



Healthy Eating Secondary (Grades 9-12)

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 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.



Food Models

- These nutrition teaching aids are lifelike rubber food replicas and models, and available to purchase through [Spectrum Nasco Nutrition](#) (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](#)

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](#)



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](#)

Ontario School Food and Beverage Policy, Secondary Teacher Resource Guide (Grades 9-12) *Bilingual

- The Ministry of Education developed this resource to assist secondary 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, Secondary Teacher Resource Guide](#)

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)

Videos

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.

[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.

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

