

## Exploring Food: COVID-19 Home Learning Lesson Plans and Resources

Below are examples of place-based, food-related home learning opportunities identified for use during COVID-19. Included are child-centered food literacy activities and resources designed to develop food skills and nurture a healthy relationship with food and body. The content builds on the principles found at [Open School BC](#).



### Food-related COVID-19 Home Learning Lesson Plans

The following lesson plans connect to the BC Physical and Health Education curriculum and many other curricular areas, including Applied Design Skills and Technology, English Language Arts, Science, Mathematics, Social Studies, and Arts Education.

- Growing Chefs! At home: [Vegetable Explorers](#) (K to 7)
- Body Diversity Newfoundland and Labrador: [Body diversity lesson plan](#) (K to 2)
- DASH BC home learning: [pocket plants](#), [growing seedlings from cuttings](#) (K to 12)
- BCDA nutrition education: [ideas for home learning](#) (K to 12)
  - [Food Explorers home learning lesson plans](#) (K to 1)
  - [Food for Us home learning lesson plans](#) (Grades 2 to 3)
- Anna Lutz, dietitian: [Edible parts of a plant lesson plan](#), [resource](#) & [worksheet](#) (Grades 3 to 5)
- Delta School District Indigenous Educator: [Oolichan/ Eulachon Fishing Video Lesson](#) (K-12)
- BC Agriculture in the Classroom: [Home learning lesson plans](#) (K to 12)
- Project Chef: [Top Tips for Cooking and reflective activity](#) (Grades 4 to 12)
  - Related: [Knife skills](#) and [Stove top safety](#) videos (K to 12)
- PHE home learning: [lesson plan Passed down through Generations](#) (Grades 4 to 6)
- DASH BC home learning: [Family Food Story Cookbook lesson plan](#) (Grades 4 to 7)
- PHE home learning: [lesson plan Food skills expert](#) (Grades 7 to 12)
  - Related: TedEd science-focused videos [The science of spice](#) & [Beneficial bacteria](#)

### Supportive COVID-19 Food-related Resources

- [Media Smarts Resources for families staying home during COVID-19](#) (K to 12)
- [VCH Supporting Healthy Eating at School](#)
  - Connecting around Food During COVID-19
  - Support parents/caregivers at home

If you have any specific questions about a child's nutrition, you can contact HealthLinkBC at 8-1-1 to speak to a registered dietitian or [email a HealthLinkBC dietitian](#).