




# Canadian Food & Nutrition Resources to Support BC Curriculum K-12

Resources for teaching healthy eating, growing/preparing food, body image & global citizenship

Healthy Eating		
Lessons, Workshops & Resources	Community Programs & Services	Other Resources
<ul style="list-style-type: none"> <li>• <b>Action Schools! BC (K-7)</b> (at HealthySchoolsBC): Healthy eating and active living resources. <a href="http://healthyschoolsbc.ca/healthy-schools-bc-resources/action-schools-bc-resources">healthyschoolsbc.ca/healthy-schools-bc-resources/action-schools-bc-resources</a></li> <li>• <b>BC Dairy Assoc. (K-12)</b>: Lessons, workshops &amp; resources. <a href="http://bcdairy.ca/nutritioneducation">bcdairy.ca/nutritioneducation</a></li> <li>• <b>Canada's Food Guide (K-12)</b> Food Guide Snapshot, Guidelines, Recipes and tips about mindful eating, family meals and more! <a href="http://food-guide.canada.ca">food-guide.canada.ca</a></li> <li>• <b>Heart &amp; Stroke Foundation (K-7)</b>: Heart-healthy activities &amp; lesson plans. <a href="http://HeartSmartKids">HeartSmartKids</a> <a href="http://www.heartandstroke.ca/heart-healthy-lesson-plans">www.heartandstroke.ca/heart-healthy-lesson-plans</a></li> <li>• <b>Learning for Life Toolkit (Grades 4-7)</b> Health literacy lessons, including healthy eating; curriculum linked; developed with BC Teachers <a href="http://UBCclearingforlife">UBCclearingforlife</a></li> <li>• <b>Sip Smart BC (Grades 4-6)</b>: Teacher resource guide with lesson plans &amp; videos to teach about healthy beverage choices. <a href="http://SipSmartBC">SipSmartBC</a></li> <li>• <b>Ted-Ed Lessons (Grades 8-12)</b>: Short, engaging, animated videos and lessons on many topics including nutrition. <a href="http://ed.ted.com">ed.ted.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Island Health Healthy Schools</b>: Connect with Public Health Dietitians and Nurses for resources/support. <a href="http://www.islandhealth.ca///healthy-schools">www.islandhealth.ca///healthy-schools</a></li> <li>• <b>Dietitian Services at HealthLinkBC</b>: Have your nutrition questions answered, in 130 languages. Call 8-1-1 (toll-free). <a href="http://healthlinkbc.ca/healthyeating">healthlinkbc.ca/healthyeating</a></li> </ul> <div style="border: 2px solid orange; padding: 10px; margin-top: 20px;"> <p style="text-align: center;"><b>Looking for a specific topic?</b>  <b>Find it fast at HealthySchoolsBC</b></p> <p>A searchable database of healthy school resources and stories. Click on 'Programs &amp; Supports' then type your topic in the search box.</p> <p style="text-align: center;"><a href="http://healthyschoolsbc.ca">healthyschoolsbc.ca</a> (English)  <a href="http://fr.healthyschoolsbc.ca">fr.healthyschoolsbc.ca</a> (French)</p> </div>	<ul style="list-style-type: none"> <li>• <b>Healthy Eating at School</b>: One stop shop for school nutrition information. <a href="http://healthyeatingatschool.ca">healthyeatingatschool.ca</a></li> <li>• <b>Non Food Rewards (Vancouver Coastal)</b>: Ideas for free/low-cost classroom rewards. <a href="http://vch.eduhealth.ca">vch.eduhealth.ca</a></li> <li>• <b>Vancouver Coastal Health Fact Sheets</b>: <i>Digging Up the Dirt on Dieting; Fueling Your Mind &amp; Body; Eating for Peak Performance; Sharing Food, Creating Fun; How to Be a Successful Lunchroom Monitor.</i> <a href="http://vch.eduhealth.ca">vch.eduhealth.ca</a></li> <li>• <b>Fact Sheet Generator</b>: Students can create personalized resources on different topics, like sugar, sodium and healthy bodies. <a href="http://bcfsg.healthlinkbc.ca/">bcfsg.healthlinkbc.ca/</a></li> <li>• <b>Guidelines for Food and Beverage Sales in BC Schools</b>: <a href="http://healthlinkbc.ca/healthyeating//schools-communities">healthlinkbc.ca/healthyeating//schools-communities</a></li> <li>• <b>Healthy Food Guidelines for First Nations Communities</b>: Guidelines for serving healthy food in schools. Search "traditional food fact sheets." <a href="http://fnha.ca">fnha.ca</a></li> <li>• <b>Nutrition Displays &amp; Resource Kits for loan (Island Health)</b>: Contact your health unit <a href="http://www.islandhealth.ca///health-unit-locations">www.islandhealth.ca///health-unit-locations</a></li> </ul>

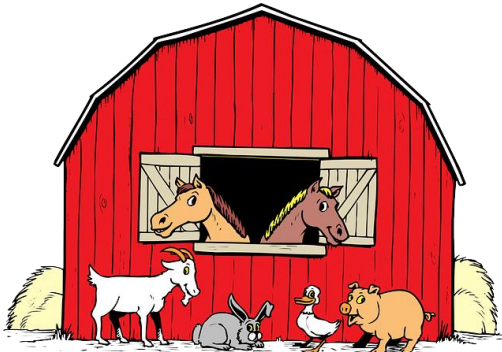
## Preparing Food

Lessons, Workshops & Resources	Community Programs & Services	Other Resources
<ul style="list-style-type: none"> <li>• <b>Cook it! Try it! Like it! Program Leaders Guide:</b> An instructional cooking guide for students in grades 4 to 7. Search ‘cook it’. <a href="http://interiorhealth.ca">interiorhealth.ca</a>.</li> <li>• <b>Healthy Eating After School:</b> Includes nutrition and physical activity guidelines, a variety of planning tools and cooking sessions designed for kids. An online course is also available. <a href="http://vanymca.org/health/HEAS/2014">vanymca.org/health/HEAS/2014</a></li> <li>• <b>Food Safety Courses:</b> Take the free <i>Caring About Food Safety</i> course online in English, French, Chinese and Punjabi. <a href="http://www2.gov.bc.ca/gov///food-safety-courses">www2.gov.bc.ca/gov///food-safety-courses</a></li> <li>• <b>FIGHT BAC! Partnership for Food Safety Education (K-12)</b> <a href="http://www.fightbac.org/kidsfoodsafety">www.fightbac.org/kidsfoodsafety</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Growing Chefs:</b> Connects elementary school classrooms and chefs to create an edible indoor garden. <a href="http://growingchefs.ca">growingchefs.ca</a></li> </ul> 	<ul style="list-style-type: none"> <li>• <b>Bake Better Bites:</b> Healthier and tastier baked goods recipes. <a href="http://www.healthyschoolsbc.ca/bake-better-bites-2014">www.healthyschoolsbc.ca/bake-better-bites-2014</a></li> <li>• <b>Tips &amp; Recipes For Quantity Cooking:</b> <a href="http://healthyschoolsbc.ca/Tips-and-Recipes-2014.pdf">healthyschoolsbc.ca/Tips-and-Recipes-2014.pdf</a></li> <li>• <b>Better Together BC:</b> Resources, recipes and tips. <a href="http://bettertogetherbc.ca">bettertogetherbc.ca</a></li> <li>• <b>Strive for Five at School: A Guide to Promoting Fruit and Vegetables (Nova Scotia):</b> <a href="http://novascotia.ca///healthy-eating-strive-for-five.asp">novascotia.ca///healthy-eating-strive-for-five.asp</a></li> </ul>

## Growing Food / School Gardens

Lessons, Workshops & Resources	Community Programs & Services	Other Resources
<ul style="list-style-type: none"> <li>• <b>Patterns Through the Seasons (K to 7):</b> Year-round garden activities. <a href="http://evergreen.ca///Patterns-Seasons">evergreen.ca///Patterns-Seasons</a></li> <li>• <b>School Year Garden Toolkit (K to 7):</b> Lesson plans and tips provided by the Richmond Food Security Society. <a href="http://richmondfoodsecurity.org/documents/school-year-garden-toolkit">richmondfoodsecurity.org/documents/school-year-garden-toolkit</a></li> <li>• <b>Growing Young Farmers Society (Victoria area):</b> Classroom teaching and hands on practical learning in school or nearby gardens, led by grower-educators. Fee for service. <a href="http://www.growingyoungfarmers.ca">www.growingyoungfarmers.ca</a></li> </ul> 	<ul style="list-style-type: none"> <li>• <b>BC Agriculture in the Classroom:</b> Many programs &amp; resources (Eng. &amp; Fr.) including               <ul style="list-style-type: none"> <li>- Harvest Bin Project (free raised bins &amp; soil)</li> <li>- Spuds in Tubs (free tubs, soil &amp; seed potatoes)</li> <li>- Planting a Promise (free daffodil bulbs)</li> </ul>               - <a href="http://aitc-canada.ca">aitc-canada.ca</a> </li> <li>• <b>Farm to School BC:</b> Bring healthy, local food to schools and hands-on learning opportunities through gardens, school salad bars, etc. <a href="http://farmtoschoolbc.ca">farmtoschoolbc.ca</a></li> <li>• <b>Growing Chefs:</b> Connects elementary school classrooms and chefs to create an edible indoor garden. <a href="http://growingchefs.ca">growingchefs.ca</a></li> <li>• <b>Growing Schools (Victoria area):</b> Hands-on garden programs for elementary schools. <a href="http://lifecyclesproject.ca/our-projects/">lifecyclesproject.ca/our-projects/</a></li> <li>• <b>Compost Education Centre (Victoria area):</b> Offers school workshops for schools in the CRD. A small cost applies to each workshop. <a href="http://www.compost.bc.ca">www.compost.bc.ca</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Evergreen Foundation:</b> Grants and resources about creating healthy urban environments including school/student focused resources. <a href="http://evergreen.ca">evergreen.ca</a></li> <li>• <b>Healthy Eating at School:</b> Gardening resources. <a href="http://healthyeatingatschool.ca">healthyeatingatschool.ca</a></li> <li>• <b>Gulf Islands (SD64) School Garden</b> – Many resources including an Activity Guide and links to other great school garden resources. <a href="https://www.schoolgarden.ca/">https://www.schoolgarden.ca/</a></li> <li>• <b>West Coast Seeds:</b> Planting charts, how-to grow guides and other resources <a href="http://westcoastseeds.com">westcoastseeds.com</a></li> <li>• <b>Whole Kids Foundation- School Programs and Grants (K-12)</b> – Garden grant program, healthy teachers program, hands-on projects and more. <a href="http://www.wholekidsfoundation.org/schools">www.wholekidsfoundation.org/schools</a></li> </ul> 

## Agriculture and Sustainable Food Systems

Lessons, Workshops & Resources	Community Programs & Services	Other Resources
<ul style="list-style-type: none"> <li>• <b>Agriculture in the Classroom:</b> Lesson plans, videos, farm tours and school resources (Spuds in Tubs, Harvest Bin Projects, BC School Fruit &amp; Vegetable Nutritional Program, BC Milk, Take a Bite of BC, etc.). <a href="http://aitc-canada.ca">aitc-canada.ca</a></li> <li>• <b>Classroom Connects:</b> A collection of lesson plans to engage young people in critical thought about our food system. <a href="http://ecosource.ca/ClassroomConnects">ecosource.ca/ClassroomConnects</a></li> <li>• <b>Food for Thought:</b> Curriculum-linked lessons and videos on agriculture and sustainability. <a href="http://metrovancover.org">metrovancover.org</a> (search with “food for thought”)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Farm to School BC:</b> Bring healthy, local food to schools and hands-on learning opportunities through gardens, school salad bars, etc. <a href="http://farmtoschoolbc.ca">farmtoschoolbc.ca</a></li> <li>• <b>Vancouver Island and Gulf Island Farmers (Island Farm Fresh):</b> Find a farm near you to book a school tour. <a href="http://islandfarmfresh.com">islandfarmfresh.com</a></li> </ul> 	<ul style="list-style-type: none"> <li>• <b>BC at the Table:</b> Educational videos on BC’s food system. <a href="http://BCatthetable">BCatthetable</a></li> <li>• <b>USC Canada:</b> Teacher resources on food and agriculture. Includes videos: <i>The Story of Food</i> and <i>The Seed Story</i>. <a href="http://www.usc-canada.org/resources/for-educators">www.usc-canada.org/resources/for-educators</a></li> <li>• <b>First Nations Health Authority Food-related resources:</b> Information about harvesting and preparing Indigenous foods in BC, including <a href="http://FirstNationsTraditionalFoodsFactSheets">FirstNationsTraditionalFoodsFactSheets</a> <a href="http://www.fnha.ca/wellness">www.fnha.ca/wellness</a></li> </ul>



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## Body Image and the Prevention of Eating Disorders

Research supports a wellness approach that promotes positive self-esteem/body image, media awareness, healthy eating & enjoyable physical activity.

Lessons that teach about the signs and symptoms of eating disorders may cause harm by increasing the incidence of eating disorders!

Calorie counting activities and “fasting” events to raise awareness about global hunger can trigger restrictive eating practices.

Lessons, Workshops & Resources	Community Programs and Services	Other Resources
<ul style="list-style-type: none"> <li>• <b>Being Me (K to 9):</b> Lessons and activities to support positive body image and self-esteem. <a href="http://healthyschoolsbc.ca/being-me-promoting-positive-body-image">healthyschoolsbc.ca/being-me-promoting-positive-body-image</a></li> <li>• <b>Beyond Images (Grades 4-8):</b> Self-esteem and body image curriculum. <a href="http://beyondimages.ca">beyondimages.ca</a></li> <li>• <b>Jessie's Legacy:</b> Disordered eating resources and training for educators, youth, families and professionals, free of charge. <a href="http://jessieslegacy.com">jessieslegacy.com</a></li> <li>• <b>Kelty Mental Health:</b> Mental health and disordered eating resources for educators, youth, families and professionals. <a href="http://KeltyMentalHealth.ca">KeltyMentalHealth.ca</a></li> <li>• <b>Media Smarts (K to 12):</b> Many resources on media literacy including lesson plans. <a href="http://MediaSmarts.ca/teacher-resources">MediaSmarts.ca/teacher-resources</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Eating Disorder Services/Programs</b> <ul style="list-style-type: none"> <li>- Greater Victoria – Eating Disorder Program (MCFD) 250-387-0000</li> <li>- Cowichan 250-737-2000 x 44213</li> <li>- Comox Valley 250-331-5900 x65325</li> <li>- Campbell River 250-850-2620 x62962</li> </ul> </li> <li>• <b>Family Smart:</b> Supports children, youth and their families with mental health concerns. <a href="http://FamilySmart.ca">FamilySmart.ca</a></li> <li>• See Kelty Mental Health (left column)</li> <li>• See Jessie’s Legacy (left column)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Eating Disorder Prevention:</b> Information and resources. <a href="http://nedic.ca">nedic.ca</a></li> <li>• <b>Here to Help (BC Partners for Mental Health and Addictions Information):</b> Healthy living and mental health information. <a href="http://heretohelp.bc.ca">heretohelp.bc.ca</a></li> <li>• <b>Promoting Health at Any Size:</b> Teacher training modules including vignettes &amp; videos, to alert teachers &amp; parents to factors that trigger unhealthy dieting &amp; ways to prevent it. <a href="http://www.familyservices.bc.ca/educators/the-student-body-promoting-health-at-any-size">www.familyservices.bc.ca/educators/the-student-body-promoting-health-at-any-size</a></li> <li>• <b>Healthy Attitudes, Healthy Weights, Healthy Schools (all grades):</b> Free teacher/staff 2-hour workshop for developing strategies and confidence in promoting positive body image. <a href="http://nutritioneducation/workshops/healthy-attitudes-healthy-bodies-healthy-schools">nutritioneducation/workshops/healthy-attitudes-healthy-bodies-healthy-schools</a></li> </ul>

## Global Citizenship and World Hunger (International Resources)

School “fasting events” are not recommended as they can lead to poor health and trigger restrictive diets & disordered eating.

Dr. Mark Lysyshyn (MHO, Vancouver Coastal), suggests these positive alternatives to raise funds and awareness about global hunger:

- **Me to We:** A movement that brings people together and gives them tools to help change the world [www.we.org](http://www.we.org)
- **World Food Day:** Videos and resources to inspire action for #ZeroHunger [fao.org/world-food-day](http://fao.org/world-food-day)
- **Hungry Planet: What the World Eats (Time Magazine):** A photo essay by Peter Menzel, the author of the *Hungry Planet* [time.com/8515/hungry-planet-what-the-world-eats](http://time.com/8515/hungry-planet-what-the-world-eats)
- **Rise and Shine: What Kids from Around the World Eat for Breakfast (New York Times):** [nytimes.com/interactive/2014///magazine/eaters-all-over](http://nytimes.com/interactive/2014///magazine/eaters-all-over)
- **World Food Programme:** Teaches about world hunger [wfp.org/students-and-teachers/classroom-activities](http://wfp.org/students-and-teachers/classroom-activities)
- **The Joy of Food: The Communal Table (National Geographic):** [nationalgeographic.com/foodfeatures/joy-of-food](http://nationalgeographic.com/foodfeatures/joy-of-food)

*Want more support, ideas or resources about healthy schools?*  
Contact your local [Public Health Unit](#)

*Interested in a specific topic?*  
Find it at Healthy Schools BC:  
[healthyschoolsbc.ca](http://healthyschoolsbc.ca) (English)  
[fr.healthyschoolsbc.ca](http://fr.healthyschoolsbc.ca) (French)