

## Canadian Resources for Food & Healthy Living Education

The following Canadian resources can be used to teach healthy eating, active living, preparing food, growing food, agriculture and sustainable food systems, marketing to kids, and body image and the prevention of eating disorders. Use Canadian resources to ensure learning is enhanced with consistent messages.

Healthy Eating		
Lessons, Workshops & Resources	Community Programs & Services	Other Resources
<p>•<b>Heart &amp; Stroke Foundation</b> K-7 Healthy Kids Heart healthy lesson plans: heart, physical activity, nutrition, tobacco <a href="http://www.heartandstroke.bc.ca/Heartsmarkids">www.heartandstroke.bc.ca/Heartsmarkids</a></p> <p>K-6 BC HeartSmart Kids lesson plans and resources: heart, physical activity, nutrition, tobacco, Indigenous health, marketing to kids, brain health <a href="http://hskids.ca/">http://hskids.ca/</a></p> <p>•<b>Sip Smart BC</b> 4-6, Healthy Beverage Choices <a href="http://www.bcpeds.ca/Programs/sipsmart.aspx?MenuID=3347">http://www.bcpeds.ca/Programs/sipsmart.aspx?MenuID=3347</a></p> <p>• <b>Ministry of Education: Healthy Eating &amp; Physical Activity Learning Resources</b> K-12 <a href="http://www2.gov.bc.ca/gov/content/education-training/k-12/teach/bc-performance-standards/healthy-living">http://www2.gov.bc.ca/gov/content/education-training/k-12/teach/bc-performance-standards/healthy-living</a></p> <p>•<b>BC Dairy Association</b> K-12, Lessons, Workshops &amp; Resources <a href="http://bcdairy.ca/nutritioneducation/">http://bcdairy.ca/nutritioneducation/</a></p> <p>•<b>At My Best</b> K- 6, resource toolkit combines physical activity, healthy eating and emotional well-being <a href="http://www.atmybest.ca">www.atmybest.ca</a></p> <p>•<b>Action Schools! BC</b> K-7, physical activity and healthy eating, lessons &amp; resources <a href="http://www.actionschoolsbc.ca">www.actionschoolsbc.ca</a></p>	<p>•<b>Vancouver Coastal Health</b> Vancouver School Health Manual <a href="http://www.vch.ca/public-health/children-youth-schools/school-health/vancouver-school-health-manual">http://www.vch.ca/public-health/children-youth-schools/school-health/vancouver-school-health-manual</a></p> <p>•<b>HealthLink BC – Dietitian Services</b> Have Your Nutrition Questions Answered. Call 8-1-1 or email, Resources <a href="http://www.healthlinkbc.ca/dietitian">www.healthlinkbc.ca/dietitian</a> <a href="http://www.healthlinkbc.ca/healthyeating/ever-yone/schools-communities.html">www.healthlinkbc.ca/healthyeating/ever-yone/schools-communities.html</a></p> <p>•<b>UBC Nutrikids</b> K-7, UBC Nutrition Students teach nutrition in schools <a href="http://blogs.landfood.ubc.ca/nutrikids/">http://blogs.landfood.ubc.ca/nutrikids/</a></p> <p>•<b>Rides and Slides</b> 3-5, interactive health promotion game. Contact your Public Health Nurse</p> <p>•<b>Nutrition Tours</b> K-12, free nutrition tours led by a dietitian at Save On Foods, Overwritea, Price Smart, Loblaws, Thrifty, and Choices grocery stores</p>	<p>•<b>Canada’s Food Guide</b> in 12 languages &amp; Food Guide for First Nations, Inuit and Métis, My Food Guide <a href="https://www.canada.ca/en/health-canada/services/canada-food-guides.html">https://www.canada.ca/en/health-canada/services/canada-food-guides.html</a></p> <p>•<b>VCH Fact Sheets:</b> e.g. Digging Up the Dirt on Dieting; Fueling Your Mind &amp; Body; Eating for Peak Performance; Sharing Food, Creating Fun; Supporting children During Meal Times; Lunches To Go; Vegetarian Nutrition for Youth <a href="http://vch.eduhealth.ca">http://vch.eduhealth.ca</a></p> <p>•<b>Fact Sheet Generator</b> - handouts for youth and parents (sugary drinks, sodium, healthy weights) <a href="https://bcfsg.healthlinkbc.ca/">https://bcfsg.healthlinkbc.ca/</a></p> <p>•<b>Healthy Schools BC</b> – Resources, grants &amp; information <a href="http://www.healthyschoolsbc.ca">www.healthyschoolsbc.ca</a></p> <p>•<b>Healthy Eating at School</b> - One stop shop for school nutrition information – <a href="http://www.healthyeatingatschool.ca">www.healthyeatingatschool.ca</a></p> <p>•<b>Sustain Ontario Food Initiatives Greenhouse</b> –food literacy, food waste, growing, local sustainable procurement, and more <a href="http://sustainontario.com/greenhouse/">http://sustainontario.com/greenhouse/</a></p> <p>•<b>The Joy of Food:</b> The Communal Table, National Geographic <a href="http://www.nationalgeographic.com/foodfeatures/joy-of-food/">www.nationalgeographic.com/foodfeatures/joy-of-food/</a></p>

## Preparing Food

Lessons	Community Programs	Other Resources
<p>•<b>Cook it! Try it! Like it! Program Leaders Guide 4-7</b>  <a href="https://www.interiorhealth.ca/YourHealth/SchoolHealth/SchoolNutrition/Documents/Cook%20it%20Try%20it%20Like%20it%20Leaders%20Guide.pdf">https://www.interiorhealth.ca/YourHealth/SchoolHealth/SchoolNutrition/Documents/Cook%20it%20Try%20it%20Like%20it%20Leaders%20Guide.pdf</a></p> <p>•<b>Dry It! A Dehydrator Guide for Early Childhood Educators</b>  <a href="https://www.interiorhealth.ca/YourHealth/InfantsChildren/Documents/Dry%20it%20Manual.pdf">https://www.interiorhealth.ca/YourHealth/InfantsChildren/Documents/Dry%20it%20Manual.pdf</a></p> <p>•<b>Store It! A Guide to Storing Fresh Vegetables and Fruit</b>  <a href="https://www.interiorhealth.ca/YourHealth/HealthyLiving/FoodSecurity/Documents/Store%20it.pdf">https://www.interiorhealth.ca/YourHealth/HealthyLiving/FoodSecurity/Documents/Store%20it.pdf</a></p> <p>•<b>Healthy Eating After School</b> - resource includes nutrition and physical activity guidelines, a variety of planning tools and cooking sessions designed especially for kids, complimentary e-Course  <a href="http://www.vanymca.org/health/HEAS/2014">www.vanymca.org/health/HEAS/2014</a></p> <p>•<b>Canadian Partnership for Consumer Food Safety Education K-3</b>, resources and lessons  <a href="http://www.fightbac.org/kidsfoodsafety/kids-games-and-activities/">http://www.fightbac.org/kidsfoodsafety/kids-games-and-activities/</a></p>	<p>•<b>Project CHEF</b> K-7, 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. <a href="http://www.projectchef.ca">www.projectchef.ca</a></p> <p>•<b>Growing Chefs</b> 1-6, chef and community volunteers are paired with elementary school classrooms to give students hands-on experience growing and cooking their own food.  <a href="http://www.growingchefs.ca">www.growingchefs.ca</a></p> <p>•<b>Think&amp;EatGreen@School</b> -provides contacts, tools and resources to support schools and community members in create healthy, sustainable school food systems  <a href="http://www.thinkeatgreen.ca">www.thinkeatgreen.ca</a></p>	<p>•<b>Food Safety Courses</b>  <a href="https://www2.gov.bc.ca/gov/content/health/keeping-bc-healthy-safe/food-safety/food-safety-courses">https://www2.gov.bc.ca/gov/content/health/keeping-bc-healthy-safe/food-safety/food-safety-courses</a>            “Caring About Food Safety” course is available in English, French, Chinese and Punjabi</p> <p>•<b>Sustain Ontario Food Initiatives Greenhouse</b> –food literacy, food waste, growing, local sustainable procurement, and more  <a href="http://sustainontario.com/greenhouse/">http://sustainontario.com/greenhouse/</a></p> <p><b>Recipes</b></p> <p>•<b>Bake Better Bites</b> - Healthier &amp; Tastier Baked Goods Recipes <a href="http://www.healthyeatingatschool.ca">www.healthyeatingatschool.ca</a></p> <p>•<b>Tips &amp; Recipes For Quantity Cooking</b> - <a href="http://www.healthyeatingatschool.ca">www.healthyeatingatschool.ca</a></p> <p>•<b>Better Together BC</b>– Resources, recipes &amp; tips  <a href="http://www.bettertogetherbc.ca">www.bettertogetherbc.ca</a></p> <p>•<b>Strive For Five at School: A Guide to Promoting Fruit and Vegetables (Nova Scotia)</b>  <a href="http://novascotia.ca/dhw/healthy-communities/healthy-eating-strive-for-five.asp">http://novascotia.ca/dhw/healthy-communities/healthy-eating-strive-for-five.asp</a></p>

<b>Growing Food</b>		
<b>Lessons</b>	<b>Community Programs</b>	<b>Other Resources</b>
<p>•<b>Patterns Through The Seasons</b> K-7, year round school food garden activities  <a href="http://www.evergreen.ca/downloads/pdfs/Pat-terns-Seasons.pdf">http://www.evergreen.ca/downloads/pdfs/Pat-terns-Seasons.pdf</a></p> <p>• <b>School Year Garden Toolkit</b> K-12            Richmond Food Security Society, lesson plans and tips  <a href="http://www.richmondfoodsecurity.org/documents/school-year-garden-toolkit/">www.richmondfoodsecurity.org/documents/school-year-garden-toolkit/</a></p> <p>•<b>Classroom Connects</b> – 9-12, A collection of lesson plans to engage young people in critical thought about our food systems.  <a href="http://ecosource.ca/wp-content/uploads/Curriculum-Documents/Final_Feb-2015.pdf">http://ecosource.ca/wp-content/uploads/Curriculum-Documents/Final_Feb-2015.pdf</a></p> <p>•<b>The Edible Garden Project</b> North Vancouver, teacher resources including lesson plans, activities and videos  <a href="http://ediblegardenproject.com/">http://ediblegardenproject.com/</a></p>	<p>•<b>Environmental Youth Alliance EYA</b> - cultivates transformative nature experiences for children and youth in urban environments to foster community connectedness, build ecological leadership skills, and enhance their well-being <a href="http://www.eya.ca">www.eya.ca</a></p> <p>•<b>Fresh Roots Urban Farm</b> – learning, sharing &amp; connecting in school gardens  <a href="http://freshroots.ca/">http://freshroots.ca/</a></p> <p>•<b>Society Promoting Environmental Conservation (SPEC)</b> – students learn about food security and growing food  <a href="http://www.spec.bc.ca/school-gardens">www.spec.bc.ca/school-gardens</a></p> <p>•<b>Think&amp;EatGreen@School</b> -provides contacts, tools and resources to support schools and community members in create healthy, sustainable school food systems  <a href="http://www.thinkeatgreen.ca">www.thinkeatgreen.ca</a></p> <p>•<b>UBC Farm Intergenerational Landed Learning Project</b> - A Farm Based Environmental Education Project  <a href="http://landedlearning.educ.ubc.ca/">http://landedlearning.educ.ubc.ca/</a></p>	<p>•<b>Evergreen Foundation</b> - grants, training and resources <a href="http://www.evergreen.ca">www.evergreen.ca</a></p> <p>•<b>Vancouver School Board Green Board</b> School Food Garden Policy and How-To Guide  <a href="http://www.vsb.bc.ca/vsb-green-board">www.vsb.bc.ca/vsb-green-board</a></p> <p>•<b>Healthy Eating at School</b> - Gardening Resources  <a href="http://www.healthyeatingatschool.ca">www.healthyeatingatschool.ca</a></p> <p>•<b>West Coast Seeds</b> – Planting Charts and How to Grow guides and other resources  <a href="http://www.westcoastseeds.com">www.westcoastseeds.com</a></p> <p>•<b>Farm to School Vancouver Regional Hub video</b>  <a href="https://www.youtube.com/watch?v=DIXqge6kG0Q">https://www.youtube.com/watch?v=DIXqge6kG0Q</a></p> <p>•<b>Farm to School Vancouver Regional Hub Guide</b>  <a href="http://pubhtml5.com/nbct/ozlq">http://pubhtml5.com/nbct/ozlq</a></p> <p>•<b>Farm to School Canada Digs In video</b>  <a href="https://www.youtube.com/watch?v=Ln7vUanLyoc">https://www.youtube.com/watch?v=Ln7vUanLyoc</a></p> <p>•<b>Farm to School Canada Digs In Storybook</b>  <a href="http://www.farmtocafeteriacanada.ca/wp-content/uploads/2015/11/F2S-Storybook_en_online.pdf">http://www.farmtocafeteriacanada.ca/wp-content/uploads/2015/11/F2S-Storybook_en_online.pdf</a></p> <p>•<b>Sustain Ontario Food Initiatives Greenhouse</b>  <a href="http://sustainontario.com/greenhouse/">http://sustainontario.com/greenhouse/</a></p>

## Agriculture and Sustainable Food Systems

Lessons	Community Programs	Other Resources
<p>•<b>Agriculture in the Classroom</b> Lesson plans, farm tours &amp; resources, (Fresh to You Fundraiser, Harvest Bin Project, Planting A Promise, Summer Institute, Spuds in Tubs, Fruit &amp; Vegetable Nutritional Program + Milk, Take a Bite of BC, etc.) <a href="http://www.aitc.ca/bc/">www.aitc.ca/bc/</a></p> <p>•<b>USC Canada</b> – Sow &amp; Save, The Story of Food, Seed Matching Scavenger Hunt &amp; The Seed Story  <a href="http://usc-canada.org/resources/for-educators">http://usc-canada.org/resources/for-educators</a></p> <p>•<b>Life Cycles Project</b> – gardening, fruit tree &amp; bee tips, food &amp; gardening workshops, food advocacy, manuals and teacher resources  <a href="http://www.lifecyclesproject.ca/resources">www.lifecyclesproject.ca/resources</a></p> <p>•<b>Food For Thought</b> 5-7, Lessons on agriculture &amp; sustainability with short videos  <a href="http://www.metrovancouver.org/events/school-programs/K-12-resources/food-for-thought/Pages/default.aspx">www.metrovancouver.org/events/school-programs/K-12-resources/food-for-thought/Pages/default.aspx</a></p> <p>•<b>Classroom Connects</b> 9-12, a collection of lesson plans to engage young people in critical thought about our food systems.  <a href="http://ecosource.ca/wp-content/uploads/Curriculum-Documents/Final_Feb-2015.pdf">http://ecosource.ca/wp-content/uploads/Curriculum-Documents/Final_Feb-2015.pdf</a></p>	<p>•<b>Society Promoting Environmental Conservation (SPEC)</b> Urban farm school <a href="http://www.spec.bc.ca">www.spec.bc.ca</a></p> <p>•<b>Farm Tours</b>  <a href="http://freshroots.ca/">http://freshroots.ca/</a>  <a href="http://www.aitc.ca/bc">www.aitc.ca/bc</a>  <a href="http://www.ubcfarm.ubc.ca">www.ubcfarm.ubc.ca</a>  <a href="http://www.southlandsfarm.ca">www.southlandsfarm.ca</a></p>	<p>•<b>BC Farm to School</b> - Manual and resources  <a href="http://farmtoschoolbc.ca/">http://farmtoschoolbc.ca/</a></p> <p>•<b>Farm to School Vancouver Regional Hub video</b>  <a href="https://www.youtube.com/watch?v=DIXqqe6kG0Q">https://www.youtube.com/watch?v=DIXqqe6kG0Q</a></p> <p>•<b>Farm to School Vancouver Regional Hub Guide</b>  <a href="http://pubhtml5.com/nbct/ozlg">http://pubhtml5.com/nbct/ozlg</a></p> <p>•<b>Sustain Ontario Food Initiatives Greenhouse</b> –food literacy, food waste, growing, local sustainable procurement, and more  <a href="http://sustainontario.com/greenhouse/">http://sustainontario.com/greenhouse/</a></p>

## 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"> <li>• <b>Beyond Images</b> 4-8, body image and self-esteem as well as media messaging, while developing critical thinking skills  <a href="http://www.beyondimages.ca">www.beyondimages.ca</a></li> <li>• <b>Action Schools! BC K-7, Being Me</b>  <a href="http://www.actionschoolsbc.ca/resources">www.actionschoolsbc.ca/resources</a></li> <li>• <b>At My Best</b> K-6, resource toolkit combines physical activity, healthy eating and emotional well-being <a href="http://www.atmybest.ca">www.atmybest.ca</a></li> <li>• <b>Promoting Health at Any Size</b> 4-6  <a href="http://thestudentbody.aboutkidshealth.ca">http://thestudentbody.aboutkidshealth.ca</a></li> <li>• <b>Media Literacy</b> K-12, digital and media literacy  <a href="http://mediasmarts.ca">http://mediasmarts.ca</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Kelty Mental Health</b> mental health, eating disorders, substance use, healthy living and promoting mental health in schools resources  <a href="http://keltymentalhealth.ca">http://keltymentalhealth.ca</a></li> <li>• <b>Jessie's Legacy</b> - Resources and support for educators, youth, families and professionals for eating disorders prevention and awareness  <a href="http://jessieslegacy.com/">http://jessieslegacy.com/</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Promoting Positive Body Image (VCH)</b>  <a href="http://www.vch.ca/Documents/promoting-positive-body-image.pdf">www.vch.ca/Documents/promoting-positive-body-image.pdf</a></li> <li>• <b>Eating Disorders</b> Information and resources  <a href="http://www.nedic.ca">www.nedic.ca</a></li> <li>• <b>Understanding Eating Disorders in BC Schools</b>  <a href="https://keltyeatingdisorders.ca/wp-content/uploads/2016/06/Understanding-Eating-Disorders-in-Schools.pdf">https://keltyeatingdisorders.ca/wp-content/uploads/2016/06/Understanding-Eating-Disorders-in-Schools.pdf</a></li> <li>• <b>MindShift</b> – App for youth to reduce anxiety and fear <a href="http://www.anxietybc.com/mobile-app">www.anxietybc.com/mobile-app</a></li> <li>• <b>Foundry</b> – mental health resources, services and supports for young people ages 12-24  <a href="https://foundrybc.ca/">https://foundrybc.ca/</a></li> <li>• <b>Porcupine Health Unit</b> K-8, A Tool for Every Teacher: Frequently asked questions about role modeling and teaching to positively impact your students –  <a href="http://www.porcupinehu.on.ca/en/audiences/educators/tools-for-teachers.pdf">www.porcupinehu.on.ca/en/audiences/educators/tools-for-teachers.pdf</a></li> </ul>

## Global Citizenship and World Hunger (International and Local Resources)

School-wide “fasting events” can lead to poor health and disordered eating. Contact [Kathy.Romses@vch.ca](mailto:Kathy.Romses@vch.ca) or [Vanessa.Lam@vch.ca](mailto:Vanessa.Lam@vch.ca) for suggestions on other activities to raise awareness about hunger and food insecurity.

- “Me to We” and other student-led initiatives [www.we.org](http://www.we.org)
- **World Food Day** [www.fao.org/world-food-day/2017/about/en/](http://www.fao.org/world-food-day/2017/about/en/)
- **What the World Eats**, photo essay by Peter Menzel from the book, “Hungry Planet” <http://time.com/8515/hungry-planet-what-the-world-eats/>
- **What Kids From Around the World Eat for Breakfast** [www.nytimes.com/interactive/2014/10/08/magazine/eaters-all-over.html?\\_r=0](http://www.nytimes.com/interactive/2014/10/08/magazine/eaters-all-over.html?_r=0)
- **World Food Programme** (teaching about world hunger) [www.wfp.org/students-amp-teachers](http://www.wfp.org/students-amp-teachers)
- **Edutopia** Engaging youth in world hunger [www.edutopia.org/blog/world-hunger-integrated-studies](http://www.edutopia.org/blog/world-hunger-integrated-studies)
- **Love Food Hate Waste** [www.metrovancouver.org/metrouupdate/issue-9/116/Love%20Food,%20Hate%20Waste%20Campaign](http://www.metrovancouver.org/metrouupdate/issue-9/116/Love%20Food,%20Hate%20Waste%20Campaign)
- **Food Security in BC** [www.phsa.ca/our-services/programs-services/population-public-health/food-security](http://www.phsa.ca/our-services/programs-services/population-public-health/food-security)
- **Welfare Food Challenge** <https://welfarefoodchallenge.org/> Participants try to live on \$19 for one week, which represents what welfare recipients in BC may have left after paying for rent, phone and personal hygiene.
- **Just Eat It** [www.foodwastemovie.com](http://www.foodwastemovie.com) examines food waste and food rescue. Curriculum Guide and resources available online for educators.
- **BC Teacher’s Federation** – Antipoverty Social Justice Action Group lesson plans, resources, workshops, poster resources, etc. <https://bctf.ca/SocialJustice.aspx?id=6308>
- **BC Poverty Reduction Coalition** - How to Make your Food Bank Drive Better: [http://bcpovertyreduction.ca/wp-content/uploads/2013/12/2013\\_prc-food-bank\\_lesson-plan-complete.pdf](http://bcpovertyreduction.ca/wp-content/uploads/2013/12/2013_prc-food-bank_lesson-plan-complete.pdf) Justice Not Charity (9-12) <http://bcpovertyreduction.ca/wp-content/uploads/2014/08/JusticeNotCharityLessonPlan.pdf> lesson plans.
- **PROOF Food Insecurity Policy Research** - Fact sheets <http://proof.utoronto.ca/resources/fact-sheets/>

## Tips for Teaching Nutrition to Students



### Resources

- Use Canada's Food Guide rather than American resources to provide consistent messages that enhance learning.

### Language

- Avoid labelling food as 'good' or 'bad'. Students may think that they are 'bad' if they eat 'bad' foods. Words that work well are 'every day foods' and 'sometimes foods'.

### Marketing Healthy Eating

- Find messages that help motivate students to make healthier choices. Sample messages include: gives you energy to run, jump and play; helps you learn; and helps to prevent getting sick. Most students are not motivated by messages about preventing longer-term illnesses like heart disease and cancer.
- Avoid using body weight, shape, or size as a motivator for healthy eating and focus on promoting healthy behaviours.
- Provide fun, hands on learning opportunities for students to grow, prepare and try food.

### Age-appropriate

- Choose age-appropriate activities. For example, encourage young students to try new foods, which is a skill they have control over. Involve students in food preparation and provide opportunities to try new foods without pressuring them to try the food.
- Sharing food tips – sharing food not germs so the food you touch is the one you choose, say "no thank you" if you do not want to try the food, provide a container for food that students tried but do not want to finish.

#### Age appropriate nutrition education objectives\*:

- K-1 – identify foods; try foods; compare shapes, colours, and tastes
- 2-3 – classify foods into food groups; choose snacks from the food groups; identify and create balanced meals
- 4-6 – assess diets for balance; make plans to improve food choices
- 7-9 – assess diets for balance; make plans to improve food choices; problem solve
- 10-12 - assess food eaten for variety and balance (avoid calories, good food/bad food); make plans to improve food choices, e.g., choosing more vegetables and fruit, encourage food skills and sharing food with family and friends

\* Adapted from BC Dairy Association

### Modelling

- What you eat and what you say are often more powerful than the 'lessons' you teach.

### Mindful eating

- Encourage students to take at least 20 minutes to eat and enjoy meals without any distractions, e.g. TV, cell phones, etc.

### Rewards

- Food preferences can be affected when they are associated with rewards or praise. When food is used as a reward, the child's preference for that food is increased. Search for the factsheets 'Non Food Rewards' for younger students and "Healthier Rewards" for older students at <http://vch.eduhealth.ca>