

Part 6.0 Resource Charts*

The following Resource Charts will provide you with a quick overview of available background material and curriculum-matched resources to support healthy eating education in the classroom.

- 6.1 Curriculum-matched resources
- 6.2 Teacher background information and curriculum support
- 6.3 Web-based resources
- 6.4 Videos

Your public health unit/department may be able to provide copies of the resources listed. Also, inquire about additional resources not listed.

* Some of the resources in the chart will refer to the old *Canada's Food Guide*. With time, most of these resources will be updated to reflect the new *Canada's Food Guide*.



File Name: Resource Charts (pgs 44 - 55)

6.1 Curriculum-matched Resources

Program Name	Program Goals	CFC*	Grade Level	OCC†	Cost/ Language	How to Access the resource
Ontario Physical and Health Education Association <i>Curriculum Support: Kindergarten to Grade 10</i> , Ophea, 2000	A series of grade-by-grade curriculum support resources. The activities selected for the grades meet a range of learning styles. Some of the teaching messages are conveyed through physical activities done to music, while others involve art, food pictures or worksheets.	Yes	Grades K - 10	Yes	Available in English	www.ophea.org or contact your school board
<i>Discover Healthy Eating! A Teacher's Resource for Grades 1-8</i> , Toronto Public Health Department, York Region Health Services, Region of Peel Health Department, 2000	A comprehensive, curriculum-matched resource addressing nutrition, body image, eating disorders and dental health. Helps you meet the current HPE Curriculum and provides you with the fundamental nutrition background required to teach the healthy eating expectations.	Yes	Grades 1 - 8	Yes	Free download Available in English and French	www.city.toronto.on.ca/health/dhe_index.htm
<i>Mission Nutrition</i> , Kellogg Canada Inc and Dietitians of Canada, 2000	This resource provides teachers, parents and students with practical resources to promote positive self-esteem and body image, healthy eating, physical activity. The teacher resources contain curriculum connections, background information, lesson plans, student activity sheets, home activities and assessment rubrics.	Yes	Grades K - 8	Yes	Free download Available in English and French	www.missionnutrition.ca

* CFC - Community/Family Component

† OCC - Ontario Curriculum Connections

6.2 Teacher Background Information and Classroom Support

The following resources are not standalone resources but, rather, will provide background information to support healthy eating education.

Name	Type of Resource and Grade Level	Description	Author	Supplier/Contact Information
<i>Eating Well with Canada's Food Guide</i>	Six-panel paper fold-out resource for anyone over the age of two	A resource outlining the food groups, the recommended number of food guide servings. Free, Bilingual.	Health Canada	Order an electronic version or hard copy (maximum 100 copies per order) from www.canadasfoodguide.net or contact your public health unit/department.
<i>Eating Well with Canada's Food Guide A Resource for Educators and Communicators</i>	A resource for elementary and secondary teachers	Fifty-page booklet outlining the food groups, and recommended number of food guide servings. Includes a copy of the six-panel food guide and poster. Free, Bilingual.	Health Canada	Order an electronic version or hard copy (maximum one copy per order) from www.canadasfoodguide.net or contact your public health unit/department.
Cultural Adaptations to Canada's Food Guide to Healthy Eating	Fact sheet	<i>Canada's Food Guide to Healthy Eating</i> has been adapted for use with Chinese, Portuguese, Punjabi, Spanish, Tamil, Urdu and Vietnamese communities. Some health units have other translations available depending on the needs of their community, eg, translations in Amharic and Farsi are available.	Nutrition Resource Centre	Free download from www.nutritionrc.ca/guide.html
<i>Every BODY is a Somebody</i>	Facilitator's Guide Grades 7 and 8	Provides background information, activities and worksheets to promote positive body image among teen girls. Topics include media, family and friends; self-esteem and body image; healthy eating and active lifestyles; stress management and relationship skills. Bilingual.	The Body Image Coalition of Peel	Order from Peel Health Phone: 905-791-7800, ext 2063 Website: http://www.bodyimagecoalition.org/everybody2.html Cost: \$29 in Ontario

6.2 Teacher Background Information and Classroom Support (cont'd)

Name	Type of Resource and Grade Level	Description	Author	Supplier/Contact Information
<i>Salad Bars in Schools</i>	Book	A step-by-step instruction guide for starting a salad bar program in the school setting. English only.	Food-Share	Order from www.foodshare.net Cost: \$25
<i>Nutrient Value of Some Common Foods</i>	Book	A quick and easy reference guide to the nutritional content of 975 foods commonly consumed by Canadians. Provides data for 19 nutrients. An excellent teaching tool for forming better food choices through an understanding of food's nutrient content.	Health Canada	Canadian Government Publishing, Public Works and Government Services Canada Orders only: 1-800-635-7943 Website: http://www.hc-sc.gc.ca/food-aliment/ns-sc/nr-rn/surveillance/e_nutrient_value_of_some_common_.html Catalogue number: H58-28/1999E ISBN 0-660-17784-6
Food Models	Nutrition Teaching Aids	Lifelike rubber food replicas and models. Catalogue provides assorted teaching aids including displays, books, posters, etc. <small>*Use caution – some resources are based on the <i>USDA Food Guide Pyramid</i> and are not suitable for use in Canada.</small>	Spectrum Nasco Nutrition Directional Learning Canada Limited	Toll-free phone: 1-800-668-0600 Phone: 519-846-5397 E-mail: dirlearn@albedo.net
Food Model Cards	Colour Photographs of food	Food models Basic set: A set of 50 coloured photographs of basic foods depicted on 13 x 18 cm (5" x 7") cards. Expanded set: A set of 120 coloured food pictures expands on the basic set with an emphasis on multicultural foods.	The Registered Dietitians at Dairy Farmers of Canada (Ontario). Reprinted 2004	Call for costs. E-mail: order@teachnutrition.org Toll-free phone: 1-866-392-9929 Website: www.teachnutrition.org

Name	Type of Resource and Grade Level	Description	Author	Supplier/Contact Information
<i>Labelling Literacy</i>	Teaching Kit Grades 4 - 6	Resource dealing with labels on food products that has curriculum-based activities and performance assessment tasks.	Ontario Agri-Food Education, 1999	One copy available free from Ontario Agri-Food Education. E-mail: resource@oafe.org Phone: 905-878-1510
<i>Facts on Snacks</i>	Brochure	A guide to healthy snacking plus many snack suggestions.	The Registered Dietitians at Dairy Farmers of Canada (Ontario). 1998. Reprinted 2004	1 - 50 copies free. E-mail: order@teachnutrition.org Toll-free phone: 1-866-392-9929 Website: www.teachnutrition.org
Body Image Unit	Curriculum-based unit for Grades 4 - 6 students.	Four cross-curricular activities that promote student respect and sensitivity toward their peers; introduce students to the concepts of self-esteem and body image; get students to think about the various factors that affect body shape and size and teach them how to handle teasing and bullying.	The Registered Dietitians at Dairy Farmers of Canada (Ontario). 2000	Free download from www.teachnutrition.org under <i>teacher resources, classroom activities for Grades 4 - 6</i> . E-mail: info@teachnutrition.org Toll-free phone: 1-866-392-9929 Website: www.teachnutrition.org

6.3 Web-based Resources

Website Name	Website Address	Description	Provides curriculum resources	Provides reproducible fact sheets, activity sheets and posters
Health Canada Office of Nutrition Policy and Promotion	www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/index_e.html	Provides reliable nutrition information on various topics such as <i>Canada's Food Guide</i> , healthy weights, nutritional labelling, allergies and Dietary Reference Intakes.	No	Yes <i>Canada's Food Guide</i> materials can be ordered from this website.
Allergy/ Asthma Information Association	www.aaia.ca	Provides practical information and resources to anyone dealing with asthma and allergies. Of particular importance is the background paper on anaphylaxis in schools and childcare centres.	No	Yes Resources can be downloaded or ordered.
Anaphylaxis Canada	www.anaphylaxis.org/	Information on programs and services that support people with anaphylaxis, as well as resources to help increase awareness of anaphylaxis.	Yes	No
Dietitians of Canada	www.dietitians.ca	This site offers a wide variety of information and resources on various nutrition topics. There is a specific link set up for Nutrition Month that offers interactive resources on the current Nutrition Month theme.	Yes Mission Nutrition can be downloaded.	Yes
Canadian Health Network (CHN) - Healthy Eating	www.canadian-health-network.ca/ Search for: Healthy Eating	CHN is a national, non-profit, bilingual web-based health information service. The Healthy Eating site offers a quick search section for specific nutrition topics (eg, calcium) as well as broader searches on Canadian and international resources.	No	No

Website Name	Website Address	Description	Provides curriculum resources	Provides reproducible fact sheets, activity sheets and posters
Canadian Produce Marketing Association	www.cpma.ca	Encourages Canadians to consume more vegetables and fruit a day as part of a healthy diet. The site offers the scientific rationale about increasing consumption of vegetables and fruit and the practical application for meals and snacks. The site has links to related sites such as Freggie Tales.	No	Yes
Healthy Eating is in Store for You	www.healthy eatingisinstore.ca	Provides hands-on resources to educate consumers about how to use and interpret nutrition labelling information on food packages.	No	Yes
Kids in the Kitchen	http://www.youville.ca/english/links.html	Free download for teaching staff and school volunteers that are interested in starting a cooking club for students. English only.	No	Yes
Ontario Association for Public Health Dentistry	www.oaphd.on.ca	Offers a Teachers Reference Manual that supports the <i>HPE Curriculum</i> for elementary school students.	Yes	No
Nutrition Resource Centre	www.nutritionrc.ca	<i>Canada's Food Guide</i> materials including the Cultural Adaptations to <i>Canada's Food Guide to Healthy Eating</i> can be downloaded from this site. The adaptations are available for use with the Chinese, Portuguese, Punjabi, Spanish, Tamil, Urdu and Vietnamese-speaking communities. These guides feature culturally specific foods and full colour illustrations.	No	Yes

6.3 Web-based Resources (cont'd)

Website Name	Website Address	Description	Provides curriculum resources	Provides reproducible fact sheets, activity sheets and posters
Toronto Public Health, <i>Your Kids are Listening</i> campaign	http://www.toronto.ca/health/children/healthy_weights.htm	<i>Your Kids are Listening</i> is an early child development public education campaign that reminds parents that what they do and say has an impact on their child's own healthy eating, physical activity and self-esteem. The website features a series of print and television ads developed by Toronto Public Health and Peel Region Health Department.	No	Yes
Media Awareness Network	www.media-awareness.ca	Media and Internet education resources for teachers. Type 'nutrition' in the search box to find a variety of lesson plans and handouts based on nutrition and the media.	Yes	No
<i>The VITALITY Approach - A Guide for Leaders</i>	http://www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/vitalit/vitality_approach_approche_vitalite_e.html	The vitality program guide includes background information as well as tips and tools on the VITALITY Approach to healthy living and on achieving and maintaining a healthy weight.	Yes	Yes
Mission Nutrition	www.missionnutrition.ca	This site provides teachers, parents and students in Grades K - 8 with practical resources to promote positive self-esteem and body image, healthy eating and physical activity.	Yes	Yes

Website Name	Website Address	Description	Provides curriculum resources	Provides reproducible fact sheets, activity sheets and posters
Teach Nutrition	www.teachnutrition.org	Download curriculum-based units and activities, review frequently asked questions about nutrition or book a free nutrition workshop for you and your colleagues. Designed by the Registered Dietitians at Dairy Farmers of Canada (Ontario).	Yes	Yes
Ontario Agri-Food Education	www.oafe.org	This website provides a wide variety of resource material and information that enhances the ability of teachers and learners to understand the value and importance of an agri-food system. All resources link the content and agri-food concepts to the curriculum expectations in the Ontario Curriculum. OAFE also offers nutrition workshops free of charge to educators.	Yes	No
National Eating Disorder Information Centre	www.nedic.ca	This site provides information and resources on eating disorders and weight preoccupation. Click on 'guide for family & friends' or 'questions & answers' to learn how to detect and help an individual with an eating disorder.	No	No
Canadian Partnership for Consumer Food Safety Education	www.canfightbac.org	A site committed to educating Canadians about the ease and importance of food safety in the home. Click on 'Educators Centre' for fun and educational information for students and teachers alike.	Yes	No

6.3 Web-based Resources (cont'd)

Website Name	Website Address	Description	Provides curriculum resources	Provides reproducible fact sheets, activity sheets and posters
Nutrition Labelling Toolkit for Educators	English: http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/labelling-etiquetage/education_e.html French: http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/labelling-etiquetage/education_f.html	The educator's toolkit provides a variety of multimedia products to assist in educating Canadians on the new food labelling regulations. The toolkit includes guidelines for use, six fact sheets, ready-to-go PowerPoint presentations (including an activity unit) and a question-and-answer guide.	Yes	Yes
Ministry of Health Promotion	www.notgonnakillyou.ca	It's not gonna kill you - a public education campaign targeted at youth 12 - 15 encouraging them to eat healthy and be more physically active.	No	Yes
Ministry of Education	http://www.edu.gov.on.ca/eng/parents/healthyschools.html	A website committed to educating school community members about healthy schools. Provides tips for parents and students, surveys, etc.	Yes	Yes
The Student Body Prevention Website	http://www.aboutkidshealth.ca/thestudentbody/home.asp	The Student Body is a teacher training module designed to help alert teachers (and parents) to the factors that can trigger unhealthy dieting among children, and ways to prevent it. It addresses six areas of concern: Media and Peer Pressure, Healthy Eating, Active Living, Teasing, Adult Role Models, School Climate. These six learning modules utilize animated vignettes, videos and background information for teachers (and parents) so they can experience some of the positive and negative factors affecting body image and unhealthy eating habits.	Yes	Yes

6.4 Videos

Check with your public health unit/department or school board to see if they have the video before ordering from a supplier.

Name	Grade Level	Description	Author/Year	Supplier/Contact Information
<i>Behind Closed Doors</i>	Junior Intermediate	Joan Lunden hosts this film clip which illustrates how the fashion industry uses manipulation and computer technology to alter the clothing, bodies and photographs of models to create a perfect image.	2000	Remuda Ranch Foundation 1-800-445-1900, ext 4292
<i>Beyond The Looking Glass</i>	Junior	Thirty-minute video and leader's guide which looks at the impact of advertising and the social expectations of body image, as well as the conflict between a projected ideal model figure and the reality of adolescence.	McIntyre Media 1998	McIntyre Media Ltd 1-800-565-3036
<i>Get Real</i>	Grade 8	Twenty-four-minute video discusses body image, peer pressure, dieting, coping skills and self-esteem.	McNabb & Connelly, 1995	Available to purchase from McNabb & Connelly 905-278-0566
<i>Mission Nutrition</i>	Grades 1 - 3	A 12-minute animated adventure through the world of food designed to generate enthusiasm for healthy eating.	Kellogg Canada Inc and Dietitians of Canada	Kellogg Canada Inc and Dietitians of Canada, 2000
<i>Slim Hopes: Advertising and the Obsession with Thinness</i>	Grade 8	Using examples of over 120 ads from magazines and TV, Slim Hopes shows how advertisers play to the fears and insecurities of young women and can contribute to life-threatening eating disorders. Teacher should preview in advance.	Kellogg Canada Inc and Dietitians of Canada, 2000	Kinetic Inc, Toronto 416-538-6613 1-800-263-6910 or www.kineticvideo.com
<i>What's Eating You? - Taking a Bite out of Nutrition Myths</i>	Grade 7 - 8	Video for general nutrition presentations that captures Canadian consumers' thoughts on common nutrition myths such as fad diets, organic foods, sugars and more.	Kellogg Canada Inc and Dietitians of Canada, 2000	Dairy Farmers of Canada (Ontario) 1-866-392-9929 http://www.teachnutrition.org/

6.4 Videos (cont'd)

Name	Grade Level	Description	Author/ Year	Supplier/Contact Information
<i>Body Talk 1 Teens talk about their bodies, eating disorders and activitism</i>	Grade 6 - 12	<i>Body Talk 1</i> focuses on body acceptance issues. Teens of diverse backgrounds discuss the messages they receive from media, family and friends, and the effects of those messages on their body image and self-esteem.	The Body Positive, 1999	http://shopgpn.com/
<i>Body Talk 2 It's a New Language - Body Acceptance</i>	Grades 3 - 5	<i>Body Talk 2</i> focuses on body acceptance issues. In this documentary, children of diverse backgrounds and sizes talk about body esteem, puberty, trying to fit in and finding support.	The Body Positive, 2002.	http://shopgpn.com/