

ELEMENTARY 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

BrightBites

- A website for the school community providing evidence-based information and resources about food, eating, and body inclusivity. Includes curriculum supports for K-8 and tools to help create a positive school food environment; available in [French](#)

Teaching Canada's Food Guide Toolkit for Educators

- Ready-to-use activities for you to help kids (ages 4 to 11) explore and develop food skills. Includes background information on *Canada's Food Guide*, equity considerations, information on creating a supportive environment and food safety; available in [French](#)

OPHEA - Healthy Eating Curriculum Resources

- Lesson plans for grades 1 to 8 consistent with the healthy eating components of the 2019 *H&PE Curriculum: Movement Competence & Active Living, and Healthy Living*; available in [French](#)

OPHEA - Food for Thought – Improving Food Literacy

- A free online resource that integrates food and media literacy into discussions about healthy eating that connects to *The Ontario Curriculum, Grades 1–8: Health and Physical Education* (2019) and *The Ontario Curriculum: Language* (2006). This resource includes lesson plans, videos and supplements developed by Growing Chefs! Ontario; available in [French](#)

Sustain Ontario – Food is Science

- Evidence-based resources to support educators to understand and teach 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 will 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, and Act competencies; available in [French](#)

Canadian Space Agency - Food production on the Moon and in remote areas - Toolkit for Educators and Youth

- A one-stop resource for educators and youth who want to learn about food in space. This toolkit aims to outline how food production in space can relate to the health and nutrition of astronauts as well as benefit humans on Earth; available in [French](#)

PUBLIC HEALTH

1-877-464-9675

TTY: Dial 711

york.ca/healthyschools



[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; available in [French](#)

Professional Learning Resources for Educators

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

- Information on how school community members can support students in elementary schools (grades JK - 8) 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

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.