

# Teaching Food and Nutrition?

Use these Canadian, Curriculum-based, and Current resources and lesson plans.



Grey Bruce  
Public Health

## TEACH FOOD FIRST

An Educator's Toolkit for Exploring Canada's Food Guide with K-8 students "Teach food first" focuses on using a food exploration approach to nutrition education that has been linked with long-term, positive eating attitudes and behaviors



*"Children are also more likely to eat foods they like, and that are familiar to them and their families. Building food skills and familiarity with a variety of foods is one of the best ways that nutrition education can support students to feel positive about eating and learn to enjoy nutritious foods, over time and at their own pace."*

*- Teach Food First*

## BEYOND IMAGES

A self esteem and body image curriculum from the National Eating Disorder Information Centre.

Free online lesson plans for grades 4 through 8 that fill a gap in media literacy curricula nationally, including activities that make a positive difference in combating body-based bullying and negative stereotypes.

*Materials Include: Lesson Objectives, Lesson Plans and Contemporary mixed media examples, Student Worksheets, Evaluation Rubrics, Backgrounders and Tip Sheets*





## BRIGHTBITES

BrightBites is a free, non-profit program designed by Ontario Dietitians in Public Health for both elementary and secondary school environments. It involves earning badges for activities related to food and nutrition. You can participate as an entire school or just a single class. Join the online community working their way to the BrightBites Hall of Fame!

- If you're a teacher or school administrator in a school setting in Ontario, or leader of a school group or club, you can start using BrightBites right now.



## GREY BRUCE HEALTHY EATING CURRICULUM SUPPORTS

A comprehensive Healthy Eating Curriculum resource containing links to grade specific Lesson Plans, Activities, Educator Supports, and Expectations for the revised Health and Physical Education Curriculum.



## CHECK OUT THESE PRINTABLE RESOURCES

Ontario Dietitians in Public Health have developed many resources to support educators and parents. Get started with these fantastic resources:

[School Lunch Your Kids Will Munch \(FR\)](#)  
[Mental Health and Weight Bias in Schools](#)  
[Nurturing Healthy Eaters](#)

- [Elementary Schools](#)
- [Secondary Schools](#)

