

**School Curriculum Resources:**

# **Healthy Eating**

**Grades 1 - 12**



Topic	Understanding Health Concepts	Making Healthy Choices	Making connections for Healthy Living
<p style="text-align: center;"><b>Healthy Eating Grade 1</b></p>	<p><b>C1.1 Food for Healthy bodies</b></p> <p><a href="#">Canada's Food Guide</a></p> <p><a href="#">Teachnutrition.ca - Programs and Resources</a></p> <p><a href="#">Healthy Eating Action Resource</a></p> <p><a href="#">Mission Nutrition Website</a></p> <p><a href="#">A+ School Lunch Resource/Handout</a></p>	<p><b>C2.1 Food groups, Canada's Food Guide</b></p> <p><a href="#">Canada's Food Guide</a></p> <p><a href="#">Canadian Food Clings Kit - Includes rainbow chart, place mats and 98 food clings.</a></p> <p><b>C2.2 Hunger and thirst cues</b></p> <p><a href="#">Ophea: Level Up - Ages 6 to 10</a></p>	
<p style="text-align: center;"><b>Healthy Eating Grade 2</b></p>		<p><b>C2.1 Canada's food guide- healthy growth</b></p> <p><a href="#">Canada's Food Guide</a></p> <p><b>C2.2 Food Choices (snacks, meals)</b></p> <p><a href="#">Healthy Eating Action Resource</a></p> <p><a href="#">Teachnutrition.ca</a></p> <p><a href="#">Canada's Food Guide</a></p> <p><a href="#">Mission Nutrition</a></p> <p><a href="#">A+ School Lunch</a></p> <p><a href="#">Sugar Shocker Education Kit</a></p> <p><a href="#">Ophea: Level Up - Ages 6 to 10</a></p>	

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<b>Healthy Eating Grade 3</b>	<p><b>C1.1 Food origins, nutritional value, and environmental impact</b>  <a href="#">Ontario Agri-Food Education - Resources</a>  <a href="#">Veggiemania - Classroom Guide</a>  <a href="#">Farm to Market Teacher Resource</a></p>	<p><b>C2.1 Oral Health, food choices</b>  <a href="#">Healthy Eating Action Resource</a>  <a href="#">Teachnutrition.ca - Programs and Resources</a>  <a href="#">Canada's Food Guide</a>  <a href="#">A+ School Lunch Resource/Handout</a>  <a href="#">Sugar Shocker Education Kit</a>  <a href="#">Ontario Association of Public Health Dentistry - Teacher Resources</a>  <a href="#">Canadian Dental Association - Teaching Kids</a>  <a href="#">Ontario Dental Association</a>  <a href="#">Ontario Dental Association: Patient Resources</a>  <a href="#">Ontario Dental Association: Children</a></p>	<p><b>C3.1 Local and cultural foods, eating choices</b>  <a href="#">Participate in the Ontario Farm to School Challenge</a>  <a href="#">Nutrition Resource Centre</a>  <a href="#">Locally Lambton Food &amp; Fun From the Farm Map</a>  <a href="#">Ophea: Level Up - Ages 6 to 10</a></p>
<b>Healthy Eating Grade 4</b>	<p><b>C1.1 Nutrients</b>  <a href="#">Action Schools BC: Healthy Eating within Schools Resources</a>  <a href="#">Action Schools BC Healthy Eating Action Resource</a>  <a href="#">Canada Agriculture and Food Museum: Chews Wisely Educational Kit</a>  <a href="#">Nutrient Basics DVD</a>  <a href="#">Teachnutrition.ca - Programs and Resources</a>  <b>Food and Healthy eating general:</b>  <a href="#">Canada's Food Guide</a></p>	<p><b>C2.1 Food choices- healthy eating goals</b>  <a href="#">A+ School Lunch Resource/Handout</a>  <a href="#">Canada Agriculture and Food Museum: Chews Wisely Educational Kit</a>  <a href="#">Canada's Food Guide</a>  <a href="#">EaTracker: An online tool to check food and activity choices</a>  <a href="#">Eat Well and Be Active Educational Toolkit</a>  <a href="#">Ontario Dentist Association: Nutrition</a>  <a href="#">Ophea: Level Up - Ages 6 to 10</a>  <a href="#">Sugar Shocker Education Kit</a></p>	<p><b>C3.1 Food choices in various settings</b>  <a href="#">Sugar Shocker Education Kit</a></p>

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<b>Healthy Eating Grade 5</b>		<p><b>C2.1 Nutrition Facts tables, food labels</b></p> <p><b>Food and Healthy Eating Resources</b></p> <p><a href="#">Canada Agriculture and Food Museum: Chews Wisely Educational Kit</a></p> <p><a href="#">Canada's Food Guide</a></p> <p><a href="#">EatRight Ontario Video Library</a></p> <p><a href="#">Health Canada: Nutrition Labelling Presentation</a></p> <p><a href="#">Sugar Shocker Education Kit</a></p> <p><a href="#">Nature's Sweet Mystery: Exploring Food Energy teaching resource for grades 4 - 6</a></p> <p><a href="#">Know Your Onions Game</a></p> <p><a href="#">Nutrition: Shop Healthy, Cook Healthy DVD</a></p> <p>Supermarket Tours: Check with the local supermarket to see if they have a Registered Dietitian to provide a nutrition tour in the store</p>	<p><b>C3.1 Media influences-food choices</b></p> <p><b>Food and Healthy Eating Curriculum</b></p> <p><a href="#">Media Smarts Teacher Resources</a></p> <p><a href="#">iTHINK: Critical Thinking &amp; Media Literacy</a></p> <p><a href="#">Ophea: Level Up - Ages 11 to 14</a></p> <p><a href="#">Ophea: Power of the Ad Activity</a></p>

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<b>Healthy Eating Grade 6</b>		<p><b>C2.1 Influences on healthy eating-school food policies, cultural, costs, media.</b>  <a href="#">Ontario Association of Public Health Dentistry: Teacher Resources</a>  <a href="#">Ontario Dental Association: Healthy Snacks</a></p> <p><a href="#">iTHINK: Critical Thinking &amp; Media Literacy</a></p> <p><a href="#">Ophea: Level Up - Ages 11 to 14</a></p> <p><a href="#">Ophea: Power of the Ad Activity</a></p> <p><b>C2.2 Eating cues and guidelines</b></p> <p><a href="#">Canada's Food Guide</a></p> <p><a href="#">Fast Food Survival DVD</a></p> <p><a href="#">Health Canada: Nutrition Labelling Presentation</a>  <a href="#">Real Food - The Cost of Convenience DVD</a></p> <p><a href="#">Super Size Me DVD</a></p> <p><a href="#">The Way We Eat - What Food Means DVD</a></p>	<p><b>C3.1 Benefits of healthy eating/active living</b>  <a href="#">Action Schools BC: Healthy Eating within Schools Resources</a>  <a href="#">Action Schools BC Healthy Eating Action Resource</a>  <a href="#">EaTracker: An online tool to check food and activity choices</a>  <a href="#">Eat Well and Be Active Educational Toolkit</a></p> <p><a href="#">Nature's Sweet Mystery: Exploring Food Energy teaching resource for grades 4 - 6</a>  <a href="#">Teachnutrition.ca - Programs and Resources</a>  <a href="#">The Five Essential Habits of Healthy Teens DVD.</a></p>

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<b>Healthy Eating Grade 7</b>		<p><b>C2.1 Food choices and health problems</b></p> <p><b>Food and Healthy Eating Resources</b></p> <p><a href="#">Action Schools BC: Healthy Eating within Schools Resources</a></p> <p><a href="#">Action Schools BC Healthy Eating Action Resource</a></p> <p><a href="#">Eating Well with Canada's Food Guide DVD</a></p> <p><a href="#">Fast Food Survival DVD</a></p> <p><a href="#">Super Size Me DVD</a></p> <p><a href="#">Teachnutrition.ca - Programs and Resources</a></p> <p><a href="#">Test Your Fast Food Knowledge DVD</a></p> <p><a href="#">The Way We Eat - What Food Means DVD</a></p> <p><a href="#">Sugar Shocker Education Kit</a></p>	<p><b>C3.1 Healthy Eating practices and routines</b></p> <p><b>Food and Healthy Eating Resources</b></p> <p><a href="#">Canada's Food Guide</a></p> <p><a href="#">EaTracker: An online tool to check food and activity choices</a></p> <p><a href="#">Health Canada: Nutrition Labelling Presentation</a></p> <p><a href="#">Nutrition: Restaurants, Fast Food and Parties DVD</a></p> <p><a href="#">The Five Essential Habits of Healthy Teens DVD.</a></p> <p><a href="#">The Way We Eat - What Food Means DVD</a></p> <p><a href="#">The Weight of the World DVD and Lesson Plan</a></p> <p><a href="#">Sugar Shocker Education Kit</a></p>

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<b>Healthy Eating Grade 8</b>	<p><b>C1.1 Nutrients</b></p> <p><b>Food and Healthy Eating Resources General:</b></p> <p><a href="#">Canada's Food Guide</a></p> <p><a href="#">Health Canada: Nutrition Labelling Presentation</a></p> <p><a href="#">Nutrient Basics DVD</a></p>	<p><b>C2.1 Food Choices- criteria</b></p> <p><a href="#">EaTracker: An online tool to check food and activity choices</a></p> <p><a href="#">Ophea: Level Up - Ages 11 to 14</a></p> <p><b>Food and Healthy Eating Resources Curriculum links:</b></p> <p><a href="#">Action Schools BC: Healthy Eating within Schools Resources</a></p> <p><a href="#">Action Schools BC Healthy Eating Action Resource</a></p> <p><a href="#">Eating Well with Canada's Food Guide DVD</a></p> <p><a href="#">Real Food - The Cost of Convenience DVD</a></p> <p><a href="#">Teachnutrition.ca - Programs and Resources</a></p> <p><a href="#">TitaniumChef.ca</a></p> <p><b>Dental</b></p> <p><a href="#">Ontario Association of Public Health Dentistry: Teacher Resources</a></p>	<p><b>C3.1 Promoting healthy eating</b></p> <p><a href="#">Connect with your local Healthy Schools Coordinator for health promotion ideas and support</a></p> <p><a href="#">Jamie's Home Cooking Skills Website: Resources for Students</a></p> <p><a href="#">Lambton Public Health: Nutrition and Healthy Eating website for food and meal Nutrition: Restaurants, Fast Food and Parties DVD</a></p> <p><a href="#">Have monthly cooking days with your class. Students can pick from a list of different recipes and parent/teacher volunteers can help students prepare the recipe. For more information contact the health unit for support.</a></p>

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<b>Healthy Eating Grade 9</b>	<p><b>C1.1 Connection to holistic health: physical, mental, emotional, spiritual</b></p> <p><b>Nutrition</b>  <a href="#">Fresh Food: What is field to table? DVD</a></p>	<p><b>C2.1 Healthy eating plans</b></p> <p><b>Nutrition</b>  <a href="#">Health Canada: My Food Guide - Interactive Tool</a>  <a href="#">How to Make Healthy Lifestyle Changes DVD</a>  <a href="#">My Meal Matrix - free online tool that helps students explore influences on their food and beverage choices, track and compare their intake, set and track goals</a></p>	<p><b>C3.1 Food and beverage choices- environmental, social factors</b></p> <p><b>Nutrition</b>  <a href="#">Fresh Food: What is field to table? DVD</a>  <a href="#">Ophea: Level Up - Ages 15 to 18</a></p>
		<p><b>C2.1 Eating Habits and choices- physical and emotional factors</b></p> <p><b>C2.2 Nutritional implications of dietary choices and trends</b></p> <p><b>Nutrition</b>  <a href="#">Fresh Food: What is farm to table? DVD</a>  <a href="#">Supersize Me DVD and Chew on This Guide</a></p>	<p><b>C3.1 Using consumer influences to promote healthy eating</b></p> <p><a href="#">Ophea: Level Up - Ages 15 to 18</a></p>



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<b>Healthy Eating</b> <b>Grade 11</b>	<p><b>C1.1 Impact of diseases and health conditions on nutrition requirements and food choices</b></p> <p><b>Nutrition</b>  <a href="#">The Weight of the World DVD</a></p>		<p><b>C3.1 Current issues related to food and/or nutrition</b></p> <p><b>Nutrition</b>  <a href="#">Fresh Food: What is farm to table? DVD</a></p> <p><a href="#">A Public Health Inspector is available to present on food safety topics required in the curriculum</a></p>
<b>Healthy Eating</b> <b>Grade 12</b>		<p><b>C2.1 Making healthy eating decisions in different contexts</b></p> <p><a href="#">Ophea: Level Up - Ages 15 to 18</a></p> <p><b>Nutrition</b>  <a href="#">Fast Food Survival Guide DVD</a></p> <p><a href="#">Healthy Eating on a Budget DVD</a>  <a href="#">How to Make Healthy Lifestyle Changes DVD</a>  <a href="#">Nutrition: Restaurants, Fast Food and Parties DVD</a>  <a href="#">Test Your Fast Food Knowledge DVD</a></p>	<p><b>C3.1 Personal circumstances and healthy eating</b></p> <p><b>Nutrition</b>  <a href="#">Health Canada: My Food Guide - Interactive Tool</a>  <a href="#">Healthy Eating on a Budget DVD</a>  <a href="#">How to Make Healthy Lifestyle Changes DVD</a></p>