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

Below are examples of food-related home learning lesson plans and resources. This is not an exhaustive list but they have all been designed or identified as appropriate for use during COVID-19. The resources on this list offer age-appropriate food literacy opportunities that provide positive food experiences designed to develop food skills and nurture a healthy relationship with food. The content also builds on the principles found at Open School BC.

Home Learning Lesson Plans

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

- BCDA home learning lesson plans (K to 1)
- BCDA home learning lesson plans (Grades 2 to 3)
- Growing Chefs! At home: Vegetable Explorers (K to 7)
- DASH BC home learning pocket plants part one (K to 12)
- DASH BC home learning pocket plants lesson plan part two (K to 12)
- BCDA nutrition education ideas for home learning (K to 12)
- BC Agriculture in the Classroom Home learning lesson plans (K to 12)
- Fresh Roots home learning exploring spring traditions lesson plan (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 (all ages), “Teach About Food and Nutrition in Schools: Key Messages for Educators”, and “Support parents/caregivers at home” sections.

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.

Written by Vancouver Coastal Health Child and Youth Public Health Dietitians, April 28, 2020