

# Healthy Eating



## Understanding Health Concepts

### C1.1 Nutrients

#### 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 Healthy Choices

### C2.1 Food Choices - criteria

#### 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.

#### 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** - A 30 minute power point presentation using a smartboard to discuss good oral habits for creating a healthy mouth for a lifetime.

#### Resources:

[healthy eating & well being](#)

## Making Connections for Healthy Living

### C3.1 Promoting Healthy Eating



Visit [CK Let's Talk Food](#) website for food and meal resources.

Have monthly cooking days with your class. Students can pick from a list of different recipes and parent/teacher volunteers can help students prepare the recipe. For more information contact the health unit for support.

As a classroom activity have students write how they helped in the kitchen that week, and what they learned. Students can draw pictures with their stories and these can be posted around the classroom.

Jamie Oliver's website "[Jamie's Home Cooking Skills](#)" has resources for students. He provides [short videos](#) on how to properly chop vegetables, fruit, stir fry, and health and safety tips.

