

# HEALTHY EATING AND NUTRITION CURRICULUM SUPPORT HEALTH RESOURCES FOR SECONDARY SCHOOLS

## GENERAL NUTRITION

### 1. Canada's Food Guide

- Food Guide Snap Shot, Healthy Eating Recommendations, Canada's Dietary Guidelines
- Resources for printing and recipes

Author: Health Canada

### 2. eaTracker

- Use eaTracker to check food and activity choices, analyze recipes and plan meals

Author: Dietitians of Canada

### 3. The Weight of the World (WoW) – Facing Obesity

- DVD with discussion guide for educators (targeted to Canadian youth)
- This documentary features lively animation, hard-hitting science and interviews from leading experts in the field of obesity. The film discusses obesity from a larger perspective, examining its relationships with healthy culture, environment, politics and urban planning.

Author: David Suzuki

### 4. **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.

Public Health

1-877-464-9675

TTY 1-866-512-6228

[york.ca/healthyschools](http://york.ca/healthyschools)



## AGRICULTURE AND FARMING

### 5. [AgScape](#) – 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.

### 6. [Canadian Agriculture at a Glance Teacher's Kit](#)

- Downloadable kit for educators of secondary schools
- This kit explores the complex relationship between agriculture and society by focusing on food production, farming techniques, the business of farming and more.
- Included are lesson plans and worksheets that correspond to curricula in the following subjects: family studies/home economics; geography, history and science

Author: Statistics Canada

### 7. [The Real Dirt on Farming II](#)

- This teacher's guide has been developed for grades 9-12 to be used in conjunction with [The Real Dirt on Farming: The People in Canadian Agriculture Answer Your Questions \(2017\)](#).
- The purpose of this resource is to provide teachers with teaching/learning strategies which will enable them to present complex, controversial agriculture and food issues in the classroom.
- It is linked to the Ontario curricula in the following subject areas: agriculture, environmental studies, family studies/home economics, geography, science, technological education, Pan-Canadian Protocol Foundation for science, technology, society and environment

## FOOD INSECURITY

### 8. [Make the Month](#)

- 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

### 9. [Position Statement on Responses to Food Insecurity \(2015\)](#)

- A position statement on food insecurity by registered dietitians working in Public Health Units across Ontario
  - Includes [Infographic](#) depicting problems of food insecurity
  - Author: Ontario Dietitians in Public Health (ODPH)

### 10. [Nutritious Food Basket results for York Region](#)

- This survey measures the cost of basic healthy eating, based on Eating Well with Canada's Food Guide and eating behaviours from the Canadian Community Health Survey results.

## **11. Proof Canada**

- PROOF is a university based research team studying food insecurity. This is the most up to date [report on food insecurity](#) in Canada (2014)  
Author: PROOF

## **ONTARIO FOOD AND BEVERAGE POLICY (PPM150)**

### **12. Secondary Teacher Resource Guide**

- 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**

### **13. Nutrition Services, York Region Community and Health Services**

- 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](#)

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