

Nutrition Resources to Support Secondary School Curriculum

Resource Name	Type of Resource and Grade Level	Description	Author	Contact Information
Body Image and Self Esteem				
Every BODY is a Somebody	Facilitator's Guide designed to complement the school curriculum; Female adolescents (Grades 6 to 10)	An active learning program to promote healthy body image, positive self-esteem, healthy eating and an active lifestyle	The Body Image Coalition of Peel	For more information about the guide go to: http://www.bodyimagecoalition.org/everybody1.html
The Dove Campaign for Real Beauty School Program	Videos, discussion guides, interactive tools For girls; Different components of the site can be targeted to different age levels (in general age 8 and older)	Interactive idea builders, videos, discussion guides, workshops, quizzes and more, about body image and self-esteem	Dove	Downloadable from: http://www.campaignforrealbeauty.ca/dsef07/t5.aspx?id=8407
Everybody's Different: A positive approach to teaching about health, puberty, body image, nutrition, self-esteem and obesity prevention	A book based on a successful body image improvement program titled 'Everybody's Different' Suitable for use in elementary schools, secondary schools and university courses, especially in teacher training and health education	Contains information, research outcomes and classroom activities and work sheets about self-esteem development, media literacy for body image improvement, positive ways to teach about health, growth, puberty, food and nutrition and how to implement school-based obesity prevention programs	Dr. Jenny O'Dea	Published in 2007 by ACER Press Visit publisher's website: www.acerpress.com.au
Achieving Balanced Choices: A Resource for Key Health and Nutrition Issues facing Today's Teens	Downloadable booklet for educators of grades 7 to 10	This resource focuses on three areas: Body Image and the Adolescent; Creating Balanced Food Choices; and Dietary Alternatives. Each topic includes background information, teacher resources and hands-on activities for individuals and groups.	Ontario's Pork Producers	Downloadable from: http://www.oafe.org/user_files/articles/abc_doc_2005.pdf

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Body Weight and Obesity				
<i>Super Size Me</i> Discussion Guide for Educators	Discussion Guide Grades 9 and 10 (or older)	This guide is a tool to help with the use of the movie <i>Super Size Me</i> in the classroom. The guide provides educators with discussion questions in the following areas: Healthy Eating, Active Living, Body Image, Social Environment and Physical Environment	OSNPPH <i>Super Size Me</i> Work Group	Downloadable from (must be an OSNPPH member): http://www.osnpph.on.ca/pdfs/SuperSizeMe.pdf
Diet Confidential	DVD Youth (especially for media literacy courses)	This DVD explores today's world of serial dieting from a marketing and business perspective. It explores the diet industry, tracing the path of blockbusters such as Atkins Diet and the South Beach diet.	CBC Learning	To order: cbclearning.ca 1-866-999-3072
Comprehensive School Nutrition				
The Weight of the World (WoW)- Facing Obesity	DVD with discussion guide for educators (targeted to Canadian youth)	This documentary features lively animation, hard-hitting science and interviews from leading experts in the field of obesity. The film discusses obesity from a larger perspective, examining its relationships with health, culture, environment, politics and urban planning. There are also examples of programs that have been successful in a school and Aboriginal settings.	National Film Board of Canada and CBC Nature of Things with David Suzuki	You can order the film and educational guides at: http://www.cbc.ca/weightoftheworld/index.html ; Free educational materials are available to teachers at this site as well.
Menu of Choices	Online resource specifically for secondary schools	This site provides quality information and tools that support school communities in addressing healthy eating. The resource addresses four action areas: Healthy and Supportive School Community Environments, Health Policies or Guidelines, School Community Programs and Services and School Curriculum Links.	Nutrition Resource Centre, Ontario Physical and Health Education Association (OPHEA)	http://www.menuofchoices.ca/secondary.cfm

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Canadian Agriculture				
Canadian Agriculture at a Glance Teacher's Kit	Downloadable kit for educators of secondary schools	This kit explores the complex relationship between agriculture and society by focusing on food production, farming techniques, the business of farming and more. Included are lesson plans and worksheets that correspond to curricula in the following subject areas: family studies/home economics; geography, history and science.	Statistics Canada	Educators can order the entire print publication at a special discount or download it at: www.statcan.ca/english/kits/agric04/lesson.htm
Complex Issues in Agriculture	Downloadable document which links to the Grade 11-12 Ontario Curriculum	This resource covers issues in agriculture including animal care, the environment, food safety and biotechnology. It includes a teacher's guide with lesson plans, activity ideas, assessment suggestions and reproducible pages. This document links to curriculum in the areas of Science, Geography and Family Studies.	Farmissues.com	Downloadable from: http://www.farmissues.com/issues/facts/web/pdf/issues.pdf
Eating Well with Canada's Food Guide				
Background on the Food Guide for Educators and Communicators	Booklet for educators and communicators Targeted to all age levels (2 to 65)	Eating Well with Canada's Food Guide - A Resource for Educators and Communicators provides background information, tips and tools to complement each recommendation in Canada's Food Guide.	Health Canada	Downloadable from: http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/index-eng.php
My Food Guide	Interactive web site	My Food Guide is an interactive tool that will help you personalize the information found in <i>Canada's Food Guide</i> .	Health Canada	http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index-eng.php