

NUTRITION CURRICULUM SUPPORT HEALTH RESOURCES FOR ELEMENTARY SCHOOLS

“It is important for teachers to establish a healthy eating environment in the classroom by ensuring that the topics taught, approaches taken and environments, in which students learn, are supportive of healthy eating”.

(Ontario Ministry of Education, Elementary Teacher Resource Guide)

The following are services and resources that York Region Public Health offers teachers to help achieve this goal.

TEACHER TRAINING

Facilitated by a Public Health registered dietitian, this workshop requires a minimum of 30-60 minutes and at least 10 staff to book.

Healthy Eating = Healthy Minds (Canada’s Food Guide Workshop)

This is an informative workshop highlighting the changes to the Food Guide and ideas on how to incorporate it into the curriculum. The workshop also includes the following:

- Provides suggestions for curriculum resources to support teaching about healthy eating
- Discusses what a healthy school food culture is and what teachers can do to promote healthy eating both inside and outside the classroom (based on the Ministry’s Foundations for a Healthy School)
- Reviews the link between nutrition and mental health, and how teachers can help students’ foster a healthy relationship with food
- Offers tips on how to discuss nutrition with students and families in a positive way

To schedule this workshop at your school, feel free to e-mail us at nutrition.services@york.ca

CURRICULUM RESOURCES

My Healthy Lunch Challenge - offered once a year. The challenge is for students and their parents/guardians to plan and make healthy lunches for one week. Teachers are encouraged to link this campaign to the grade-specific curriculum. All participating classes are entered into a draw for a healthy lunch party courtesy of York Region Public Health. Visit york.ca/myhealthylunch

Public Health

1-877-464-9675
TTY 1-866-512-6228
york.ca/healthyschools



Newly revised: [OPHEA: Health & Physical Education Curriculum Resources](#) – For grades 1 to 8 consistent with the 2015 H&PE Curriculum: Movement Competence & Active Living, and Healthy Living.

[Bright Bites](#) (www.brightbites.ca)- is a web site developed by registered dietitians in public health units in Ontario. In the site are different badges that correspond to various school nutrition topics:

- [Zesty lessons](#) is a badge on Bright Bites that contains ideas for teaching healthy eating/nutrition through cross-curricular and experiential strategies, and provides tips to teach healthy eating more effectively. All lessons are available in French as well. Visit brightbites.ca/badge/zesty-lessons/
- [Sip Smart!™ Ontario](#) – is a licensed classroom educational program on Bright Bites that helps teach children in grades 3 to 7 about sugary drinks and about making healthy drink choices. Teachers can use Sip Smart!™ Ontario lessons to meet expectations in the Ontario Ministry of Education’s Health and Physical Education Curriculum. The program includes lesson plans with activities, posters, parent resources and more. Visit brightbites.ca/badge/sipsmart/
- [Paint Your Plate](#) – Another badge on Bright Bites, this badge contains lesson plans that encourage the consumption of fruit and vegetables for grades 1 to 8. Visit <https://brightbites.ca/paint-plate-lesson-plans/>.
- Resources for [Health Educators](#) – This tab includes nutrition and healthy eating resources for teachers and health educators.

[Freggie™ In-School Program](#) – A program that encourages consumption of fruit and vegetables for grades 1 to 6.

[Heart & Stroke Foundation’s Heart Healthy Lesson Plans](#) - Healthy eating lesson plans for grades K to 8.

[Ontario School Food and Beverage Policy. Elementary Teacher Resource Guide, 2011](#) – A resource to assist elementary teachers in teaching healthy eating by: providing an overview of the requirements of the School Food and Beverage Policy, making connections between the requirements of the School Food and Beverage Policy and the information taught through the elementary curriculum, identifying the roles and responsibilities of teachers, providing examples of effective practices in the classroom and school, and promoting health literacy for students. fact sheets and resources on healthy eating and nutrition

[Canada’s Food Guide](#)- The new Food Guide is web-based, with extensive supporting information. Resources include recipes, healthy eating information for different life stages and tips on meal planning.

- To receive copies of the Food Guide Snapshot, please fill out the order form on the Health Canada Ordering System website (click on [Nutrition Publications](#))
- The food guide is available in 28 languages including French, Italian, Punjabi and Tamil

[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. Visit york.ca/nutrition (click on Nutrition Resources) for more information.