



The 7 Pilot Light Food Education Standards are a set of unifying standards and supporting age-appropriate competencies for the implementation of comprehensive food education in the context of health, history, community, culture, and the environment. Developed by Pilot Light Chefs, a Chicago-based nonprofit that provides comprehensive food education curriculum and professional development to K-12 educators, the Food Education Standards fill an instructional void in the realm of food education.

As the first food education guidelines of their kind, these Standards can be used to engage students in innovative and interactive learning, encouraging the development of critical thinking skills necessary to inform life-long smart food choices. Not limited to health or nutrition education though, the FES are designed to be integrated into all parts of academic instruction, enriching the core curricular areas and further encouraging critical thinking in a manner both tangible and applicable to student's daily lives.

The Food Education Standards

- 1. Food connects us to each other.**
- 2. Foods have sources and origins.**
- 3. Food and the environment are interconnected.**
- 4. Food behaviors are influenced by external and internal factors.**
- 5. Food impacts health.**
- 6. We can make positive and informed food choices.**
- 7. We can advocate for food choices and changes that impact ourselves, our communities, and our world.**

Developed in a multi-year collaborative process with community and education stakeholders, the resulting Standards encompass evidence-based recommendations for food education that can be implemented across different schools and community sociodemographics. The full Standards publication provides detailed guidelines for curriculum development, instruction and assessment of food education in the classroom. The full document also contains grade-level competencies, parallel cross-curricular competencies, sample lesson plans, and age-appropriate real-world applications, as references and inspiration for all stakeholders to integrate this learning throughout the school day.