Teaching Students about healthy eating and providing them with the opportunity to practice healthy eating behaviours will help them to build lifelong skills. When you are planning classroom lessons related to healthy eating be sure to consider the information below to make healthy eating in the classroom a success!

✓ Follow the 4 C’s to ensure that the information you are using is:
  • **Credible** - information is evidence based and from a credible source.
  • **Current** - information is consistent with Canada’s Food Guide (2007 edition).
  • **Canadian** - information is based on Canadian content, terminology, policy and research.
    o **Connected** - resource is connected to the curriculum and age appropriate.

✓ Encourage students to have healthy attitudes about food and to practice making healthy choices.

✓ Ensure that the information provided is culturally sensitive.

✓ Ensure the information is framed in a positive way - focus on the many benefits of healthy eating rather than negative aspects of unhealthy eating or risks to health. For example, as a teacher prompt students by using “healthy eating makes me feel” …vs. “unhealthy eating makes me feel”.

✓ Make healthy eating fun and engaging.

✓ Work with other staff and students to ensure that messages about healthy eating are consistent throughout the school (e.g. link with student council etc.).

✓ Consider different learning strategies to engage the students in learning.

✓ Be a role model for students by modeling healthy active living day-to-day.

The following is description of evidence based information about healthy eating and the associated link:

**Eat Right Ontario** [www.eatrightontario.ca](http://www.eatrightontario.ca)
✓ Accurate evidence based nutrition information on topics such as: menu planning, grocery shopping, recipes, frequently asked questions, general nutrition information, label reading, school health, farming and food production, information about the School Food and Beverage Policy. Also provides links to Bake it Up! and the School Food and Beverage Policy at a Glance.

**Dietitians of Canada** [www.dietitians.ca](http://www.dietitians.ca)
✓ Includes nutrition information from A –Z with respect to healthy eating information, many facts sheets as well as meal planning information, shopping and cooking information, recipes, the recipe analyzer and annual Nutrition Month information.

✓ Includes information such as Canada’s Food Guide, interactive activities with the Food Guide, food safety information, label reading information and an interactive label quiz, and information on food allergies. Also
has an *Eat Well be Active Tool Kit* which is designed to teach groups of children and adults about healthy eating and physical activity, and encourage individuals to take action to maintain and improve their health.

**Dairy Farmers** [www.ontario.teachnutrition.org/home.aspx](http://www.ontario.teachnutrition.org/home.aspx)
- Provides information on age appropriate concepts related to healthy eating, healthy eating tools (resources), nutrition frequently asked questions, resources that can be used to teach and activities based on division, glossary of foods including foods from different cultures. Also has a *Students Only Section* - including games e.g. Digest Quest for Grades 5, Titanium Chef Game (students discover, explore and compete to become the galaxy’s greatest chef while learning about food guide servings, menu planning and healthy eating along the way).

**Nutrition Resource Centre** [http://www.nutritionrc.ca](http://www.nutritionrc.ca)
- Here you will find resources such as Bake it Up! and School and Food Beverage Policy at a Glance that can be ordered.

**Mission Nutrition** [www.missionnutrition.ca/missionnutrition/eng/](http://www.missionnutrition.ca/missionnutrition/eng/)
- Includes information and lesson plans for educators, activities to reinforce learning for students, and information for families. Target audience is K to 8.

**School Food and Beverage Resources** [http://hs.curriculum.org/sb/webresources.php](http://hs.curriculum.org/sb/webresources.php)
- Includes information and tools related to the School Food and Beverage Policy. For example, School Food and Beverage e-learning modules, and the nutrition standards tool which can be used to assess how products with nutrition facts tables comply with the nutrition standards set out by the School Food and Beverage Policy.

**Gimme 5** [www.gimme5.ca](http://www.gimme5.ca)
- Gimme 5 was created by The Ontario Produce Marketing Association and introduces students to the world of fresh fruit and vegetables. Contains information to assist with classroom projects and games and teacher resources which can be adapted to the specific grade level.

**Farms Food and Fun** [www.farmsfoodfun.com](http://www.farmsfoodfun.com)
- Website maintained by Ontario Agri-Food Education Inc. (OAFE) with the purpose of raising awareness of the agri-food industry by providing educational programs and resources to schools and school boards. It is organized by topics e.g. animals, nutrition, crops/produce.

**Foodshare – Big Crunch Ideas** [www.foodshare.net/school-crunch.htm](http://www.foodshare.net/school-crunch.htm)
- Provides the who, why, why, where and when with respect to the Big Crunch initiative and also provides activities and resources to extend the initiative into the classroom.

**Canadian Partnership for Consumer Food Safety Education** [www.canfightbac.org](http://www.canfightbac.org)
- Dedicated to teaching about the importance of food safety. In the Educators Centre there is information for students and teachers as well as engaging activities.

**The Student Body** [http://aboutkidshealth.ca/thestudentbody/home.asp](http://aboutkidshealth.ca/thestudentbody/home.asp)
- Teacher training module designed to help alert teachers to the factors that can trigger unhealthy eating in children and ways to prevent it. It addresses: media and peer pressure, healthy eating, active living, teasing, adult role models and the school climate.

Be sure also to visit your local public health website for more related information:

- Middlesex-London Health Unit [www.healthunit.com](http://www.healthunit.com)
- Elgin St. Thomas Public Health [www.elginhealth.on.ca](http://www.elginhealth.on.ca)
- Oxford County Health Unit [www.oxfordcounty.ca/health.aspx](http://www.oxfordcounty.ca/health.aspx)