

Renfrew County and District Health Unit
Health and Physical Education On-line Teaching Resources
TOPIC: Healthy Eating

July, 2019

Curriculum-linked Resources	Website	Description	Grades
Bright Bites En/Fr	www.brightbites.ca	Improving healthy eating in schools using a comprehensive approach can seem overwhelming. Bright Bites 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. Topics include: <ul style="list-style-type: none"> • Student Food Preparation • School Lunches and Snacks • Edible Gardens • Innovative Ideas • Nutrition Campaigns • Rewards and Incentives • Hot Lunch Programs • Vegetable and Fruit Promotion • Water and Sugary Drinks • Celebrations • Fundraising • Special Events • Teaching the Healthy Eating Curriculum 	K-12
Sip Smart!™ Ontario En/Fr	http://brightbites.ca/badge/sipsmart/	An interactive, classroom-based program, with curriculum matched lessons and extension activities, that aims to provide students with the knowledge and skills they need to make healthy drink choices and raise awareness of negative health consequences of sugary drink consumption.	Gr. 3-7
Food Share Educator Resources En/Fr	http://foodshare.net/program/educator/	Educator resources and workshop ideas for field-to- table projects in schools that are connected to the curriculum.	K-12
Ontario Edible Education Network	http://sustainontario.com/work/edibleeducation/	Free resources, ideas and inspiration to teach food literacy and connect students with healthy food systems.	K-12
Ontario Agri-Food Education	https://agscape.ca/index	Teacher resources including lessons and interactive ideas around the topic of farm to school and agri-food education.	K-12
OPHEA Health & Physical Education Curriculum Resources En/Fr	http://teachingtools.ophea.net/lessonplans/hpe	Health and physical education curriculum lesson plans, in both English and French, using your school board's password.	K-12
Agriculture in the Classroom: All About Food En/Fr	https://aitc-canada.ca/en-ca/	Fact Guide with resources to help cover agri-food lessons. Each page has a different topic with an in-depth lesson about that topic.	Gr. 9-12

Other websites for reliable food and nutrition information		
Ministry of Education School Food and Beverage Policy En/Fr	http://www.edu.gov.on.ca/eng/healthyschools/policy.html	Policy that includes the nutrition standards for food and beverages sold in schools, as well as various tools and resources, including learning modules and an assessment tool.
Unlock Food En/Fr	http://www.unlockfood.ca/en/default.aspx	Nutrition and healthy eating information, recipes, and information on how to access a Registered Dietitian by phone to have your nutrition questions answered.
Student Nutrition Ontario En/Fr	https://studentnutritionontario.ca/	Information and resources on student nutrition programs and how to get involved in your local student nutrition program.
Ontario Dietitians in Public Health En/Fr	https://www.odph.ca/student-nutrition-program-resources-1	Resources to assist in understanding and implementing the Student Nutrition Program Guidelines, including <u>new</u> learning modules.
Dietitians of Canada En/Fr	https://www.dietitians.ca/	Dietitians of Canada Tools, information and recipes for lifestyle and eating assessment, menu planning, nutrition from A-Z, and Nutrition Month ideas for the month of March.
Health Canada En/Fr	https://www.canada.ca/en/services/health/food-nutrition.html	Foods and Nutrition Repository of information on: - The food guide and healthy eating - Food recalls, risks and outbreaks - Food and safety standards - Food labels - Food allergies and intolerances - Nutrition science and research.
The Healthy Eating Manual	http://www.healthyeatingmanual.ca/index.php	Consists of a series of eight lesson plans to bring healthy eating to life in a practical way.
Foodland Ontario En/Fr	https://www.ontario.ca/foodland/foodland-ontario	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.
Ontario Farm Fresh	http://ontariofarmfresh.com/	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.
Half Your Plate En/Fr	http://www.halfyourplate.ca/	Information on the storage and preparation of a variety of vegetables and fruit. Includes videos, recipes and fact sheets.
Heart and Stroke Foundation – Healthy Kids En/Fr	https://www.heartandstroke.ca/get-healthy/healthy-kids/	Recipes, tools and tips to help kids eat healthy and to inspire heart-healthy habits in kids, including resources for schools parents and teachers.