

NUTRITION, FOOD LITERACY AND WEIGHT BIAS: CURRICULUM SUPPORT RESOURCES FOR ELEMENTARY SCHOOLS

The following resources will support you in meeting curriculum expectations and help teach nutrition and food literacy in a positive way.

Curriculum Resources

RESOURCES TO SUPPORT NUTRITION AND FOOD LITERACY IN THE CURRICULUM

[OPHEA - Healthy Eating Curriculum Resources](#)

- For grades 1 to 8 consistent with the 2019 H&PE Curriculum: Movement Competence & Active Living, and Healthy Living.
- New lesson plans are available for grades 1 to 8 address the healthy eating component of the 2019 Elementary H&PE curriculum, as well as the revised [Canada's Food Guide](#).

An OPHEA membership is required to access all the Healthy Eating resources.

[OPHEA's Food for Thought – Improving Food Literacy](#)

- A free online resource integrating food 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, considering the factors within their control.
- This resource includes [lesson plans, videos and supplements](#) developed by Growing Chefs! Ontario to offer safe ways to learn about food, while making connections to The Ontario Curriculum, Grades 1 to 8: Health and Physical Education (2019).
- [French Growing Chefs! Ontario classroom supports](#) are also available to access and download for free!

[BrightBites for Educators](#)

- Resources, lesson plans and activity ideas to promote healthy eating in the classroom. Find lesson plan suggestions to support implementation of the curriculum.

[Sustain Ontario – Food is Science](#)

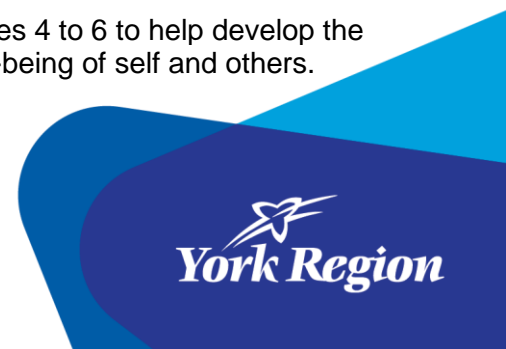
- Evidence-based resources to support educators in both understanding and teaching food literacy learnings in Ontario's Science and Technology curriculum.

[Food Allergy Canada - All about food allergy](#)

- A free, medically reviewed and curriculum-linked program for grades 4 to 6 to help develop the knowledge and skills students need to support the health and well-being of self and others.

PUBLIC HEALTH

1-877-464-9675
TTY 1-866-512-6228
york.ca/nutrition



Professional Learning Resources for Educators

[Ontario Dietitians in Public Health: Nurturing Healthy Eaters in Elementary Schools](#) (2019)

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

[Canada's Food Guide](#)

- Canada's Food Guide includes the Food Guide Snapshot, recipes and cooking skills, tips for healthy eating, and resources including:
 - [Diets and Food Trends](#)
 - [Marketing can influence your food choices](#)
- 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.

[Ontario Dietitians in Public Health: Health and Wellbeing Philosophy and Approach to Weight](#) (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).

RESOURCES TO PROMOTE BODY DIVERSITY AND ADDRESS WEIGHT BIAS

[Ontario Dietitians in Public Health: Mental Health and Weight Bias in Schools](#) (2020)

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

[Ontario Dietitians in Public Health Addressing Weight Bias: A Call to Action](#) (2019)

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

[Weight-Neutral Wellbeing in the School Setting](#)

- Includes School is for Every Body, a vision for weight-neutral wellbeing in the school setting.

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 (click on Nutrition Resources) for more information.

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