

Healthy Eating



Making Healthy Choices

C2.1 Canada's Food Guide – healthy growth

C2.2 Food Choices (snacks, meals)

Food and Healthy Eating Resources Curriculum links:

[Healthy Eating Action Resource](#) contains curriculum supports for grades K-8, which describes fruit and vegetables, the influence of media, sodium, and sugary drinks.

Teach Nutrition.ca from Dairy Farmers of Ontario, provides [teacher workshops, nutrition resources](#), and [curriculum guidance](#) for ECE, and grades K-12, for a wide variety of nutrition topics.

Food and Healthy eating general:

Support nutrition education with [Canada's Food Guide](#). The website offers background information for educators on the guide, translated versions and presentations to teach the food guide

[Healthy Eating and Well being](#)

Parent Resource:

[A+ School lunch resource](#) includes a lunch and snack planner, ideas for the balanced day and tips to pack a safe lunch

Making Connections for Healthy Living

Compare the food guide servings to common items with the following resource:

[Understanding Portion Sizes](#)

All schools who would like to promote healthy eating and nutrition are encouraged to register for [Nutrition Tools for Schools](#). This is a comprehensive web based resource which offers tips, tools and ideas to create a healthy nutrition environment in your school.