



## Healthy Eating Elementary (Grades K-8)

### Tips for Teaching Nutrition:

- Include cross-curricular connections in the classroom.
- Use experiential learning strategies to engage students in the learning process.
- Spread healthy eating lessons out throughout the year.
- Convey the facts about healthy eating using current and credible information.
- Promote healthy eating in a positive way (e.g., classifying foods as 'everyday' and 'sometimes' foods versus 'good' and 'bad' foods), and make healthy eating culturally relevant.
- Emphasize healthy eating and active living for all, regardless of weight and shape, and ensure that all students of all shapes, sizes and appearance are equally valued and respected.
- Be a healthy role model for students. Discourage dieting in a non-judgmental way and encourage and model balanced, moderate eating from a variety of foods.
- Avoid teaching students about eating disorders. Research shows it may be harmful as some students may glamorize disturbed eating behaviours. Instead teach students about healthy eating, active living, self-acceptance, media literacy, and how to cope with weight- and shape-teasing. As well, teach students that commenting on other people's weight is not acceptable.
- Avoid making comments or judgements about student lunches. Children may have little control over what is in their lunch, and we don't always have all the facts. There may be financial struggles, a phase of picky eating or sensory issues. Items may be cultural or simply a special treat from home. Educating parents on healthy lunches and role modeling healthy behaviours are great ideas. However, what is packed in lunches from home is a family decision and should be free from scrutiny. Drawing attention to an "unhealthy" choice can isolate children from their peers and damage their self-esteem, causing them to feel shame. Remember, no one food or meal defines our eating habits.
- Allow all students (even those in kindergarten classrooms) to make their own decisions about what and when to eat particular food and beverages packed in their lunches. There are no benefits to having children eat certain foods before others. It ignores the fact that a child has his own internal hunger and satiety cues that guide his choices, and in fact, children actually eat better when they are allowed to pick and choose from the available options.

### Resources and Lesson Plans

#### **BrightBites** \*Bilingual

**Boost school nutrition. Receive recognition. One bite at a time.**

- Positive examples within a school environment of wholesome, nutritious foods and enjoyment of eating can create healthier, more positive eating habits for life, and can also have beneficial effects on student well-being.
- [BrightBites](#) is an easy and free online program that helps you boost school nutrition by earning fun, easy badges. Every badge you earn improves your rank in the online provincial Hall of Fame. Participate as a school group or just a single class.
  - Create your team
  - Earn your badge
  - Claim your badge
  - Repeat!



### **Eat Well and Be Active Educational Toolkit** \*Bilingual

- This resource is designed to help those who teach children and adults about healthy eating and physical activity. The Toolkit includes:
  - The *Eat Well and Be Active Every Day* poster
  - Downloadable activity plans
  - 54 healthy eating and physical activity images to complement the poster
- [Eat Well and Be Active Educational Toolkit](#)

### **Eat Well Plate** \*Bilingual

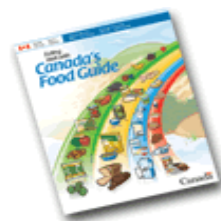
- This online interactive resource helps Canadians following *Eating Well with Canada's Food Guide* with planning and serving meals. The plate provides a visual of food group proportions and encourages you to make half your plate vegetables and fruit.
- [Eat Well Plate](#)

### **Eating Well with Canada's Food Guide (Grades K-8)** \*Bilingual

(Contact Algoma Public Health at [resources@algomapublichealth.com](mailto:resources@algomapublichealth.com) for these free resources. Class sets available.)

- [Eating Well with Canada's Food Guide](#)

\*Available in 10 different languages, and adapted for First Nations, Inuit and Metis populations.



### **Freggie™ Children's Program** \*Bilingual

- The Freggie™ Children's Program is the youth component of the Half Your Plate program created by the Canadian Produce Marketing Association. It focuses on the importance of vegetable and fruit consumption for overall health.
- The curriculum is free and available at [FreggieTales.ca](http://FreggieTales.ca) (parents and teachers site)
- [FreggieTales.ca](http://FreggieTales.ca) (kids site) includes an interactive Write to Freggie™ program, games, contests, recipes and more.



### **\*Book a Freggie™ appearance at your school!**

- The Freggie™ mascot is available to all elementary schools across Algoma to further promote healthy eating and build excitement about vegetables and fruit.
  - If you would like Freggie™ to visit your school, please contact your schools Algoma Public Health Liaison, or Lindsay Fera, RD at (705) 942-4646, ext. 3050.
  - If food is being served at your event, please ensure that vegetables and fruit are included as an option to support Freggie's™ messages.
- Algoma Public Health has created a theme song for Freggie™. We encourage schools to teach students the Freggie™ theme song before Freggie™ visits so that students can sing-along and welcome Freggie™ when he arrives.
  - [Clap, Clap Your Hands for Freggie™!](#) (English Song)
  - [Tapez de Mains pour Freggie™!](#) (French Song)



## Food Models

- These nutrition teaching aids are lifelike rubber food replicas and models, and available to purchase through [Spectrum Nasco Nutrition](http://SpectrumNascoNutrition.com) ([customerservice@spectrumed.com](mailto:customerservice@spectrumed.com) or 1-800-668-0600)
- The Spectrum Nasco Nutrition catalogue also provides assorted teaching aids including displays, books, posters and more. However, use caution as some resources are based on the USDA Food Guide Pyramid and are not suitable for use in Canada.

## Food Picture Cards \*Bilingual

- A set of 103 colour photographs of foods printed on 5"x7" (13cm x 18cm) cards. The back of each card includes the food name (bilingual) and food group symbols according to *Canada's Food Guide*.
- The set is \$20 and available to purchase at [Teach Nutrition](http://TeachNutrition.com)

## Mission Nutrition (Grades K-8) \*Bilingual

- Curriculum support, including lesson plans, student activities and assessment rubrics to promote healthy eating, physical activity and positive self-esteem.
- [Mission Nutrition](http://MissionNutrition.com)

## My Food Guide Mobile Application \*Bilingual

- This app allows Canadians to access healthy eating information anytime, anywhere from their mobile device. In less than five minutes, users are able to select their age, gender and food preferences to get a customized Food Guide.
- [My Food Guide](http://MyFoodGuide.com)



## Nutrient Value of Some Common Foods \*Bilingual

- Health Canada developed this quick and easy reference guide to the nutrient content of over 1100 foods commonly consumed by Canadians. This guide can help teach healthier food choices through an understanding of food's nutrient content.
- [Nutrient Value of Some Common Foods](http://NutrientValueofSomeCommonFoods.com)

## Ontario School Food and Beverage Policy, Elementary Teacher Resource Guide (Grades K-8) \*Bilingual

- The Ministry of Education developed this resource to assist elementary teachers in teaching healthy eating by providing an overview of PPM 150, making connections between PPM 150 and the curriculum, identifying roles of teachers in creating a healthy nutrition environment, promoting health literacy in students and more.
- [Ontario School Food and Beverage Policy, Elementary Teacher Resource Guide](http://OntarioSchoolFoodandBeveragePolicy.com)

## Ophea H&PE Curriculum Resources (Grades 1-8) \*Bilingual

- Available to school boards by subscription, this online resource provides ready-to-use lesson plans, student templates and assessment tools.
- [Ophea H&PE Curriculum Resources](http://OpheaH&PECurriculumResources.com)



### Paint Your Plate! (Grades K-8) \*Bilingual

- Provides practical information and tools to help schools increase the amount of vegetables and fruit their students eat at school and at home.
- Provides ideas, information and advice on how schools can promote vegetables and fruit, ensuring that students receive the same message in the classroom, school and home.
- Paint Your Plate! is a badge within [BrightBites](#). Earn the Paint Your Plate! badge by promoting, highlighting and/or serving vegetables and fruit at school.
- [Paint Your Plate!](#)



### Portion Control Plate Magnet \*Bilingual

- This divided plate ( $\frac{1}{4}$  protein,  $\frac{1}{4}$  starch and  $\frac{1}{2}$  vegetables) provides a visual for teaching healthy portions.
- Available for purchase at [Diabeters](#) (\$4.95 each)

### Power 2B Me (Grades 7-8)

- An innovative cross-curricular program that enables intermediate students to explore personal healthy eating challenges and consider relevant solutions to make better food choices.
- Contact Dairy Farmers of Canada to book a **free** Power 2B Me workshop for your 7-8 teachers, and one of their Registered Dietitians will come to your school. Only teachers who attend the workshop will receive the program materials.
- [Power 2B Me](#)
- Email [workshop\\_request@dfc-plc.ca](mailto:workshop_request@dfc-plc.ca) or call 1-866-392-9929

### Power4Bones (Grade 5)

- This fun interactive program with online components meets curriculum expectations in a variety of subjects including Health and Physical Education, Language, Media Literacy, Science and Technology, Mathematics and The Arts.
- Program starts simultaneously in all registered classrooms in the month of January and it fills up fast, so make sure to register your class early.
- Register online at [Power4Bones](#) or call 1-866-272-6637.

### Power to Play (Grades K-3) \*Bilingual

- A superhero-themed program encouraging healthy eating and physical activity for primary students. Includes four grade-specific, cross-curricular programs.
- Contact Dairy Farmers of Canada to book a **free** Power to Play workshop for your K-3 teachers, and one of their Registered Dietitians will come to your school. Only teachers who attend the workshop will receive the program materials.
- [Power to Play](#)
- Email [workshop\\_request@dfc-plc.ca](mailto:workshop_request@dfc-plc.ca) or call 1-866-392-9929



### Power to Explore (Grades 4-6) \*Bilingual

- A junior-level cross-curricular program that gives students the power to explore their personal food and activity choices. Students build awareness and develop skills to improve health.
- Contact Dairy Farmers of Canada to book a **free** Power to Play workshop for your 4-6 teachers, and one of their Registered Dietitians will come to your school. Only teachers who attend the workshop will receive the program materials.
- [Power to Explore](#)
- Email [workshop\\_request@dfc-plc.ca](mailto:workshop_request@dfc-plc.ca) or call 1-866-392-9929

### Sip Smart!™ Ontario (Grades 3-7) \*Bilingual

- An interactive classroom-based educational program that helps students in grades 3-7 learn about sugary drinks and making healthy drink choices.
- Sip Smart!™ Ontario offers...
  - Five Ontario Health and Physical Education curriculum-based lesson plans, with extension activities.
  - Teacher and student resources, backgrounders and assessment tools.
  - Posters, newsletter inserts, PA announcements, a parent booklet and more!
- Healthy School committees and School Councils can use Sip Smart!™ Ontario to promote healthy drink choices throughout their school and at school events.
- Sip Smart!™ Ontario is a badge within [BrightBites](#). Earn the Sip Smart!™ Ontario badge by educating children and taking action to reduce children's intake of sugary drinks.
- [Sip Smart!™ Ontario](#)



### Snactivity Kit (Grades K-6)

- Developed by Algoma Public Health, Nutrition Services to provide teachers with hands-on resources to help bring their nutrition lessons to life and keep students interested and inspired.
- Contents include Food Bingo, Stuffed Vegetable and Fruit Seedies, Vegetable and Fruit Bean Bags, Food Models, Fast Food Fat Tubes, Matching Cards, Food Beach Ball, Spinning Wheel and a Kitchen Helper Measurement Converter.
- This kit also contains sample curriculum-based lesson plans to give you some ideas on how you can incorporate these resources into your healthy eating lessons.
- To sign out a Snactivity Kit for a two week period, **free** of charge, please contact Algoma Public Health at [resources@algomapublichealth.com](mailto:resources@algomapublichealth.com)

\* Please ask other teachers at your school if they would also be interested in using the Snactivity Kit so that your school can get the maximum benefit out of your two week loan period.

### The Student Body (Grades 4-6)

- An online teacher training module designed to help alert teachers (and parents) to the factors that can trigger unhealthy dieting among children, and ways to prevent it.
- Modules focus on media and peer pressure, healthy eating, active living, teasing, adult role models and school climate.
- [The Student Body](#)



## **Ontario Association of Public Health Dentistry; Teacher Support (Grades 1-8) \*Bilingual**

- This website provides curriculum support, including lesson plans and student activities.
- All teacher resources can be downloaded free of charge from the Ontario Association of Public Health Dentistry (OAPHD) website, which provides teachers and students with resources to promote good oral health.
- [OAPHD Teacher Support](#)

\***Healthy Smiles Ontario** is a free dental program for eligible children and youth ages 17 and under. Visit [Healthy Smiles Ontario](#) for more information.

## **Videos**

### **APH Oral Health Rap Music Video (2 minutes, grades JK-8)**

- This entertaining video produced by Algoma Public Health is geared towards raising awareness about good oral health. It discusses the importance of regular dental visits, daily brushing and flossing and healthy eating habits.
- [APH Oral Health Rap Music Video](#)

### **Brushing Magic with Dudley and Dee Dee (6 minutes, JK/SK)**

- This video introduces plaque, discusses daily brushing and flossing, the importance of teeth, healthy food and the importance of regular dental visits.
- [Brushing Magic with Dudley and Dee Dee](#)

### **Dudley's Classroom Adventure (9 minutes, grades 1-3)**

- Discusses brushing, flossing, plaque, mouth guards, sealants, healthy eating and the importance of regular dental visits.
- [Dudley's Classroom Adventure](#)

### **Dudley's Visit to the Dentist (8 minutes, grade 1)**

- This video discusses a typical dental visit along with the instruments and procedures occurring in the dental office.
- [Dudley's Visit to the Dentist](#)

### **Supermarket Savvy (15 minutes, grades 5-8)**

- This amusing and educational YouTube video lets students experience grocery shopping in a new way. Go on a grocery store tour with a Registered Dietitian and learn about *Canada's Food Guide*, decoding nutrition labels and tips on low cost food options.
- [Supermarket Savvy \(part 1 of 2\)](#)
- [Supermarket Savvy \(part 2 of 2\)](#)





## **For More Information**

**AgScape**: Formerly the Ontario Agri-Food Education Inc., this website provides a wide variety of curriculum-based resource material and information that enhances the ability of teachers and learners to understand the value and importance of an agri-food system.

**Algoma Public Health**: Offers health information, including information specific to school-aged children and youth, and resource lists for teachers to support the Health and Physical Education Curriculum.

**BrightBites**: An easy and free online program that helps you boost school nutrition by earning fun, easy badges. Every badge you earn improves your rank in the online provincial Hall of Fame. Boost school nutrition. Receive recognition. One bite at a time.

**Canadian Partnership for Consumer Food Safety Education**: A site committed to educating Canadians about the ease and importance of food safety in the home. Click on 'Learning Centre' for fun and educational information for students and teachers alike.

**Dairy Farmers of Canada – Teach Nutrition**: Provides teaching resources, including teacher workshops, curriculum programs, classroom activities, classroom resources and teacher updates.

**Dietitians of Canada**: The only national professional association of Registered Dietitians in Canada. Registered Dietitians are the most trusted source of information on food and nutrition for Canadians. This website provides accurate information on food and nutrition for Canadians, interactive activities, and current resources for teachers, parents and students.

**EatRight Ontario**: Provides trusted information, resources and links on nutrition and healthy eating. Also offers an interactive Ask-a-Dietitian feature allowing you to ask nutrition-related questions (online or via telephone) and receive feedback from a Registered Dietitian.

**Freggietales.ca**: Interactive, elementary student friendly website that offers tools and resources for educators and students across Canada to promote the importance of eating fresh vegetables and fruit as part of a healthy and active lifestyle.

**Half Your Plate**: Provides tips, tricks and recipes to help Canadians find easy, budget-friendly ways to fill half of their plate with fruits and veggies.

**Health Canada – Food and Nutrition**: Provides current information on healthy eating, oral health and many other health topics.

**Ministry of Education**: Provides information and resources about healthy schools, and the School Food and Beverage Policy (PPM 150).

**Media Smarts**: Provides information and classroom activities on media literacy and body image.



**[National Eating Disorders Association \(NEDA\)](#)**: Provides information and resources on eating disorders and body image.

**[National Eating Disorders Information Centre \(NEDIC\)](#)**: Provides information and resources on eating disorders and weight preoccupation.

**[Ontario Association of Public Health Dentistry \(OAPHD\)](#)**: Provides information and curriculum support, including lesson plans and student activities promoting good oral health.

**[Ophea](#)**: Provides programs and services that support healthy active schools and communities.

