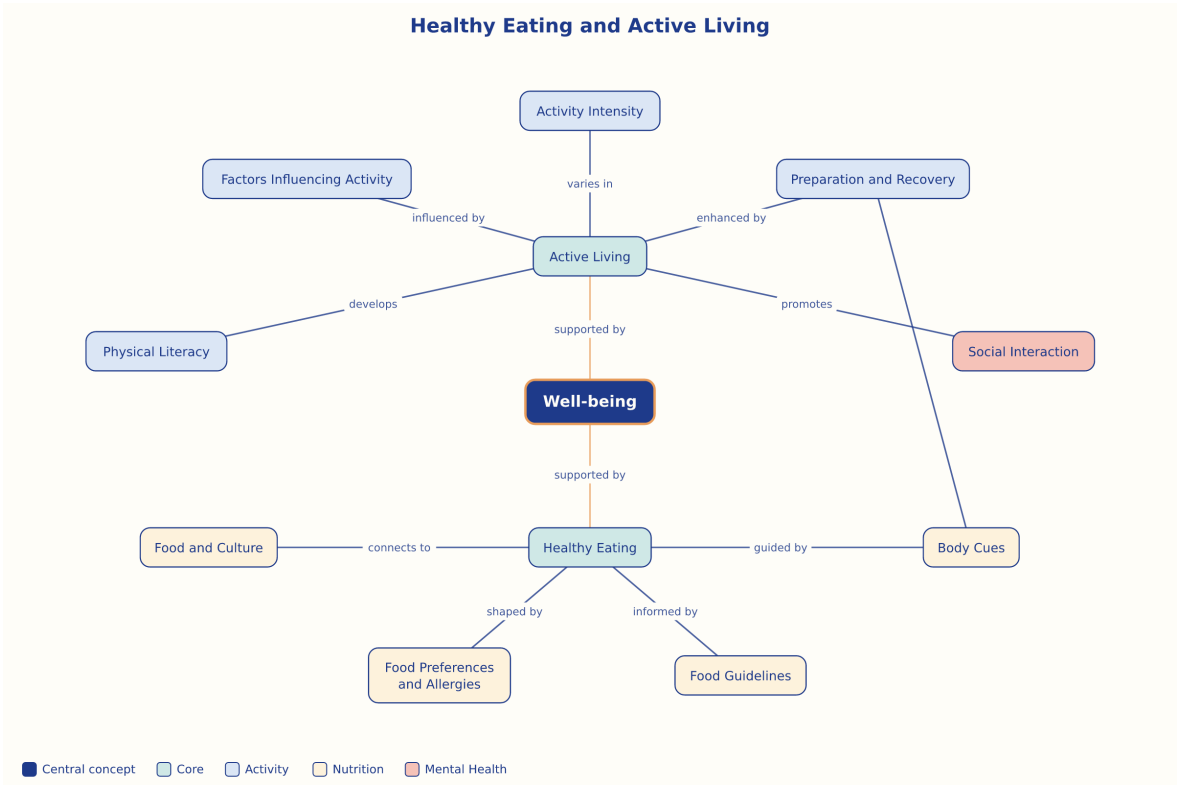
Central concept: **Well-being**

Connections

- Well-being (supported by) -> Active Living
- Well-being (supported by) -> Healthy Eating
- Active Living (develops) -> Physical Literacy
- Active Living (influenced by) -> Factors Influencing Activity
- Active Living (develops) -> Physical Literacy
- Active Living (enhanced by) -> Preparation and Recovery
- Active Living (promotes) -> Well-being across a lifespan
- Healthy Eating (examined through) -> Internal and External Factors
- Healthy Eating (supports) -> Optimal Well-being and Physical Wellness
- Healthy Eating (influenced by) -> Internal and External Factors
- Healthy Eating (impacts) -> Well-being
- Active Living (develops through) -> Movement and Physical Literacy

Notes

- **Well-being:** Supported by healthy eating and active living across a lifetime [Outcome](#), [Outcome](#)
- **Active Living:** Physical activity and movement that develop physical literacy [Outcome](#), [Knowledge](#)
- **Healthy Eating:** Nutrition choices that support physical wellness [Outcome](#)
- **Physical Literacy:** Competence, confidence, and motivation to be active [Knowledge](#), [Understanding](#)
- **Factors Influencing Activity:** Peers, family, culture, environment, and cost affect choices [Knowledge](#), [Skills](#)
- **Activity Intensity:** Light, moderate, and vigorous levels of exertion [Knowledge](#), [Skills](#)
- **Preparation and Recovery:** Nutrition, hydration, warm-up, cool-down, and gear [Knowledge](#), [Skills](#)
- **Body Cues:** Hunger and thirst signals like stomach growling and dry mouth [Knowledge](#), [Skills](#)
- **Food Guidelines:** Information about variety of foods the body needs [Knowledge](#), [Skills](#)
- **Food Preferences and Allergies:** Personal choices and reactions to foods [Knowledge](#), [Skills](#)
- **Food and Culture:** Food fosters community, connection, tradition, and celebration [Knowledge](#), [Skills](#)
- **Social Interaction:** Positive interactions through shared activity and goals [Knowledge](#), [Skills](#)



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