

Food & Healthy Living Education Resources – Elementary

The following Canadian resources can be used to teach healthy eating, active living, preparing food, growing food, agriculture and sustainable food systems, body image and the prevention of eating disorders.

Healthy Eating		
Lessons, Workshops & Resources	Community Programs & Services	Other Resources
<ul style="list-style-type: none"> • Heart & Stroke Foundation K-7 Healthy Kids Heart healthy lesson plans: heart, physical activity, nutrition, tobacco K-6 BC HeartSmart Kids lesson plans and resources: heart, physical activity, nutrition, tobacco, Indigenous health, marketing to kids, brain health • Sip Smart BC 4-6, Healthy Beverage Choices • Ministry of Education: Healthy Eating & Physical Activity Learning Resources K-3 4-6 7-9 • BC Dairy Association K-12, Lessons, Workshops & Resources • At My Best K- 6, resource toolkit combines physical activity, healthy eating and emotional well-being 	<ul style="list-style-type: none"> • Vancouver Coastal Health – North Shore School Health Manual Health services and resources for school-aged children and youth • HealthLink BC – Dietitian Services Have Your Nutrition Questions Answered. Call 8-1-1 or email. Resources • Nutrition Tours K-12, free nutrition tours led by a dietitian at Save On Foods, Price Smart, Loblaws, and Choices grocery stores 	<ul style="list-style-type: none"> • Canada’s Food Guide in 12 languages & Food Guide for First Nations, Inuit and Métis, My Food Guide • VCH Fact Sheets: Search for - Sharing Food, Creating Fun; Supporting Children During Meal Times; Lunches To Go • Healthy Schools BC – Resources, grants & information • Healthy Eating at School - One stop shop for school nutrition information • Sustain Ontario Food Initiatives Greenhouse – food literacy, food waste, growing, local sustainable procurement, and more • The Joy of Food: The Communal Table, National Geographic

Preparing Food		
Lessons	Community Programs	Other Resources
<ul style="list-style-type: none"> • Cook it! Try it! Like it! Program Leaders Guide 4-7 • Dry It! A Dehydrator Guide for Early Childhood Educators • Store It! A Guide to Storing Fresh Vegetables and Fruit • Healthy Eating After School - resource includes nutrition and physical activity guidelines, a variety of planning tools and cooking sessions designed especially for kids, complimentary e-Course • American Fight Bac! Partnership for Consumer Food Safety Education K-3, resources and lessons • FoodShare Cooking & Tasting Kit K-12 and other educator resources 	<ul style="list-style-type: none"> • Project CHEF K-7 (Vancouver only), experiential, curriculum-based school program aimed at children in kindergarten to grade seven that teaches students about healthy food: where it comes from, what it tastes like, how to prepare it and how to enjoy sharing it around a table. • Growing Chefs 1-6, chef and community volunteers are paired with elementary school classrooms to give students hands-on experience growing and cooking their own food. • Think&EatGreen@School - provides contacts, tools and resources to support schools and community members in create healthy, sustainable school food systems 	<ul style="list-style-type: none"> • Food Safety Courses “Caring About Food Safety” course is available in English, French, Chinese and Punjabi • Sustain Ontario Food Initiatives Greenhouse – food literacy, food waste, growing, local sustainable procurement, and more <p>Recipes</p> <ul style="list-style-type: none"> • Bake Better Bites - Healthier & Tastier Baked Goods Recipes • Tips & Recipes For Quantity Cooking - • Better Together BC – Resources, recipes & tips • Strive For Five at School: A Guide to Promoting Fruit and Vegetables (Nova Scotia)

Growing Food		
Lessons	Community Programs	Other Resources
<ul style="list-style-type: none"> • Patterns Through The Seasons K-7, year round school food garden activities • School Year Garden Toolkit K-12 Richmond Food Security Society, lesson plans and tips • The Edible Garden Project North Vancouver, teacher resources including lesson plans, activities and videos 	<ul style="list-style-type: none"> • Think&EatGreen@School -provides contacts, tools and resources to support schools and community members in create healthy, sustainable school food systems • Society Promoting Environmental Conservation, SPEC – school gardens program - students learn about food security and growing food • UBC Farm Intergenerational Landed Learning Project - A Farm Based Environmental Education Project 	<ul style="list-style-type: none"> • Vancouver School Board Garden and Food – includes School Food Garden Policy and How-To Guide • Healthy Eating at School – search Gardening Resources • West Coast Seeds – Planting Charts and How to Grow guides and other resources • Farm to School Vancouver Regional Hub video • Farm to School Vancouver Regional Hub Guide • Farm to School Canada Digs In video • Farm to School Canada Digs In Storybook • Sustain Ontario Food Initiatives Greenhouse

Agriculture and Sustainable Food Systems

Lessons	Community Programs	Other Resources
<ul style="list-style-type: none"> • Agriculture in the Classroom Lesson plans, farm tours & resources, (Fresh to You Fundraiser, Harvest Bin Project, Planting A Promise, Summer Institute, Spuds in Tubs, Fruit & Vegetable Nutritional Program + Milk, Take a Bite of BC, etc.) • USC Canada – Sow & Save, The Story of Food, Seed Matching Scavenger Hunt & The Seed Story • Life Cycles Project – gardening, fruit tree & bee tips, food & gardening workshops, food advocacy, manuals and teacher • Food For Thought 5-7, Lessons on agriculture & sustainability with short videos 	<ul style="list-style-type: none"> • Edible Garden Project (EGP based at the North Shore Neighbourhood House) • Society Promoting Environmental Conservation (SPEC) Solutions for urban sustainability • Farm Tours Loutet Farm (EGP) Agriculture in the Classroom UBC Farm 	<ul style="list-style-type: none"> • BC Farm to School - Manual and resources • Farm to School Vancouver Regional Hub video • Farm to School Vancouver Regional Hub Guide • Sustain Ontario Food Initiatives Greenhouse –food literacy, food waste, growing, local sustainable procurement, and more

Body Image, Prevention of Eating Disorders, Mental Health and Media Literacy

Research supports using a wellness approach that promotes positive self-esteem and body image, media awareness, healthy eating and regular, enjoyable physical activity.

Lessons that teach about the signs and symptoms of eating disorders have proven to have minimal effects on behaviour change and may actually cause more harm by increasing the incidence of eating disorders. Avoid calorie counting activities and “fasting” events to raise awareness about global hunger as these can trigger restrictive eating practices in some students.

Lessons	Community Programs	Other Resources
<ul style="list-style-type: none"> • Beyond Images 4-8, body image and self-esteem as well as media messaging, while developing critical thinking skills • Media Literacy K-12, digital and media literacy • Action Schools! BC K-7, Being Me • At My Best K- 6, resource toolkit combines physical activity, healthy eating and emotional well-being • The Student Body: Promoting Health at Any Size 4-6 	<ul style="list-style-type: none"> • Kelty Mental Health mental health, eating disorders, substance use, healthy living and promoting mental health in schools resources • Jessie's Legacy - Resources and support for educators, youth, families and professionals for eating disorders prevention and awareness 	<ul style="list-style-type: none"> • Promoting Positive Body Image (VCH) • Eating Disorders Information and resources www.nedic.ca • Understanding Eating Disorders in BC Schools • Porcupine Health Unit K-8, A Tool for Every Teacher: Frequently asked questions about role modeling and teaching to positively impact your students

Global Citizenship and World Hunger (International and Local Resources)

School-wide “fasting events” can lead to poor health and disordered eating. Contact Helen.Yeung@vch.ca for suggestions on other activities to raise awareness about hunger and food insecurity.

- [“We”](#) is a movement that brings people together and gives them the tools to change the world, includes student-led initiatives, 1-12
- [What the World Eats](#), photo essay by Peter Menzel from the book, “Hungry Planet, 7-12
- [What Kids From Around the World Eat for Breakfast](#), 5-12
- **Metro Vancouver [Love Food Hate Waste](#) and [Love Food Hate Waste Canada](#)** - tips for to reducing avoidable food waste
- [Just Eat It](#) examines food waste and food rescue. Curriculum Guide and resources available online for educators, grades 7-12