healthy eating and nutrition Curriculum Support Health Resources for Secondary schools

## general Nutrition

1. [**Canada’s Food Guide**](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php) 
   * Food Guide Snap Shot, Healthy Eating Recommendations, Canada’s Dietary Guidelines
   * Resources for printing and recipes

Author: Health Canada

1. **Everybody’s Different: A positive approach to teaching about health, puberty, body image, nutrition, self-esteem and obesity prevention**

* Suitable for use in secondary schools and in teacher training
* 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

Author: Dr Jenny O-Dea; Published in 2007 by ACER Press.

1. [**Curriculum Support Resource for Foods and Nutrition Courses**](https://www.york.ca/wps/wcm/connect/yorkpublic/097f0adf-681c-4119-9058-81e231c2c551/Curriculum+support+for+family+studies+courses+-secondary.pdf?MOD=AJPERES)
   * This resource is intended to support teachers in teaching the healthy eating expectations in the HFN10/20 and HFA4U courses. Developed by Registered Dietitians throughout Ontario, it provides reliable and credible references/links to teach the various expectations related to healthy eating, food and nutrition.

# [Helping Secondary Schools Promote Healthy Eating in a Positive Way](https://www.york.ca/wps/wcm/connect/yorkpublic/7d641590-706a-4cd9-973d-acbb41dd4aff/Helping-Secondary-Schools-Teach-Nutrition-in-a-Positive-Way.docx?MOD=AJPERES&CVID=nK8qi5a)

* This resource goes through FAQs related to body image, self-esteem, healthy role-modeling and how to teach about healthy eating in a way that supports mental well-being at the secondary school level

## agriculture and farming

1. [**AgScape**](https://agscape.ca/index) **–** curriculum-linked food literacy programs for teachers

* Curriculum-linked food literacy programs and resources for all grades
* Downloadable from https://agscape.ca/index You must register to download.

1. [**Agriculture in the Classroom, Canada**](https://aitc-canada.ca/en-ca/for-educators/curriculum-linked-resources)

* Downloadable resources, interactive games and videos for grade 9-12 students in subjects such as science, food studies, English, agriculture, social studies and humanities

## food insecurity

1. [**Make the Month**](http://makethemonth.ca/)

* Make the Month is an interactive digital poverty simulation that enables Canadians to experience living in poverty and face decisions that will either make or break the month.

Author: United Way Canada

1. [**Position Statement on Responses to Food Insecurity (2015)**](https://www.osnpph.on.ca/upload/membership/document/2016-02/position-statement-2015-final.pdf#upload/membership/document/position-statement-2015-final.pdf)

* A position statement on food insecurity by registered dietitians working in Public Health Units across Ontario
* Includes [Infographic](https://www.osnpph.on.ca/upload/membership/document/food-insecurity-infographic-final.pdf#upload/membership/document/food-insecurity-infographic-final.pdf) depicting problems of food insecurity

Author: Ontario Dietitians in Public Health (ODPH)

1. [**Nutritious Food Basket results for York Region**](http://www.york.ca/wps/wcm/connect/yorkpublic/0c323f63-3371-4a14-bd6c-11214cbe8ae6/Nutritious_Food_Basket_Factsheet.pdf?MOD=AJPERES) (2019)

* This survey measures the cost of basic healthy eating, based on Canada’s Food Guide and eating behaviours from the Canadian Community Health Survey results.

1. [**Proof Canada**](http://proof.utoronto.ca/)

* PROOF is a university based research team studying food insecurity. This is the most up to date [report on food insecurity](http://proof.utoronto.ca/resources/proof-annual-reports/annual-report-2014/) in Canada (2014)

Author: PROOF

## ontario Food and beverage policy (PPM150)

1. **[Secondary Teacher Resource Guide](http://www.edu.gov.on.ca/eng/parents/module/secondary.html)**

* This resource guide is designed to assist secondary school teachers in teaching healthy eating by providing an overview of the requirements of the School Food and Beverage Policy, making connections with the curriculum expectations, identifying the roles and responsibilities of teachers, providing examples of effective practices in the classroom and school and promoting health literacy for students.

Author: Ontario Ministry of Education (2012)

## fact sheets and resources on healthy eating and nutrition

1. [**Nutrition Services, York Region Community and Health Services**](http://www.york.ca/nutrition)

* Public Health distributes a variety of fact sheets related to teenage nutrition issues. These resources can be used by teachers as background information or can provide information for inserts in school newsletters.

Click here: [**Fact Sheets**](http://www.york.ca/wps/portal/yorkhome/health/yr/nutrition/nutritionresources/nutritionresources/!ut/p/a1/tZJdb4IwFIZ_ixdekp4C2nrJ0AkY0cxNhRuDULBOimI1c79-YMzmEp1zYb1oek7fno-nB_loinwR7HkSSJ6JYFXafnNmG13bsnrgDHRqggEDw1EJhU4LFwKvEMCVZcCt9xPkIz8Uci0XyDvkszATkglZh0OWvxbGVnK5OzoWWcqKnQUruaiD2Mmcl0WeHXO2zXZ5yLaXfGWedZCwiG15Io5WyCPkMSDzeN7ECtExKDoJG0rQwlhptkI1mlPQI2DI-QUGNe-b_aRMIhcKF3GGpp9VnB2_CrroQx5fbja-UUApSbxJNP1XKkf-5711R1QHe-wQY4wHoNvaSaCqetPCJjhgDSjYj2TYaFMLQ089CX6YAa8YEnIV35OKRnf-x42AuOqAWsUBCVQdsGqG5K8tOzaY2CgHSetoYKi2SR80h7pu1Qzdqhm6VTN0q57D8f0tr9OXlC7jdNI-aMCHaTpzXSUobrXGev_-HH9zJLXaBw36Fpw!/dl5/d5/L2dBISEvZ0FBIS9nQSEh/#.VYhtOPkzaUk)

For more information on these or other resources contact Nutrition Services at [nutrition.services@york.ca](mailto:nutrition.services@york.ca)