







Buzz in a Bottle 	Video Kit	A DVD and teacher's guide highlighting the dangers of caffeine-spiked energy drinks with a particular emphasis on the real health risks.	Gr. 7-12	√
FoodShare Educator Resources 	Website	Educator resources and workshop ideas for field to table projects in schools that are connected to the curriculum. <a href="http://foodshare.net/program/educator/">http://foodshare.net/program/educator/</a>	K-12	√
Ontario Edible Education Network	Website	Free resources, ideas and inspiration to teach food literacy and connect students with healthy food systems. <a href="http://sustainontario.com/work/edible-education/">http://sustainontario.com/work/edible-education/</a>	K-12	√
Ontario Agri-Food Education	Website	Teacher resources including lessons and interactive ideas around the topic of farm to school and agri-food education. <a href="https://agscape.ca/index">https://agscape.ca/index</a>	K-12	√
Canada's Food Guide Cling Kits 	Kit	An interactive resource to teach the four food groups in Eating Well with Canada's Food Guide, including the First Nations, Inuit and Metis version.	K-8	√
Supersize Me 	Video Kit	A DVD documentary detailing one person's experiences following a McDonald's only diet for 30 days. Also includes issues related to corporate responsibility, nutrition education and school lunch programs.	Gr. 6-12	√
Healthy Buddies 	Kit	A 21 week peer-to-peer classroom program focused on healthy eating, physical activity and positive self-image.	K-8	√
OPHEA Health & Physical Education Curriculum Resources 	Website	Health and physical education curriculum lesson plans, in both English and French, using your school board's password. <a href="http://teachingtools.ophea.net/lesson-plans/hpe">http://teachingtools.ophea.net/lesson-plans/hpe</a>	Gr. 1-8	√




### Elementary Workshops






Title	Category	Description	Grade	Curriculum Linked
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Cooking Together 	Health Unit Facilitated	A hands-on, after-school cooking workshop where parents and their children cook a meal together and learn valuable kitchen skills. A focus will be on healthy, easy and affordable foods. Schools are asked to cover the cost of food supplies and provide the kitchen space.	Gr. 3-8 and Parents	
Cooking with Kids 	Health Unit Facilitated	A cooking program for classes facilitated by the public health nurse and dietitian where students learn simple cooking methods with a focus on vegetables and fruit, staple foods and preparing foods without a recipe. One to three sessions available to choose from. Schools are asked to cover the cost of food supplies.	Gr. 5	√






### Secondary Classroom Resources













Title	Category	Description	Grade	Curriculum Linked
Bright Bites	Website	Students need wholesome, tasty food and enjoyable eating experiences. Sometimes improving school nutrition can feel overwhelming, but we are here to help! Bright Bites is a project that breaks down steps into earning fun, easy badges. Entire schools or individual classes/groups can sign up as teams and use the free resources to guide them. Project areas include: <ul style="list-style-type: none"> <li>• Student Food Preparation</li> <li>• School Lunches and Snacks</li> <li>• Edible Gardens</li> <li>• Innovative Ideas</li> <li>• Nutrition Campaigns</li> <li>• Rewards and Incentives</li> <li>• Hot Lunch Programs</li> <li>• Vegetable and Fruit Promotion</li> <li>• Water and Sugary Drinks</li> <li>• Celebrations</li> <li>• Fundraising</li> <li>• Special Events</li> <li>• Teaching the Healthy Eating Curriculum</li> </ul>	K-12	√

  		<a href="http://www.brightbites.ca">www.brightbites.ca</a>		
FoodShare Educator Resources	Website	Educator resources and workshop ideas for field to table projects in schools that are connected to the curriculum. <a href="http://foodshare.net/program/educator/">http://foodshare.net/program/educator/</a>	K-12	√
Ontario Edible Education Network	Website	Free resources, ideas and inspiration to teach food literacy and connect students with healthy food systems. <a href="http://sustainontario.com/work/edible-education/">http://sustainontario.com/work/edible-education/</a>	K-12	√
Ontario Agri-Food Education	Website	Teacher resources including lessons and interactive ideas around the topic of farm to school and agri-food education. <a href="https://agscape.ca/index">https://agscape.ca/index</a>	K-12	√
Agriculture in the Classroom: All About Food	Website	Fact Guide with resources to help cover agri-food lessons. Each page has a different topic with an in-depth lesson about that topic. <a href="https://aitc-canada.ca/en-ca/">https://aitc-canada.ca/en-ca/</a>	Gr. 9-12	√
All About Food	Website	Interactive website linked to the All About Food Teachers Guide. Includes articles, questions, media, links, and graphs and charts to aid in student learning. <a href="http://allaboutfood.aitc.ca/article/teachers-guide">http://allaboutfood.aitc.ca/article/teachers-guide</a>	Gr. 9-12	
Hungry Planet: What the World Eats	Kit	The book is a photographic study of 30 families from 24 countries around the world revealing what people eat during the course of one week. The curriculum guide contains critical thinking questions, writing prompts, activities and reading strategies, as well as a powerpoint presentation.	Gr. 9-12	√








<p>The Cost of Living Game</p> 	<p>Game Kit</p>	<p>A board game to understand how food insecurity occurs and challenge some of the myths, as well as to learn about the challenges people may face in paying their bills and other expenses throughout the month.</p>	<p>Gr. 9-12</p>	<p>√</p>
<p>School Food and Beverage Policy - Online Training for Secondary Teachers</p>	<p>Website</p>	<p>An overview of the requirements of the School Food and Beverage Policy, including the Nutrition Standards, information regarding establishing a healthy eating environment and an introduction to food and beverage preparation.</p> <p><a href="http://www.edu.gov.on.ca/eng/parents/module/secondary.html">http://www.edu.gov.on.ca/eng/parents/module/secondary.html</a></p>	<p>Gr. 9-12</p>	<p>√</p>
<p>Buzz in a Bottle</p> 	<p>Video Kit</p>	<p>A DVD and teacher's guide highlighting the dangers of caffeine-spiked energy drinks with a particular emphasis on the real health risks.</p> <p>NU 82</p>	<p>Gr. 7-12</p>	<p>√</p>
<p>Canada's Food Guide Cling Kits</p> 	<p>Kit</p>	<p>An interactive resource to teach the four food groups in Eating Well with Canada's Food Guide, including the First Nations, Inuit and Metis version.</p>	<p>K-8</p>	<p>√</p>
<p>Nutrition Controversies</p> 	<p>Video</p>	<p>A witty DVD with 2 teens that take a closer look at confusing food and nutrition messages and get the facts straight on topics like food safety, organic foods, allergies, functional foods and more</p>	<p>Gr. 9-12</p>	<p>√</p>
<p>Supersize Me</p> 	<p>Video Kit</p>	<p>A DVD documentary detailing one person's experiences following a McDonald's only diet for 30 days. Also includes issues related to corporate responsibility, nutrition education and school lunch programs.</p>	<p>Gr. 6-12</p>	<p>√</p>
<b>Secondary Workshops</b>				
<b>Title</b>	<b>Category</b>	<b>Description</b>	<b>Grade</b>	<b>Curriculum Linked</b>
<p>None offered at this time</p>				

Informational Websites	
Title	Link
<p><b>Ministry of Education School Food and Beverage Policy</b> Beverage Policy that includes the nutrition standards for food and beverages sold in schools, as well as various tools and resources.</p>  	<p><a href="http://www.edu.gov.on.ca/eng/healthyschools/policy.html">http://www.edu.gov.on.ca/eng/healthyschools/policy.html</a></p>
<p><b>School Food and Beverage Policy Assessment Tool</b> Assess which category foods and beverages fit in to determine if they can be sold in your school.</p>  	<p><a href="http://hs.curriculum.org/sb/nst">http://hs.curriculum.org/sb/nst</a></p>
<p><b>Unlock Food</b> Nutrition and healthy eating information, recipes, and information on how to access to a Registered Dietitian by phone to have your nutrition questions answered.</p>  	<p><a href="http://www.unlockfood.ca/en/default.aspx">http://www.unlockfood.ca/en/default.aspx</a></p>
<p><b>Dietitians of Canada</b> Tools, information and recipes for lifestyle and eating assessment, menu planning, nutrition from A-Z, and Nutrition Month ideas for the month of March.</p>  	<p><a href="http://www.dietitians.ca/">http://www.dietitians.ca/</a></p>
<p><b>Health Canada: Foods and Nutrition</b> Repository of information on:</p> <ul style="list-style-type: none"> <li>- The food guide and healthy eating</li> <li>- Food recalls, risks and outbreaks</li> <li>- Food and safety standards</li> <li>- Food labels</li> <li>- Food allergies and intolerances</li> <li>- Nutrition science and research</li> </ul>  	<p><a href="https://www.canada.ca/en/services/health/food-nutrition.html">https://www.canada.ca/en/services/health/food-nutrition.html</a></p>

<p><b>Ontario Dietitians in Public Health</b> Resources to assist in understanding and implementing the Student Nutrition Program Guidelines</p> 	<p><a href="https://www.odph.ca/student-nutrition-program-resources-1">https://www.odph.ca/student-nutrition-program-resources-1</a></p>
<p><b>Student Nutrition Ontario</b> Information and resources on student nutrition programs and how to get involved in the local student nutrition program</p> 	<p><a href="https://studentnutritionontario.ca/">https://studentnutritionontario.ca/</a></p>
<p><b>Ontario Educational Resource Bank</b> Search for resources by grade, subject/course, strand, overall expectations, and/or keywords. Contact your school board for login information.</p> 	<p><a href="https://resources.elearningontario.ca/">https://resources.elearningontario.ca/</a></p>
<p><b>Heart and Stroke Healthy Kids</b> Recipes, tools and tips to help kids eat healthy and to inspire heart-healthy habits in kids, including resources for schools parents and teachers.</p> 	<p><a href="http://www.heartandstroke.ca/get-healthy/healthy-kids/">http://www.heartandstroke.ca/get-healthy/healthy-kids/</a></p>
<p><b>Foodland Ontario</b> Food facts, seasonal recipes featuring Ontario grown products, a Kids Corner highlighting the various vegetables and fruits that grow in our province, and plenty of other information focused on local and seasonal foods.</p> 	<p><a href="http://www.ontario.ca/foodland/foodland-ontario">http://www.ontario.ca/foodland/foodland-ontario</a></p>
<p><b>Ontario Farm Fresh</b> Information on how to plan a field trip to a local farm, as well as recipes, colouring sheets for kids and a virtual barn tour.</p>	<p><a href="http://ontariofarmfresh.com/">http://ontariofarmfresh.com/</a></p>

<p><b>Half Your Plate</b> Information on the storage and preparation of a variety of vegetables and fruit. Includes videos, recipes and fact sheets.</p>  	<p><a href="http://www.halfyourplate.ca/">http://www.halfyourplate.ca/</a></p>
<p><b>Ministry of Education Foundations for a Healthy School</b> An overview of the five areas required for a healthy school, as well as a graphic providing an at-a-glance look at the five areas. Also provides a link to a full document on the five areas, with sample strategies and activities in the document</p>  	<p><a href="http://www.edu.gov.on.ca/eng/healthyschools/foundations.html">http://www.edu.gov.on.ca/eng/healthyschools/foundations.html</a></p>
<b>Displays and Other Resources</b>	
<b>Title</b>	<b>Description</b>
<p>Sip Smart!™ Ontario Interactive Sugar Display</p>   	<p>A display that highlights the amount of sugar in popular drinks.</p>
<p>Cooking With the Good Food Box Manual</p> 	<p>12 lesson manual on how to run a Cooking with the Good Food Box Workshop. Manual includes Food Safety, Kitchen Basics, Knife Handling, Nutrition, and more. Also includes a month-by-month menu guide following usual contents of a Good Food Box.</p>
<p>Energy Drinks are Not Safe</p> 	<p>Materials to run a school campaign or teach students about the dangers of energy drinks. Includes a pull-up display, various handouts, visual props, posters, black roses, and a video with classroom guide.</p>
<p>Eat Less Salt</p> 	<p>A pull-up display outlining current recommendations and suggestions on how to eat less salt (sodium). Includes the display, visual label props, and handouts.</p>
<p>Healthy Kitchen</p> 	<p>An interactive table-top display with quiz-type questions on healthy eating, food safety, and food storage.</p>
<p>Eat Like a Champion</p> 	<p>A sports nutrition pull-up display. Visit <a href="http://www.tbdhu.com/resource/eat-like-champion">http://www.tbdhu.com/resource/eat-like-champion</a> for accompanying brochure and more information on this topic.</p>



<p>Blastoff with Breakfast</p> 	<p>A pull-up display encouraging children and youth to eat a healthy breakfast every day with accompanying handouts. Kit includes resources for both parents and schools.</p>
<p>Adventures in Cooking</p> 	<p>A resource manual for a 5 or 10 week cooking program for youth aged 8-12. The manual provides session outlines, recipes, equipment and grocery lists, and kitchen skill and safety activities. Leader training can be arranged periodically - contact the health unit for more information.</p>
<p>Kids in the Kitchen</p> 	<p>A resource on how to set up a kids cooking club. Recipes available</p>
<p>Salad Bars in Schools</p> 	<p>All the tools you need to start a salad bar program in your own school.</p>
<p>How to Start a Slow Food in Schools Project</p> 	<p>A resource developed by Slow Food Superior with ideas on how to start a slow food project (such as a school garden) in schools, including how to make connections to the curriculum.</p>
<p>School Gardens</p> 	<p>A how-to book for creating a school garden at your school, written by Shirley Niemi from Upsala.</p>
<p>Food for Thought Wheel</p> 	<p>A wheel of fortune style trivia game based on the Thunder Bay Food Charter with questions on food traditions, population health, building community economic development, preserving the environment and ensuring social justice.</p>

**For a list of pamphlets and factsheets call your Healthy Schools Public Health Nurse at 625-5972.**