

SECONDARY CURRICULUM AND EDUCATOR RESOURCES: FOOD AND NUTRITION

The following resources will support curriculum expectations and help you teach nutrition and food literacy in a positive way.

Curriculum Resources

[Sustain Ontario – Food is Science](#)

- Evidence-based resources to support Gr.9 educators in both understanding and teaching food literacy learnings in Ontario’s Science and Technology curriculum; available in [French](#)

[Physical and Health Education Canada \(PHE Canada\): Healthy Eating Education Activities](#)

- Activities to provide students K-12 with a foundational understanding to address the “what, why, and how” as it relates to healthy eating learning through the Think, Feel Act competencies; available in [French](#)

[OPHEA Health and Physical Education \(H&PE\) Secondary Resources](#)

- Resources to support secondary school teachers help students acquire physical and health literacy skills and lead healthy, active lives; available in [French](#)

Professional Learning Resources for Educators

[Ontario Dietitians in Public Health: Nurturing Healthy Eaters in Secondary Schools](#)

- Information on how school community members can support students in secondary schools to nurture healthy eating; available in [French](#)

[Ontario Dietitians in Public Health: Creating a positive food environment in schools](#)

- Learn how schools can be a place for students to eat well and develop a positive relationship with food; available in [French](#)

[Food for Thought: Using a Food Neutral Approach at School](#)

- This webinar covers how you can use a food neutral approach to create a positive school food environment. By the end of the session, you will understand the concept of food neutrality, demonstrate how to use food neutral language, and identify opportunities and resources to adopt a food-neutral approach at school

PUBLIC HEALTH

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



[Canada's Food Guide](#)

- *Canada's Food Guide* includes the Food Guide Snapshot, recipes and cooking skills, tips for healthy eating, and resources. 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 several languages

[OFSHEEA - Diet Culture: Recognise it, Reject it, Revise the Narrative!](#)

- This series encourages Family Studies teachers to recognize how diet culture can easily infiltrate Foods courses and provides resources for teachers to examine their own relationship to diet culture with the goal of removing it from teaching and replacing it with more positive and inclusive approaches to addressing bodies and nutrition

RESOURCES TO PROMOTE BODY DIVERSITY AND ADDRESS WEIGHT BIAS

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

- Information for educators on weight-based stigma; available in [French](#)

[Weight-Neutral Wellbeing in the School Setting](#)

- Recommendations to address weight bias and ensure weight-neutral wellbeing in the school setting so that School is for Every Body

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