Session 5 - Nutrition and the New Physical Education Curriculum with Heather Osmand and Danielle Todd; AHS RDs Population Public Health

UPDATE: Below is the completed link to the resources discussed on this webinar: Links to K-9 Lesson Plans.

- https://together4health.albertahealthservices.ca/teaching-food-and-nutrition \

Video Link: Words Matter!

- (27 min. video with great information)
- https://youtu.be/AbxHIhO_9eg?feature=shared

Notes on Alternatives to Food Rewards:

Try non-food rewards
If you use rewards to recognize student achievement, offer non-food options like:

- Words of praise and encouragement
- Certificates or awards of recognition
- Small non-food items, like stickers, stamps, erasers, bookmarks
- Extra time outside to socialize, play a game, or try a sport
- Leadership opportunities in the classroom or school

Intro's

- Population and Public Health
- Working on a population level - 37 dieticians across the province working with municipalities, schools, community support,
- Work with lots of different stakeholders.

Resources

Healthy eating starts here.

Food and Nutrition and Body Image Lesson Plans

- Working in consultation with the UofC, the Body Image Research Lab
- Dr. Slater, University of Manitoba
- Food and Nutrition Literacy Progression

The Creative Process:

- Teacher networks and focus groups
- Pilot Lesson Plans and focus groups
- Food Literacy Framework:

AGE APROPRIATE FOOD LITERACY:

- Benchmarks of how we develop practical skills and knowledge for healthy eating patterns.
- Best Practices
- Stages of Cognitive Development
- Curriculum alignment
- Taking a health equity lens - What foods do students have access to
- Food and Weight Neutral Lens
    - Food in an objective way vs. judgment
- Focus on Food exploration, skill building, and practical knowledge

Healthy Relationship with Food

- Sensitive Subject
- What is available and what can be done
- **What is a healthy relationship with food**
    - Different for everyone
    - Multi factorial
    - Traditional
    - Cultrual

    - Nurishment
    - Webinar video series for the Relationship with food
    - ENJOYMENT and Positive Emotions
- Roles around Food and Eating (STUDENT - FAMILY - SCHOOL)
    - Everyone involved in food and nourishment plays a different role
        - Parents - Access and availability (SES)
        - Schools - Guidance for offerings
            - Timing - snacks and lunches, water
            - Access to where and when -
        - Students - Have availability, but ultimately make the choices
            - Follow cues for hydration and hunger
            - Encourage eating a variety of food from what is available to them
            - SHARED EXPERIENCE with food.
- **What is NOT a healthy relationship with food**
    - What does my body need? What am I hungry for?

RESOURCES

- Prioritizing healthy relationships with food and body
- Neutral Language Examples
    - Video Series - Words Matter.
    - Building Brains Behind these Doors - Brains Need Water."

Healthy Eating in Schools: AHS K to 9 Lesson Plans

- Great work
- Shared impact

Connection to mental health for and with food.

- Labelling foods and their impact on the student are key considerations.

Practical skills for the classroom

- Variety of Food
- Main Groupings
- Avoiding shame and guilt
- Foods not on the Food Guide?
- They choose from what is available and what they like

- Messaging - Whose role is it to inform on this particular topic
    - Eg, order of eating
    - Nurishing
    - Older Grad: - Start talking about what will serve you at this age, and start using the Appropriate level of information for the age.
        - Why are we eating certain foods and things - familiar, cultural...
        - Are those good? What is in your lunch? What do you like?
        - Examples of situations to have AHS Dieticians put together a response to it for you.
        - Drinks PDF
        - Culture and Food Traditions
        - Answers to Student Questions
        - Suggested Answers to common food and nutrition Questions from Students.
        - We're focusing on WATER for this environment Canada'ss Food Guide: Kid's Tool Kit for Educators
    - https://www.albertahealthservices.ca/nutrition/Page6457.aspx
    - https://food-guide.canada.ca/en/toolkit-educators/
    - Ways to promote healthy eating for students.

Heather and Danielle AHS set up

publichealth.nutrition@ahs.ca

Cascading Information to the province?
Gym Space for nutrition
Nicole - Send ideas to the AHS Team about using the gym space in an active way in the gym. Resources and visuals to direct movement for quick setup in the gym. `

Nutrition Active Sessions:

- April hard - Lesson plans for nutrition are coming along well, and using the Apple Schools Provide, who is working on some lessons.
- Flash cards and materials for relay races
- Building activities and

LOGs for nutrition

Adventurous Play -
Links to Curricular Outcomes:
Planning Phase for PE.
Together for Health Page engagement