

Canadian Food and Nutrition Education Resources for Teachers

Compiled by: Public Health Dietitians of Interior Health

Consistent and current messages are important when educating students about healthy eating. The following Canadian nutrition resources were determined to contain reliable nutrition information at the time this list was developed. Listings in each section are in alphabetical order.

Lesson Plans/ Classroom Activities: Healthy Eating

Organization	Website or Contact	Description	Grades
Action Schools BC	http://www.actionschoolsbc.ca/resources/	<ul style="list-style-type: none"> Curriculum based lessons, activities and resources focused on increasing vegetable and fruit consumption and reducing intake of sugary drinks and sodium 	Grades K-9
BC Childhood Obesity Foundation	http://childhoodobesityfoundation.ca/elementary-high-schools/	<ul style="list-style-type: none"> Resources that focus on 5-2-1-0 (Veg, Screen Time, Activity, Sweetened Drinks) 	Grades K-12
BC Dairy Foundation	http://bcdairy.ca/nutritioneducation/page/workshop-faq/ http://bcdairy.ca/nutritioneducation/lesson-plans/	<ul style="list-style-type: none"> Teacher workshops. Lesson plans featuring Ministry of Education approved nutrition education resources 	Grades K-12 French and English
Health Canada	https://food-guide.canada.ca/en/	<ul style="list-style-type: none"> Canada's Food Guide First Nations, Inuit, and Métis food guide 	Grades K-12

	http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index-eng.php	and Power Point presentation	
Health Canada	https://food-guide.canada.ca/en/food-guide-snapshot/	<ul style="list-style-type: none"> • Eat Well and Be Active Educational Toolkit includes a poster, activity plans and eat well be active images 	Grades 4-7
Health Canada	http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/educat/index-eng.php https://food-guide.canada.ca/en/healthy-eating-recommendations/using-food-labels/	<ul style="list-style-type: none"> • Per cent daily value information for reading labels. • New food guide label reading. 	Grades 8-12
Heart and Stroke Foundation	https://www.heartandstroke.ca/get-healthy/healthy-kids/heart-healthy-lesson-plans	<ul style="list-style-type: none"> • Heart healthy lesson plans 	Grades K-8
Mission Nutrition Kellogg's	http://www.missionnutrition.ca/eng/educators/index.html	<ul style="list-style-type: none"> • Positive self esteem and body image, healthy eating and physical activity lesson plans 	Grades K-8 French and English

Lesson Plans/ Classroom Activities: Food Security and the Agricultural System

Organization	Website or Contact	Description	Grades
Agriculture in the Classroom Foundation	https://www.bcaitc.ca/ https://www.bcaitc.ca/spuds-tubs http://allaboutfood.aitc.ca/article/teachers-guide	<ul style="list-style-type: none"> Lesson plans that tie to many subjects including social studies, science, foods, English, etc Spuds in tubs, farm tours Teaching guide: "All About Food" 	Grades K- 12 Grades 9-12
BC Dairy Foundation	http://bcdairy.ca/bcatthetable/ https://bcdairy.ca/bcatthetable/bc-at-the-table-teacher-resources	<ul style="list-style-type: none"> BC At The Table Videos Learn about BC's food systems. Discussion Guides and activities Links well with curriculum for Sustainable Resources 11 and 12, Food and Nutrition 8-12. 	Discussion Guides for Grades 8 to 12
Canadian Agriculture at a Glance Statistics Canada	http://www5.statcan.gc.ca/bsolc/olc-cel/olc-cel?catno=96-328-M&lang=eng	<ul style="list-style-type: none"> Teacher's kit with lesson plans related to home economics / family studies, geography, history and science Covers topics such as competition between urban development and agriculture, agriculture and the environment 	Grades 8-12

**Lesson Plans/ Classroom Activities:
Media/Advertising/Body Image**

Organization	Website or Contact	Description	Grades
Action Schools BC	https://healthyschoolsbc.ca/healthy-schools-bc-resources/action-schools-bc-resources/	<ul style="list-style-type: none"> Lessons and activities designed to support the development of positive body image and self-esteem, along with messaging to help prevent disordered eating. “Being Me: Promoting Positive Body Image” resource booklet 	Grades K-7
Dove Self Esteem Fund	https://www.dove.com/us/en/dove-self-esteem-project/school-workshops-on-body-image-confident-me.html	<ul style="list-style-type: none"> Video clips on self- esteem with discussion guides Ideas to take action 	Grades 3 - 12
Media Awareness Network	http://mediasmarts.ca/teacher-resources	<ul style="list-style-type: none"> Lessons on body image, stereotyping, advertising, marketing, nutrition Other resource information for parents and teachers 	Grades K-12 French and English
Student Body: Promoting Health at Any Size	http://thestudentbody.aboutkidshealth.ca/home.asp	<ul style="list-style-type: none"> 6 learning modules to help teachers explore influences on body image and eating habits Includes animated vignettes, video clips, background information, and student activities 	Grades 4-6

**Lesson Plans/ Classroom Activities:
Food Safety**

Organization	Website or Contact	Description	Grades
BC Ministry of Health	http://media.openschool.bc.ca/assets/cafs/mainpage/home.html	<ul style="list-style-type: none"> <li data-bbox="1024 448 1608 516">• Caring About Food Safety online food safety course 	Grades 7-12

School Food Programs/ Initiatives/Handouts

Organization	Website or Contact	Description	Grades
Agriculture in the Classroom Foundation	https://www.bcaitc.ca/programs	<ul style="list-style-type: none"> • Free fruit & vegetable Snack Program • Includes milk for K-2 	Grades K-12
BC Dairy Foundation	http://bcdairy.ca/smbc/	<ul style="list-style-type: none"> • School milk program: 1-800-242-MILK • School fridge program 	Grades K-12
Centre for Ecoliteracy	http://www.ecoliteracy.org/sites/default/files/uploads/Creating-Gardens-of-Goodness-Annies-Homegrown.pdf	<ul style="list-style-type: none"> • Getting Started – school garden resource 	Grades 9-12
DASH and Healthy Families BC	https://dashbc.ca/what-we-do/programs-initiatives/healthy-schools-network/	<ul style="list-style-type: none"> • Healthy Schools Network. Includes newsletter, comprehensive HPS Assessment Tool, etc 	Grades K-12
Farm to Cafeteria Canada	http://www.farmtocafeteriacanada.ca/	<ul style="list-style-type: none"> • Farm to School Salad Bar Program • Toolkit and Guide 	Grades K-12
Farm to School BC	http://farmtoschoolbc.ca/	<ul style="list-style-type: none"> • BC Farm to School Guide 	Grades K-12
Healthy Families BC	www.healthyfamiliesbc.ca/eating	<ul style="list-style-type: none"> • Information on sugary drink and sodium reduction, shopping sense, etc. 	Grades 9-12
Richmond Food Security Society	http://www.richmondfoodsecurity.org/documents/school-year-garden-toolkit/	<ul style="list-style-type: none"> • A BC toolkit resource designed to encourage school gardens in High Schools 	Grades 9-12
Vancouver Coastal Health	http://vch.eduhealth.ca	<ul style="list-style-type: none"> • Offers a variety of handouts, Look for Dieting doesn't work – what does; Eating to Fuel Your Mind and Body; Eating for Peak Performance; Non Food Rewards; and Sharing Food, Creating Fun 	Grades K-12

Canadian Food and Nutrition Education Resources

<http://www.interiorhealth.ca/YourHealth/SchoolHealth/SchoolNutrition/Pages/default.aspx>

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Resources for Creating a Healthy School Environment

Organization	Website or Contact	Description	Grades
BC Government HealthLink BC	http://www.healthlinkbc.ca/healthy-eating/everyone/schools-communities.html	<ul style="list-style-type: none"> Guidelines for Food & beverage Sales in BC Schools (2013 revision) Guidelines at a Glance <p>Links to the following resources:</p> <ul style="list-style-type: none"> Brand Name Food List, Dietitian Services at Health LinkBC Healthy Fundraising for Schools, Bake Better Bites, Tips and Recipes for School Food Services School Meal and School Nutrition Handbook, Sample School District Vending Machine RFP, Tool for Stocking Healthy Food 	Grades K-12
DASH BC	http://www.dashbc.ca/wp-content/uploads/2013/03/Healthy-Fundraising-For-Schools.pdf	<ul style="list-style-type: none"> Healthy Fundraising ideas for Schools 	Grades K-12
DASH and HealthyFamiliesBC	http://www.healthyschoolsbc.ca/healthy-schools-bc-resources.aspx	<ul style="list-style-type: none"> Healthy Schools Newsletter Assessment tools Teacher resource guide with a step by step process to address healthy living topics and goals 	Grades K-12

Healthy Eating at School	http://healthyeatingatschool.ca/resources	<ul style="list-style-type: none"> • Information and resources on creating a healthy school environment 	Grades K-12
Health Canada	http://hc-sc.gc.ca/fn-an/securit/facts-faits/faqs_bottle_water-eau_embouteillee-eng.php	<ul style="list-style-type: none"> • FAQs on bottled water • Focus on safety of plastics 	Grades K-12
HealthLink BC	http://www.healthlinkbc.ca/services/resources/resourceorderform/	<ul style="list-style-type: none"> • Order form for healthy eating promotional resources including free posters on reducing intake of sugary drinks and sodium 	Grades K-12
Interior Health	http://www.interiorhealth.ca/YourHealth/SchoolHealth/SchoolNutrition/Pages/default.aspx	<ul style="list-style-type: none"> • School Health Nutrition home page • Info on school food initiatives, Sugar Sense Display, Cook It! Try it! Like It! resources, link to Guidelines for Food and Beverage Sales in BC schools (2013 revision) 	Grades K-12