



Nutrition Services

## Population and Public Health Dietitians: How can we help you?




Provincial Consortium  
Wellness Champions  
April, 2025  
Presenter: Danielle Todd and  
Heather Osmond Hoover, RDs  
AHS Population Public Health



1

## Our ideas for today

- Who are we what do we do?
- Resources
- Lesson Plans
- What's next? Questions and Discussion




2

Nutrition Services

## PPH RDs

- Who are we?



4

Nutrition Services

## Resources

- Healthy Eating Starts Here
- Healthier Together
- AHS Nutrition Handouts
- Workshops and classes



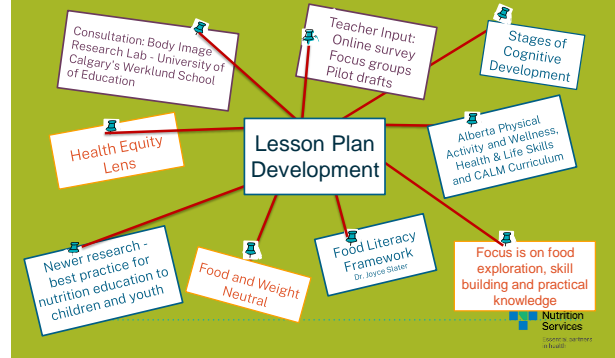
5

## Food & Nutrition and Body Image Lesson Plans

- The creative process
- Where are they?

6

## Creative Process - Lesson plan development



7

## Creative Process

Age-appropriate food and nutrition literacy guidance

- FANlit – [Food And Nutrition Literacy Progression](#), Dr. J Slater of University of Manitoba
- Nutrition literacy: a broad concept that encompasses knowledge, skills, and behaviours that can help to develop a healthy eating pattern
- Classroom Education Guidance - *available soon*
- *Teacher Backgrounder - coming with lesson plans*

10

10

## Creative Process

- Lesson plans include:
  - Aligned curriculum outcomes and KUSPs.
  - Additional background info and links.
  - Suggested book alignment.
  - Activities/worksheets.
  - Slide decks and speakers notes
  - Reflective questions.

12

12

## Where to find them

- [Together4Health](#)
- Final versions
  - [Healthy Eating Starts Here](#)
  - [Healthier Together](#)



13

13

## Where to find them – *Healthy Relationship With Food* resources



What is a healthy relationship with food?



April 29, 2025

14

## Where to find them – *Healthy Relationship With Food* resources

- [Webpage](#)
- [Tips for Choosing Classroom Resources: Promoting a Healthy Relationship with Food and Body](#)
- [Neutral language examples](#)
- [Video series – Words Matter!](#)



April 29, 2025

16

Nutrition Services

## Coming Soon

- Kindergarten to Grade 9 final lesson plans
- Pilot of Grade 10 resources on meal planning (fall 2025)
- Teacher Backgrounder for grades 10-12 (fall 2025)



April 29, 2025

17

What's next?



How can we support you?

What would you like from us?

How do you want to hear from us?



19

THANK YOU!



PublicHealthNutrition@ahs.ca



23

19

23