

# NUTRITION CURRICULUM SUPPORT HEALTH RESOURCES FOR ELEMENTARY SCHOOLS

*“It is important for teachers to establish a healthy eating environment in the classroom by ensuring that the topics taught, approaches taken and environments, in which students learn, are supportive of healthy eating.” (Ontario Ministry of Education, Elementary Teacher Resource Guide)*

The following resources will support you in meeting healthy eating curriculum expectations, as well as teaching nutrition in a positive, food neutral and weight neutral way.

## Curriculum resources

### RESOURCES TO SUPPORT FOOD LITERACY IN THE CURRICULUM

#### OPHEA: Health & Physical Education Curriculum Resources

- For grades 1 to 8 consistent with the 2019 H&PE Curriculum: Movement Competence & Active Living, and Healthy Living

#### OPHEA's Food for Thought – Improving Food Literacy

- A free online resource that integrates food literacy and media literacy into discussions about healthy eating. It provides students with the skills they need to make healthier food choices in a variety of settings, taking into account the factors within their control
- This resource includes [lesson plans and supplements developed by Growing Chefs! Ontario](#) that offers safe ways to learn about food, while making connections to *The Ontario Curriculum, Grades 1–8: Health and Physical Education* (2019). French Growing Chefs! Ontario classroom supports are now also available to access and download for free!

#### Sustain Ontario – Food Literacy Resources

- Hands-on teaching resources and lesson plans for educators; as well as case studies, evaluations, guides, and other resources to support education about our food and food systems. Topics include sustainable foods, food systems, biodiversity, climate change, food waste, agriculture, food sovereignty in Canada, growing local food and more

#### PUBLIC HEALTH

1-877-464-9675  
TTY 1-866-512-6228  
[york.ca/nutrition](http://york.ca/nutrition)



## RESOURCES TO SUPPORT MEDIA LITERACY ON BODY IMAGE, WEIGHT INCLUSIVITY AND SELF-ESTEEM

### Beyond Images – a self-esteem and body image curriculum – by NEDIC

- Beyond Images offers free online lesson plans for grades 4 through 8 to support media literacy curricula nationally and include activities that make a positive difference in combating appearance-based bullying and negative stereotypes
- The curriculum provides the opportunity to explore key issues in today's society around body image and self-esteem as well as media messaging, while developing critical thinking skills  
*Beyond Images* is available in French as [Au-delà de l'image](#)

### Dove Confident Me

- A free resource designed to empower students to feel confident and reach their full potential; educating the next generation on self-esteem and body confidence, this resource encourages a positive relationship with beauty

## TOOLS FOR EDUCATORS AND ADULT INFLUENCERS

### Webinar by NEDIC (pre-recorded) – Supporting Teachers

- Tools and information to better understand Body Image Issues and Eating Disorders in Youth (1 hour)

### Supporting Minds - Chapter #5: Eating and Weight-related Problems

- Strategies on how to support healthy attitudes about body image and eating habits among students

### Health and Wellbeing Philosophy and Approach to Weight, Ontario Dietitians in Public Health, 2018

- A coordinated approach to guide public health in supporting health promotion efforts, while minimizing the harmful consequences of using weight-centered language and a weight focus (i.e., weight loss)

### Nurturing Healthy Eaters in Elementary Schools, Ontario Dietitians in Public Health, 2019

- Information on nurturing healthy eaters in elementary schools with tips for parents and caregivers and schools
- This resource is available in [French](#)

## WEIGHT BIAS RESOURCES

### Mental Health and Weight Bias in Schools, Ontario Dietitians in Public Health, 2020

- Information for educators on weight-based stigmatism
- This resource is available in [French](#)

### How to Talk to Your Child About Weight Bias, University of Connecticut Rudd Center for Food Policy & Obesity, 2020

- This tip sheet provides guidance to parents in supporting a child who is experiencing weight-based teasing or bullying

### Addressing Weight Bias: A Call to Action, Ontario Dietitians in Public Health, 2019

- Information for educators on how weight bias can affect anyone across the weight spectrum
- This resource is available in [French](#)

[Clever Replies to Damaging Remarks](#), Leeds, Grenville & Lanark District Health Unit, 2018

- Tip sheet with examples of constructive verbal replies to comments related to appearance, body size/weight, etc.

## Other curriculum resources

[Bright Bites](#) ([www.brightbites.ca](http://www.brightbites.ca))

- A resource developed by registered dietitians in public health units in Ontario. In the site are different badges that correspond to various school nutrition topics:
  - [BrightBites for Educators](#) – General tips for all educators to help teach nutrition in a positive way. Grade-specific curriculum support resources and lesson plans are also provided

[Freggie™ In-School Program](#)

- A program that encourages consumption of fruit and vegetables for grades 1 to 6

[Canada's Food Guide](#)

- Health Canada provides extensive supporting information regarding Canada's Food Guide. Resources include recipes, healthy eating information for different life stages and tips on meal planning.
- To receive copies of the Food Guide Snapshot, please fill out the order form on the Health Canada Ordering System website (click on [Nutrition Publications](#))
- The food guide is available in 28 languages including French, Italian, Punjabi, and Tamil

## York Region Public Health, Healthy Schools

Public Health provides a variety of nutrition resources and fact sheets. These resources can be used by teachers as background information or can be used as school newsletter inserts. Visit [york.ca/nutrition](http://york.ca/nutrition) (click on Nutrition Resources) for more information.