

Healthy Eating



Understanding Health Concepts

C1.1 Food for Healthy bodies

Food and Healthy Eating Resources Curriculum links:

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.

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.

[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.

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 groups, Canada's food guide

Resources:

[Canada's Food Guide](#)

C2.2 Hunger and thirst

Hydration:

Free drinking water provides a healthy, low cost, zero calorie beverage option. Consumption of water is connected with many health benefits. Your school can positively impact learning by letting students and staff keep water bottles at their desks.

Water is important for almost every process that takes place in the body. Drinking water regularly

through the school day helps to:

- Improve learning and concentration.
- Prevent tooth decay.
- Reduce feelings of thirst, tiredness and irritability.
- Prevent short and long term health problems.

Our bodies absorb water from beverages and from foods like yogurt, soup and watery fruits and vegetables. Other beverages like milk and 100% juice can also contribute fluid and some nutrients.

Tips for Schools to promote water in the classroom:

- Teach students about the benefits of drinking water with [Eating Well with Canada's Food Guide](#).
- Blue W program promote tap water in our community. Learn about where we can access free drinking water in our community at <http://www.bluew.org/>
- Let students have water bottles on their desks.
- Encourage staff to drink water in class for consistent messaging to students.
- Make sure water fountains are user-friendly and functioning properly.
- Looking for a new fundraising idea? Try non-spill water bottles.
- Sell bottled water in vending machines, canteens, cafeterias and tuck shops.
- Encourage kids to drink extra water before, during and after being active - and with meals and snacks.
- Invite students to enjoy cool water all day by freezing half a bottle of water at home overnight, and then filling it up with cold water before school starts in the morning.
- Remind students to mark their name on the bottle and not to share with others.
- Water Bottle Cleanliness and Safety.
- Encourage students to bring water to school in re-useable bottles. Children who use disposable bottles need to be reminded that continued refilling of these bottles may not be safe.

If Students Use Re-usable Bottles:

- Encourage them to bring the water bottle home every day for washing.
- Tell them to wash their bottles in hot, soapy water to prevent the spread of bacteria.
- Tell them to air-dry the bottles upside down.

Resources:

[healthy eating & well being](#)

Making Connections for Healthy Living

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.