

NUTRITION, FOOD LITERACY AND BODY DIVERSITY: CURRICULUM SUPPORT RESOURCES FOR ELEMENTARY SCHOOLS

The following resources will support you in meeting curriculum expectations, as well as teaching nutrition, food literacy and media literacy in a positive, food and weight neutral way.

Curriculum resources

RESOURCES TO SUPPORT NUTRITION AND FOOD LITERACY IN THE CURRICULUM

[OPHEA - Health & Physical Education Curriculum Resources](#)

- For grades 1 to 8 consistent with the 2019 H&PE Curriculum: Movement Competence & Active Living, and Healthy Living

[OPHEA's Food for Thought – Improving Food Literacy](#)

- A free online resource that integrates food literacy and media literacy into discussions about healthy eating. It provides students with the skills they need to make healthier food choices in a variety of settings, considering the factors within their control
- This resource includes [lesson plans and supplements](#) developed by Growing Chefs! Ontario that offers safe ways to learn about food, while making connections to [The Ontario Curriculum, Grades 1 to 8: Health and Physical Education \(2019\)](#). French Growing Chefs! Ontario classroom supports are now also available to access and download for free!

[Sustain Ontario – Food Literacy Resources](#)

- Hands-on teaching resources and lesson plans for educators; as well as case studies, evaluations, guides, and other resources to support education about our food and food systems. Topics include sustainable foods, food systems, biodiversity, climate change, food waste, agriculture, food sovereignty in Canada, growing local food and more

[BrightBites for Educators](#) – Food Literacy and Curriculum Support

- Resources, lesson plans and activity ideas to promote healthy eating in the classroom. Find lesson plan suggestions to support implementation of the curriculum.
 - [BrightBites](#): A resource developed by registered dietitians in public health units in Ontario. In the site are different badges that correspond to various school nutrition topics

PUBLIC HEALTH

1-877-464-9675
TTY 1-866-512-6228
york.ca/nutrition



RESOURCE TO SUPPORT MEDIA LITERACY ON BODY IMAGE, BODY DIVERSITY AND SELF-ESTEEM

Dove Confident Me

- A free resource designed to empower students to feel confident and reach their full potential; educating the next generation on self-esteem and body confidence, this resource encourages a positive relationship with beauty

TOOLS FOR EDUCATORS AND ADULT INFLUENCERS

Webinar by NEDIC (pre-recorded) – Supporting Teachers

- Tools and information to better understand Body Image Issues and Eating Disorders in Youth (one hour)

Supporting Minds - Chapter #5: Eating and Weight-related Problems

- Strategies on how to support healthy attitudes about body image and eating habits among students

Ontario Dietitians in Public Health: Health and Wellbeing Philosophy and Approach to Weight (2018)

- A coordinated approach to guide public health in supporting health promotion efforts, while minimizing the harmful consequences of using weight-centered language and a weight focus (i.e., weight loss)

Ontario Dietitians in Public Health: Nurturing Healthy Eaters in Elementary Schools (2019)

- Information on nurturing healthy eaters in elementary schools with tips for parents and caregivers and schools
- This resource is available in [French](#)

WEIGHT BIAS RESOURCES

Ontario Dietitians in Public Health: Mental Health and Weight Bias in Schools (2020)

- Information for educators on weight-based stigmatism
- This resource is available in [French](#)

University of Connecticut Rudd Center for Food Policy & Obesity: How to Talk to Your Child About Weight Bias (2020)

- This tip sheet provides guidance to parents in supporting a child who is experiencing weight-based teasing or bullying

Ontario Dietitians in Public Health Addressing Weight Bias: A Call to Action (2019)

- Information for educators on how weight bias can affect anyone across the weight spectrum
- This resource is available in [French](#)

Other curriculum resources

Canada's Food Guide

- Health Canada provides extensive supporting information regarding Canada's Food Guide. Resources include recipes, healthy eating information for different life stages and tips on meal planning.
- To receive copies of the Food Guide Snapshot, please fill out the order form on the Health Canada Ordering System website (click on [Nutrition Publications](#))
- The food guide is available in 28 languages including French, Italian, Punjabi, and Tamil

York Region Public Health, Healthy Schools

Public Health provides a variety of nutrition resources and fact sheets. These resources can be used by teachers as background information or can be used as school newsletter inserts. Visit york.ca/nutrition (click on Nutrition Resources) for more information.

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