

# Healthy Eating



## *Making Healthy Choices*

### C2.1 Influences on healthy eating

#### Resources:

- [Dental Website with activities & lesson plans](#)
- [healthy eating and well being](#)

### C2.2 Eating cues and guidelines

#### **Food and Healthy Eating Resources General:**

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

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.

## *Making Connections for Healthy Living*

### C3.1 Benefits of healthy eating/active living

[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 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.