

SECONDARY CURRICULUM AND EDUCATOR RESOURCES: HEALTHY EATING

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

Curriculum Resources

[Sustain Ontario – Food is Science](#)

- Evidence-based resources to support Gr.9 educators in both understanding and teaching food literacy learnings in Ontario’s Science and Technology curriculum; available in [French](#)

[Physical and Health Education Canada \(PHE Canada\) - Healthy Eating Education Activities](#)

- Activities to provide students K-12 with a foundational understanding to address the “what, why, and how” as it relates to healthy eating learning through the Think, Feel Act competencies; available in [French](#)

[OPHEA Health and Physical Education \(H&PE\) Secondary Resources](#)

- Resources to support secondary school teachers help students acquire physical and health literacy skills and lead healthy, active lives; available in [French](#)

Professional Learning Resources for Educators

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

- Information on how school community members can support students in secondary schools to nurture healthy eating; available in [French](#)

[Ontario Dietitians in Public Health: Creating a Positive Food Environment in Schools](#)

- Learn how schools can be a place for students to eat well and develop a positive relationship with food; available in [French](#)

[Food for Thought: Using a Food Neutral Approach at School](#)

- This York Region Public Health webinar covers how you can use a food neutral approach to create a positive school food environment. By the end of the session, you will understand the concept of food neutrality, demonstrate how to use food neutral language, and identify opportunities and resources to adopt a food-neutral approach at school

PUBLIC HEALTH

1-877-464-9675

TTY: Dial 711

york.ca/healthyschools



[Ontario Family Studies Home Economics Educators' Association \(OFSHEEA\) - Diet Culture: Recognise it, Reject it, Revise the Narrative!](#)

- This series encourages Family Studies teachers to recognize how diet culture can easily infiltrate Foods courses and provides resources for teachers to examine their own relationship to diet culture with the goal of removing it from teaching and replacing it with more positive and inclusive approaches to addressing bodies and nutrition

RESOURCES TO PROMOTE BODY INCLUSIVITY AND ADDRESS WEIGHT BIAS

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

- Information for educators on weight-based stigma; available in [French](#)

University of Calgary: [Weight-Neutral Wellbeing in the School Setting](#)

- Recommendations to address weight bias and ensure weight-neutral wellbeing in the school setting so that School is for Every Body

University of Calgary: [The Enigma of Weight video](#)

- This short animation explores the complexities of weight. Our weight can change throughout our lives, and our perceptions of weight and those changes are influenced by multiple factors

The information provided in this resource guide is provided for informational purposes only and is current until July 2026. Reference to or use of any corporation, organization, firm, or trade name within this guide is provided as information to the public and does not constitute endorsement or recommendation by The Regional Municipality of York.