

Healthy Eating



Making Healthy Choices

C2.1 Food choices and health problems

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.

Presentation :

Oral health/healthy eating - A 30 minute power point presentation using a smartboard to discuss good oral habits for creating a healthy mouth for a lifetime.

Resources:

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

Making Connections for Healthy Living

C3.1 Healthy Eating practices and routines

Food and Healthy Eating Resources General:

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

[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.

Presentation:

Oral health/healthy eating - A 30 minute power point presentation using a smartboard to discuss good oral habits for creating a healthy mouth for a lifetime.