

# NUTRITION CURRICULUM SUPPORT HEALTH RESOURCES FOR ELEMENTARY

**“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.

## WORKSHOPS

Facilitated by a Public Health registered dietitian. These workshops require a minimum of 30-60 minutes and at least 10 staff to book. See a sample topic below or schools may request other topics tailored to the needs of the school.

### Teacher Role in Creating a Healthy School Food Culture

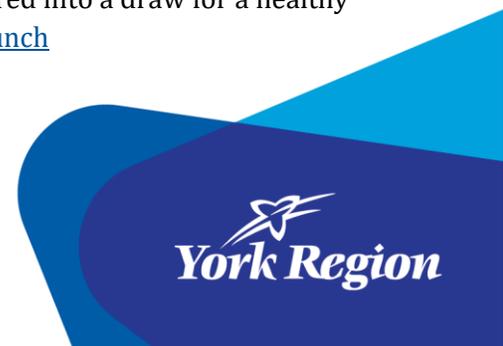
- What is a healthy school food culture and what teachers can do to promote healthy eating both inside and outside the classroom, based on Ministry of Education, Foundations for a Healthy School
- How to discuss nutrition with students and families using a neutral (do no harm) approach and linking mental health to nutrition
- Key messages on promoting healthy school lunches and snacks to students and families
- Tips for teaching about healthy eating effectively, cross-curricular connections and practical ideas to foster an authentic learning experience for students
- Suggestions for curriculum resources to support teaching about healthy eating

## PROGRAMS

**[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](http://york.ca/myhealthylunch)

### Public Health

1-877-464-9675  
TTY 1-866-512-6228  
[york.ca/healthyschools](http://york.ca/healthyschools)



**BrightBites** is a website that awards schools with badges for activities that promote healthy eating and improve the school's food culture. BrightBites makes improving school nutrition fun, easy and rewarding! Win badges, receive recognition, and watch your school transform — one bite at time.

BrightBites badge topics include classroom rewards, celebrations, packed lunches, curriculum connections and more! You can share your success story to receive a digital badge that will appear on the BrightBites website, and can also be promoted on your school's website! Below are two BrightBites badges that are specific for teacher use. Visit [brightbites.ca](http://brightbites.ca) to find more ways to earn BrightBites badge points

**Zesty Lessons** - As a teacher, you may teach students about healthy eating through the Ontario Health and Physical Education curriculum, however, there are many other opportunities to help students learn and adopt healthy eating behaviours. This badge, provides inspirational ideas on how to highlight healthy eating/nutrition in your classroom through cross-curricular and experiential strategies, and provides tips to teach healthy eating more effectively. Visit [brightbites.ca/badge/zesty-lessons/](http://brightbites.ca/badge/zesty-lessons/)

## MANUALS AND CURRICULUM RESOURCES (LESSON PLANS)

[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.

[Sip Smart!™ Ontario](#) – is a licensed classroom educational program 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/](http://brightbites.ca/badge/sipsmart/)

[Paint Your Plate](#) – Lesson plans that encourage the consumption of fruit and vegetables for grades 1 to 8.

[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.