

Food & Nutrition, grade 9/10 and 12 Curriculum Support Resource

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.

LEARNING CHART TOPIC: RESEARCH & INQUIRY SKILLS

Relevant Expectations	Teacher Background information and Links for Students
<p><u>HFN20 / HFA4U</u></p> <p><i>A1. Exploring: explore topics related to nutrition and health, and formulate questions to guide their research;</i></p> <p><i>A2. Investigating: create research plans, and locate and select information relevant to their chosen topics, using appropriate social science research and inquiry methods;</i></p>	<ul style="list-style-type: none"> ● Ministry of Education School Food and Beverage Policy – background information about the legislation/policy, tools and resources to support implementation http://www.edu.gov.on.ca/eng/healthyschools/policy.html ● Student Nutrition Program Nutrition Guidelines – guiding principles, nutrition tips and sample menus to support implementation http://www.children.gov.on.ca/htdocs/English/documents/studentnutrition/SNP-nutrition-guidelines-2016.pdf ● Nutrition Science and Research, Government of Canada – information about dietary reference intakes, food and nutrition surveillance in Canada, nutrient data, food security and health and nutrition surveys http://healthycanadians.gc.ca/eating-nutrition/science-nutrition/index-eng.php?_ga=1.40997729.2139902165.1468865007 ● Canadian Food Inspection Agency http://www.inspection.gc.ca/eng/1297964599443/1297965645317 ● How to find food and nutrition information you can trust – Dietitians of Canada advice about how to spot misinformation and evidence-based practice https://www.dietitians.ca/Your-Health/Nutrition-A-Z/Credible-Information/Find-info-you-can-trust.aspx ● College of Dietitians of Ontario - video about how Registered Dietitians are regulated in Ontario https://www.youtube.com/watch?v=x_HLHDGEZoQ

Public Health

1-877-464-9675

TTY 1-866-512-6228

york.ca

Suggested Activities

- Develop a survey to assess satisfaction with food/beverages sold in the cafeteria; or the social and physical atmosphere in the cafeteria (e.g. seating area, noise level, lighting, comfort level eating foods from their own cultures in the school cafeteria?)
- Develop a survey to assess how many students access the student nutrition program (i.e. breakfast and snack programs) in the school and what changes students would like to see. Students would need a general understanding of the Student Nutrition Programs structure in Ontario and refer to the Student Nutrition Program Nutrition Guidelines.
- Explore how many fast food outlets are within walking distance to the school.
- Explore how Canada monitors and measures food and nutrient consumption. Also find information on dietary reference intakes, food security, health and nutrition surveys, and nutrient values of foods.
- Choose a nutrition- related question (e.g. Is coconut oil better than other oils) and research the answer on the Unlock Food website (www.unlockfood.ca). Compare this answer with information from other websites. Is there a difference? Why is there a difference? How can you be confident that you are receiving accurate, reliable and credible information from websites when researching nutrition topics?

LEARNING CHART TOPIC: NUTRITION AND HEALTH

Relevant Expectations	Teacher Background information and Links for Students
<p><u>HFN20</u></p> <p><i>B1. Canada’s Food Guide: demonstrate an understanding of the nutritional and health recommendations in Canada’s Food Guide;</i></p> <p><i>B2. Eating Patterns: demonstrate an understanding of eating patterns that contribute to optimal physical health;</i></p> <p><i>B3. Body Image and Attitudes about Food: demonstrate an understanding of factors that contribute to a positive body image and healthy attitudes about food.</i></p> <p><u>HFA4U</u></p> <p><i>B1. Nutrients: demonstrate an understanding of nutrients and their connection to physical health;</i></p> <p><i>B2. Food Guides: demonstrate an understanding of Canada’s Food Guide and its role in promoting physical health;</i></p>	<p>Eating well with Canada’s Food Guide http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php</p> <p>A Resource for Educators and Communicators - provides background information, tips and tools to assist in teaching recommendations in Canada’s Food Guide. http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/pubs/res-educat-eng.pdf</p> <p>My Food Guide Servings tracker – tool to keep track of the amount and type of food you eat each day based on age and stage and compare it to recommendations in Canada’s Food Guide https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/servings-tracker.html</p> <p>Healthy Canadians Food labels –technical documents and practical tools for understanding the Nutrition Facts Table, list of ingredients and nutrient content claims http://healthycanadians.gc.ca/eating-nutrition/label-etiquetage/index-eng.php?_ga=1.72528848.2139902165.1468865007</p>

B3. Energy Balance: demonstrate an understanding of the physical processes involved in maintaining energy balance;

B4. Nutritional Status: demonstrate an understanding of their nutrient intake and of factors that affect the nutritional status of individuals and groups.

Food Portions Toolkit – includes tips, videos, articles and resources to manage food portions

<http://www.unlockfood.ca/en/FoodPortionsToolkit.aspx>

eaTracker – online tool to check your food and activity choices, analyze your recipes and plan your meals (must be 14 years of age and older)

<https://www.eatracker.ca/>

My Menu Planner – online tool creates personalized menu plan based on individual goals

<http://www.unlockfood.ca/en/MenuPlanner.aspx>

Healthy snacks

<http://www.unlockfood.ca/en/Recipes/Snacks.aspx>

Eating Fat makes you Fat CBC idea debunked - dietitian

<http://www.cbc.ca/news/health/eating-fat-makes-you-fat-idea-debunked-dietitian-1.3206180>

Canadian Nutrient File

<http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php>

Nutrient Values of Some Common Foods

http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value-valeurs_nutritives-eng.php

Dietary Reference Intakes

<http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/index-eng.php#rvm> and
http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref_macronutr_tbl-eng.php

Dove Self-Esteem project

<http://selfesteem.dove.ca/en/>

Dove Confident Me: Five Session program (ages 10-16)

<http://selfesteem.dove.ca/en/Articles/Written/Dove-Confident-Me-five-session-resources.aspx>

NEDIC Beyond Images lesson plans

<http://nedic.ca/sites/default/files//NEDICBeyondImages%20grade8-lesson1.pdf>

Public Health Agency of Canada

<http://www.phac-aspc.gc.ca/hp-ps/dca-dea/publications/hbsc-mental-mentale/weight-poids-eng.php>

Weight Bias at Home and School

https://www.youtube.com/watch?v=BxzejNEORT8&feature=player_embedded

Obesity Network <http://www.obesitynetwork.ca/>

The Canadian Obesity Network (CON) is Canada's largest obesity association, made up of healthcare professionals, researchers, policy makers and people with an interest in obesity

Yale Rudd Centre <http://uconnruddcenter.org/>

The Rudd Center is a non-profit organization devoted to promoting solutions to childhood obesity, poor diet, and weight bias through research and policy.

Suggested Activities

- Review food labels used in the cafeteria and those offered in the Student Nutrition Programs compared to the School Food and Beverage policy standards and Student Nutrition Program nutrition guidelines.
- Analyze a recipe and modify it as necessary to reflect specific recommendations in Canada's Food Guide (consider linking this to the School Food and Beverage Policy standards)

LEARNING CHART TOPIC: FOOD CHOICES

Relevant Expectations	Teacher Background information and Links for Students
<p><u>HFN20</u></p> <p><i>C1. Food Needs: demonstrate an understanding of factors affecting people's food needs and of ways of meeting those needs;</i></p> <p><i>C2. Influences on Food Choices: demonstrate an understanding of various factors that influence food choices;</i></p> <p><i>C3. Media, Advertising, and Food: demonstrate an understanding of how media and advertising messages affect food choices.</i></p>	<p>Unlock Food – Budget Friendly Information Tips and Recipes http://www.unlockfood.ca/en/Articles/Budget/Food-choices-when-money-is-tight-Budget-friendly.aspx</p> <p>Media Smarts – Canada's Centre for Digital and Media Literacy covering a variety of health in the media (e.g. body image, social media, food marketing and etc.) and how do the media construct our perceptions of healthy and attractive bodies? http://mediasmarts.ca/digital-media-literacy/</p> <p>Berkeley Media Studies Group (BMSG) - food and beverage news monitoring newsletter http://campaign.r20.constantcontact.com/render?m=1114978407061&ca=3093b70c-b097-48b6-921a-12712321bc1e</p> <p>Stop Marketing to Kids http://stopmarketingtokids.ca/</p> <p>The Irish Heart Association https://irishheart.ie/campaigns/stop-targeting-kids/targeting/</p>

Suggested Activities

- Consider how this class could contribute to marketing and advertising the healthier cafeteria food
- Teacher/students register to receive BMSG food and beverage newsletter and have weekly discussions about food and beverage news topics of interest.
- Consider the Social Determinants of Health and how the determinants impact food choices for various members of our society
- Consider viewing documentary movies about food and facilitate a critical discussion <http://decider.com/2017/07/06/the-10-best-food-health-documentaries-on-netflix/>
- Consider some of the controversial nutrition topics highlighted in the media and have students debate the pros and cons (e.g. Weighty Matters <http://www.weightymatters.ca/>)

LEARNING CHART TOPIC: EATING PATTERNS AND TRENDS

Relevant Expectations	Teacher Background information and Links for Students
<p><u>HFA4U</u></p> <p><i>C1. Nutrition throughout the Lifespan: demonstrate an understanding of food- and nutrition-related issues at different stages in the lifespan;</i></p> <p><i>C2. Nutrition and Disease: demonstrate an understanding of the relationships between nutrition, health, and disease;</i></p> <p><i>C3. Trends and Patterns in Food and Nutrition: demonstrate an understanding of current Canadian trends and patterns in nutritional guidelines and in food production and consumption.</i></p>	<p>Unlock Food http://www.unlockfood.ca/en/default.aspx</p> <p>Canadian Community Health Survey – Health Canada http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/index-eng.php</p> <p>What's the Best Diet? Healthy Eating 101 https://www.youtube.com/watch?v=fqhYBTg73fw</p>

Suggested Activities

- Students are provided with various nutrition related scenarios (or they can brainstorm their own scenarios of interest) and have to research strategies or considerations by calling/emailing local health unit:

Ensure students are accessing credible and reliable nutrition references by having them look for the credentials 'RD'(Registered Dietitian) after the author's name.

- My mom gets B12 shots. What are these for and do I need to be worried about B12 deficiency? Why do you get a shot and what can I eat instead?
 - My doctor says I have Iron deficiency anemia. What foods can I eat to increase my iron?
 - My grandma was diagnosed with osteoporosis. What can I eat to make sure I don't get that?
 - I'm lactose intolerant. How do I get enough calcium? Do I need to worry breaking my bones?
 - I want to be vegetarian. What can I eat to make sure I'm getting enough protein?
 - I've heard that coconut oil is good for you. Is it better than olive oil?
 - My school is nut free. How do I get enough protein if I'm vegetarian?
 - Is chocolate milk a good recovery drink for after exercise?
 - I heard that soy isn't good for you. Should I be avoiding it? Does that include soy lecithin too?
- Consider discussing how the food offered in the school environment can have an impact on their health – cafeteria, vending machines, celebrations, Student Nutrition Program, classroom rewards with food, etc.
 - Compare Canada's Food Guide to recommendations/guides from other countries

LEARNING CHART TOPIC: LOCAL & GLOBAL FOOD ISSUES

Relevant Expectations	Teacher Background information and Links for Students
<p><u>HFN20</u></p> <p><i>D1. Availability of Food: demonstrate an understanding of where various foods are produced;</i></p> <p><i>D2. Food and Environmental Responsibility: demonstrate an understanding of how various food purchasing choices and food-preparation practices affect the environment;</i></p> <p><i>D3. Food Security: demonstrate an understanding of issues related to food security</i></p>	<p>Foodland Ontario: local food availability guide http://www.ontario.ca/foodland/availability-guide</p> <p>PROOF Research to identify policy options to reduce food insecurity http://nutritionalsciences.lamp.utoronto.ca/food-insecurity/</p> <p>Ontario Agri-Food Education Social Science Resource Library http://www.oafe.org/LinkClick.aspx?fileticket=FnkQBwoEMc%3d&tabid=234</p>

<p><u>HFA4U</u></p> <p><i>D1. Food Security: demonstrate an understanding of various factors involved in achieving and maintaining food security;</i></p> <p><i>D2. Food Production and Supply: demonstrate an understanding of various factors that affect food production and supply;</i></p> <p><i>D3. Food Production and the Environment: demonstrate an understanding of the impact of food production on the environment.</i></p>	<p>Sustain Ontario's Growing Good Food ideas podcasts https://sustainontario.com/resources-2/ggfi-podcasts</p> <p>Sustain Ontario's Growing Good Food ideas videos https://sustainontario.com/category/blog/digital-media-videos-infographics-digital-stories/ggfi-videos</p> <p>Health Canada http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/insecurit/time-temps-eng.php</p>
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Suggested Activities

Assess programs and practices that reduce the impact of food production and consumption on the environment – consider the practices used within the school environment and cafeteria practices; is there an eco-schools team in the school?

- What does it mean to buy-local? Why would someone choose to do this?
- How can I eat healthy on a budget?

Have the class walk through the activity- [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.

LEARNING CHART TOPIC: FOOD PREPARATION SKILLS

Relevant Expectations	Teacher Background information and Links for Students
<p><u>HFN20 / HFA4U</u></p> <p><i>E1. Kitchen Safety: demonstrate an understanding of practices that ensure or enhance kitchen safety;</i></p> <p><i>E2. Food Safety: demonstrate an understanding of practices that ensure or enhance food safety;</i></p> <p><i>E3. Food Preparation: demonstrate skills needed in food preparation;</i></p>	<p>Be Food Safe - Canadian Partnership for Consumer Food Safety Education http://befoodsafe.ca/</p> <p>Food Safety and You http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/safety-salubrite/tips-conseils/food-steps-precautions-aliments-eng.php?_ga=1.81885909.2139902165.1468865007</p>

E4. Kitchen Literacy and Numeracy: demonstrate the literacy and numeracy skills required in food preparation.

Bake it up! Healthier baked goods recipes

<http://www.unlockfood.ca/en/Articles/School-Health/Ontario-s-School-Food-and-Beverage-Policy/Bake-It-Up!.aspx>

Serve it up! Recipes that meet the school food and beverage policy nutrition standards for Ontario Schools

<http://www.edu.gov.on.ca/eng/healthyschools/recipes/ServeItUp.pdf>

Dietitians of Canada App

<http://www.cookspiration.com/home.aspx>

Unlock Food Kitchen Tips and Food Handling videos

<http://www.unlockfood.ca/en/Videos/Kitchen-Tips-and-Food-Handling.aspx>

How to Make the Perfect Hard-cooked Egg

<http://www.eggs.ca/eggs101/view/6/how-to-make-the-perfect-hard-cooked-egg>

How to cut a bell pepper <https://www.youtube.com/watch?v=o28yI1XTQQU>

Serious eats

<http://www.serious eats.com/tags/knife%20skill>

Suggested Activities

- Identify various sources of recipes - consider apps and making a video recipe. Consider various target audiences and which sources would be most appropriate for various reasons.
- Research in pairs or small groups how to cut up a particular vegetable or fruit effectively and safely (i.e. onions, mango, pepper, cauliflower). Demonstrate to the class techniques learned and relevant kitchen safety considerations.
- Offer a Chopped Canada competition in the classroom, where students are given a box of various food items and have to prepare a healthy meal (include 4 food groups, emphasize fruit and vegetables, whole grains, etc.). Consider improvisation skills and whether students are able to prepare a meal without a recipe using ingredients on hand.
- Prepare beet hummus. Would this appeal to different populations? <http://www.unlockfood.ca/en/Recipes/Snacks/Beet-hummus.aspx>
- Consider how to make fruit and vegetables fun. Prepare a creative, themed vegetable or fruit tray. Check out Pinterest for some ideas <https://www.pinterest.com/brightbitesca/celebrations/>
- Prepare various smoothie recipes. Compare the energy and nutrients in various recipes.
- Prepare overnight oatmeal recipes. Consider how to modify the recipe and improvise with what you have on hand. Have the students prepare a survey that students can use to collect feedback from peers about the recipe - Did you like it? Was it easy to make? Would you make it at home? etc.
- Consider supporting the cafeteria with developing recipes (smoothies, soup, salads, egg, etc.) making sure they meet the school food and beverage criteria and marketing them as per the curriculum documents.
- Consider what skills will be needed to eat a healthy diet and make balanced meal choices when graduate high school and go to college/University?