

Healthy Eating



Understanding Health Concepts

C1.1 Nutrients

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

Resources:

- [Dental Website with activities & lesson plans](#)

Making Healthy Choices

C2.1 Food choices – healthy eating goals

[EaTracker](#) is a tool to check food and activity choices. It compares eating and activity to the recommendations for self-assessment.

Food and Healthy Eating Resources 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

Parent Resource:

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

Resources:

- Oral Health, food choices: [Healthy Eating and Well being](#)

Making Connections for Healthy Living

C3.1 Food choices in various settings

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.

Resources:

- [Dental Website with activities & lesson plans](#)