

Healthy Eating



Understanding Health Concepts

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.

Making Healthy Choices

C2.1 Nutrition facts tables, food labels

Food and Healthy Eating Resources General:

[Food Smarts](#) provides information for students on healthy food choices and what to look at on the nutrition facts table based on the food product.

[Health Canada](#) provides a presentation that includes an introduction on nutrition labelling and key elements of nutrition labelling

Check with the local supermarket to see if they have a Registered Dietitian to provide a nutrition tour in the store

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

Resources:

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

Making Connections for Healthy Living

C3.1 Media influences-food choices

Food and Healthy Eating Curriculum supports:

[Media Awareness Network](#)

Offers background information and articles as well as over 100 lesson plans and resources on media and internet literacy, advertising, body image, alcohol, violence and more.

You can also discuss with students Media's flawed portrayal of beauty, and encourage a [school environment that supports positive body image](#).

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:

- [healthy eating and well being](#)