

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

August 2022

| Curriculum-linked Resources | Website | Description | Grades |
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| Bright Bites En/Fr | https://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 |
| 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 | https://sustainontario.com/work/edible-education/ | 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 | https://ophea.net/resources | 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/ | Educational resources and activities to help cover agri-food lessons. Each page has a different topic with an in-depth lesson. | Gr. K-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 | http://www.unlockfood.ca/en/default.aspx | Nutrition and healthy eating | |

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| En/Fr | | 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. |
| 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. |
| Healthy Eating Toolkit | https://nutritionconnections.ca/learning-centre-2/healthy-eating-toolkit/ | Consists of a series of five 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. |
| Farm Fresh Ontario | https://farmfreshontario.com/ | Includes a monthly breakdown of fruits and vegetables in season in Ontario, with healthy farm-to-table recipes. |
| 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. |