



You can help students develop a positive relationship with food and eating! Focus nutrition education around food and experiences that allow students to explore foods and build their comfort with choosing, growing, and preparing foods. Before age 12, encourage food exploration and teach about food rather than nutrients.

[Teaching and Talking to Students About Food and Nutrition](#)



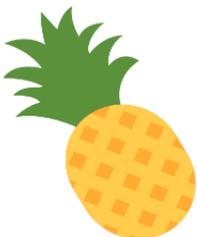
[Guiding Principles for Teaching Food & Nutrition](#)



| Resource | | Description | |
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| All About Food Allergy (Gr 4-6) |  | Comprehensive overview of food allergy and anaphylaxis, and how to be a food allergy ally. Lesson plans, presentations, extension activities and jeopardy game provide cross-curricular connections to science, language, drama, health & wellness, math and visual arts. | ✓ Lesson Plans |
| BC Agriculture in the Classroom (K-12) |  | Founded by a small group of farmers, teachers, and agriculture enthusiasts, BCAITC provides programs, games, recipes and teacher resources including lesson plans, learning kits, mini unit plans, videos, and posters. | ✓ Lesson Plans |
| BC Dairy Nutrition Education (K-12) |  | Resources to help students learn how to eat well and develop a positive relationship with food; curriculum linked nutrition education programs that come with a free 1 hour workshop taught by Registered Dietitians, lesson plans, class materials, & mini food grants. | ✓ Lesson Plans |
| Canada's Food Guide – Toolkit for Educators (K-12) |  | The toolkit provides activities to help children aged 4 to 11 explore foods, learn food skills, develop healthy eating habits, and understand Canada's Food Guide. Middle & secondary students can delve into Canada's Dietary Guidelines for research-based projects. | ✓ Lesson Plans |
| CRFAIR Food Connections/ Food literacy (Gr 6-12) |  | Educator's package with video and lesson plan helps students learn about and explore food insecurity. Links to other food literacy resources included. Created by the Capital Region Food & Agriculture Initiative Roundtable. | ✓ Lesson Plans |
| Farm to School BC (K-12) |  | Provides various teacher and school resources including a guide to growing a school farm, school garden resources including crop planning resources, learning from the land toolkit, seasonal learning activities, food literacy resource lists, curriculum connections, grants, program budget calculators, salad bar resources and a school garden mentorship program . | ✓ Lesson Plans |



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| <p>Hands on Food (Gr 4-7)</p> |  | <p>This food literacy curriculum includes recipes and lessons that focus on local food and a sustainable food system through food-based learning. Developed for educators by educators & health professionals, this resource can be used to teach food skills including growing & preparing food, and reducing waste.</p> | <p>✓ Lesson Plans</p> |
| <p>HealthLinkBC Healthy Eating (all ages)</p> |  | <p>Evidence-based information on food & nutrition topics; great for student-led inquiry. Includes free calls (811) or emails to a HealthLinkBC Dietitian.</p> | <p>✓ Lesson Plans</p> |
| <p>Healthy Schools BC (K-12)</p> |  | <p>Educator-focused, evidence informed resources, healthy school grants, and success stories. Includes many resources in French.</p> | <p>✓ Lesson Plans</p> |
| <p>Island Health Public Health Dietitians (K-12)</p> |  | <p>Individual or group support for educators, schools and districts, including professional development, curriculum resources, and connections to community services. Unable to provide direct teaching to students.</p> | |
| <p>ShareEdBC (K-12)</p> |  | <p>Online sharing platform for BC educators including ready to use resources, planning and pro-D resources, searchable by curricular area. To ensure security, this platform requires an invitation to activate your free account; contact ShareEdBC@gov.bc.ca</p> | <p>✓ Lesson Plans</p> |
| <p>Teach Food First (K-8)</p> |  | <p>Toolkit with lesson plans on mindful eating, Traditional foods, eating together, where food comes from, recipes & more. Developed by BC Teachers, Ministry of Health, BCCDC, Dietitians, and Indigenous Knowledge Keepers. Focuses on a food exploration approach and includes guiding principles for educators.</p> | <p>✓ Lesson Plans</p> |
| <p>Toronto FoodShare Educator Resources (all ages)</p> |  | <p>Tools & learning units to create culturally-affirming learning environments where students can share and build on their knowledge about the food system and ways to engage in meaningful change. Updated lesson series include Body Liberation, Right to Food & Green New Meals.</p> | <p>✓ Lesson Plans</p> |



Looking for healthy schools or health-related resources or support?
Check out [Healthy Schools | Island Health](#) or contact your local [health unit](#) and ask to speak with a member of the healthy schools team.

