

TEACHING FOOD AND NUTRITION AND OTHER HEALTH AND WELLNESS RESOURCES

Creating a supportive environment for optimal learning and development in schools is strengthened with community partnerships. Population and public health dietitians have developed an abundance of resources to help support schools, educators, and families. In consultation with the Body Image Research Lab at the University of Calgary's Werklund School of Education, we have developed Health and Wellness lesson plans related to Food, Nutrition, and Body image concepts. They have been built on the valuable feedback that was received from teachers through surveys and focus groups. The lesson plans address outcomes from the [Health and Life Skills/Physical Education and Wellness](#) curricula in Alberta and incorporate evidence-based [age-appropriate food and nutrition literacy guidance](#). Concepts of healthy relationship with food were considered throughout the development of the lesson plans and include resources to support that work in the classrooms.

Creating a Healthy School Food Environment

- 1 Providing opportunities for healthy eating learning. *See links for new lesson plans below!*
- 2 Role modeling how to nourish the body and mind by our actions and language.
- 3 Supporting this environment includes images used, non-food rewards and celebrations, as well as what is available in canteens and as fundraisers.



Menu

Where do I find resources?



[Healthy Eating Starts Here](#). This website provides links to resources such as toolkits for school food programs, lesson plans, posters, and more.

Healthy Relationship with Food



Developing a healthy relationship with food starts at a very early age and can be supported in many ways in our schools. Here is where you can find ideas for the classroom to the whole school environment, [Healthy Relationship with Food](#). One example is using non food-based rewards in the classroom. Some ideas to consider using here, [Healthier Together](#).

Healthier Together



The Schools section of the Healthier Together website is operated by our Healthy Schools teams. [Healthier Together, Take Action Nutrition Resources for Schools](#).

Lesson Plans



With your help and feedback, new lesson plans have been created by Public Health RDs to support the nutrition portion of the curriculum. You can find the plans [here](#). New resources and plans are regularly being piloted, sign up to get alerts for new resources, [here](#).

Getting more support



Your local public health dietitians can provide support in a variety of ways. Whether it's PL sessions on personal wellness or classroom/school support, or something more specific, we are here to help and open to your ideas! [Dietitian PL supports](#).

Can't find what you're looking for? Let us know...



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