

Healthy Eating



Understanding Health Concepts

C1.1 Food Origins, nutritional value, and environmental impact

Link Fruits, Vegetables and local eating to Curriculum:

[Ontario Agri-Food Education \(OAFE\)](#) provides curriculum supports to link agriculture and food to classroom teaching. Curriculum supports include: [VeggieMania](#) which includes lesson plans for Grades 3-5.

Programs:

School Garden Program - School gardens have shown to be a powerful way to improve the quality of nutrition and education in our schools. Students who have the opportunity to participate in school garden projects discover fresh food, connect with the natural environment, have an opportunity to make healthier choices and are physically active. Gardens can be as simple as one raised bed or more complex gardens can help to supply the school breakfast or snack programs. It is completely up to your school! The Chatham-Kent Public Health Unit provides schools with an opportunity to establish their own gardens by providing start-up funds, curriculum resources and training to assist teachers and students in getting started. Look for an application in Spring 2016.

Making Healthy Choices

C2.1 Oral Health, food choices

Food and Healthy Eating Resources Curriculum links: [Action Schools BC](#) has resources to support healthy eating within schools. [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

[Chatham-Kent Buy Local Buy Fresh Map](#)

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

