Nutrition Education Resources For Grades 10 to 12

Resources marked with an asterisk (*) are available on loan from Population and Public Health, call (306) 655-4600. Some may also be available from your school division resource centre.

Canada’s Food Guide
The Saskatchewan Ministry of Education uses Eating Well with Canada’s Food Guide in the Health Curriculum. Food Guides and supporting resources are available at www.healthcanada.gc.ca/foodguide

Saskatchewan Health Education Curriculum
The Ministry of Education, Government of Saskatchewan Health Education Curriculum is a required area of study. The learning outcomes, indicators, support materials and resources are on the website. www.education.gov.sk.ca

Lesson Plans & Teaching Kits:

Wellness 10 package*
Information, activity ideas, website links and a resource list to complement the new Wellness 10 curriculum.

Beyond Fast Food for Grades 8 to 12*
Includes lessons on Canada’s Food Guide, Having a Healthy Relationship with Food, Labeling, etc.

Liquid Candy Kit*
Lesson plan and display items to demonstrate the amount of sugar in soft drinks and other beverages.

Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too! by Kathy Kater*
Curriculum for promoting healthy body image, eating, fitness and weight in children. Scripted lesson for students in grades 4-6 but may be adapted for any age. In lesson 8, use Canada’s Food Guide not the USA My Pyramid. www.bodyimagehealth.org

Everybody is a Somebody for Grades 6 to 12*
Includes information on media, self-esteem, weight, healthy eating, stress management and relationships.

in motion High School Physical Activity Resource*
Promote healthy eating in high schools (section 4)
Portion Size Kit and Portion Size Activities for Children and Youth*
Tools and lesson plan to teach Canada’s Food Guide portion sizes to students.
www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-portion-size-french.pdf

Online Resources:

EATracker
This resource lets students track their daily food and activity choices and compares them to the guidelines laid out by Health Canada. It is designed for individuals 14 years of age and older. Click on EATracker at www.dietitians.ca/eatwell

Let’s Make A Meal
This resource lets students plan a menu appropriate for their aged based on Canada’s Food Guide. Click on Let’s Make A Meal at www.dietitians.ca/eatwell

Virtual Grocery Store Tour
The students pick grocery items and learn which are more nutritious by reading labels and responding to a quiz. Click on Virtual Grocery Store Tour at www.dietitians.ca/eatwell.

Nutrition Challenge
Nutrition Challenges are fun ways to get reliable health and nutrition information. Students can try the Nutrition Challenge Quiz, Crossword Puzzle: Great Food on the Move! and the Scavenger Hunt. Click on Nutrition Challenge at www.dietitians.ca/eatwell.

One Day @ a Time
This fun and interactive tool will allow the students to travel along a path to different healthy eating challenges. Click on One Day @ a Time at www.dietitians.ca/eatwell.

Playing the Policy Game
This tool kit highlights nutrition and physical activity policies in the school and community that teens can pursue with adult guidance. The booklet includes a collection of activities and success stories of California teens making nutrition and physical activity policy changes in their communities.

Playing the Policy Game outlines activities which drive this policy change process. Each step of the process is described in detail.

This is an American resource so please replace the U.S. food pyramid with Canada’s Food Guide. The resource is available at www.californiaprojectlean.org/resourcelibrary.
Eat Well and Be Active Educational Toolkit
This Toolkit is designed to teach children and adults about healthy lifestyle choices using Canada’s Food Guide and Canada’s Physical Activity Guide. The Toolkit includes the Eat Well and Be Active Every Day educational poster, downloadable activity plans as well as healthy eating and physical activity images and tips. www.health.gc.ca/eatwell-beactive

Saskatoon Health Region Handouts
Handouts about healthy meals and snacks, classroom celebration ideas and healthy fundraising. www.saskatoonhealthregion.ca/your_health/ps_food_nutrition_school_age_d.htm

Nourishing Minds – Eat Well. Learn Well. Live Well – Towards Comprehensive School Community Health: Nutrition Policy Development in Saskatchewan Schools
Guidelines for healthy school food policy. www.education.gov.sk.ca/nourishing-minds/

Healthy foods for my school
Healthy foods meet the standards for the four food groups of Canada’s Food Guide and prepared mixed dishes. www.health.gov.sk.ca/healthy-foods-school

Nutrition Positive Manual
Resources to enhance nutrition teaching, create a healthy food environment and develop healthy school food guidelines in your school. www.saskatoonhealthregion.ca/your_health/ps_food_nutrition_school_age_d.htm

Child Advocacy Toolkit
NAAFA (National Association to Advance Fat Acceptance) shifts the focus of the war on childhood obesity to a health-centred focus to embrace children of all sizes. issuu.com/naafa/docs/naafa_childadvocacy2011combined_v04?viewMode=magazine&mode=embed
Videos/DVDs:

The Weight of the World – Facing Obesity*
Explores societal changes that have contributed to the obesity epidemic. Includes teacher’s guide.

Super Size Me, Educationally Enhanced Version for Grades 6 to 12*
In this documentary, the film-maker eats only McDonald’s foods for thirty days. Topics include the obesity epidemic, corporate responsibility, nutrition education and school lunch programs.

Includes printable instructor’s manual, lesson plans, interactive activities and student handouts. Teachers are advised to view the documentary prior to considering using it in its entirety, as some material may be sensitive for some students. Rated PG.

Body Image*
Topics include self-esteem, body changes and development, impact of the media, eating disorders and steroids.

Beyond the Looking Glass*
Teenagers explore issues related to identity, body image and self-esteem.

Book:

Fast Food Nation
By Eric Schlosser
Also available on CD

Websites:
Dietitians of Canada
www.dietitians.ca

American Dietetic Association
www.eatright.org

Health Canada
www.hc-sc.gc.ca/nutrition

National Eating Disorder Information Centre
www.nedic.ca

National Eating Disorder Organization
www.nationaleatingdisorders.org

Center for Science in the Public Interest (CSPI)
www.cspinet.org

CSPI’s Smartmouth
www.smartmouth.org

Note: Inclusion on this list does not necessarily constitute an endorsement of all materials.

For more information contact the Health Promotion Department at (306) 655-4630.