

# Canadian Food & Nutrition Resources for Educators (K-12)



Help students cultivate a positive relationship with food and eating. Avoid messaging about ‘bad’ or ‘unhealthy’ food. Focus on balance, variety, mindful eating, and fueling minds and bodies for wellness rather than for appearance or weight. Before age 12, encourage food exploration and teach about food rather than nutrients. See [Guiding Principles for Teaching Food & Nutrition](#).

Resource*	Description & Link *Resources listed in alphabetical order, not priority order
<a href="#">BC Agriculture in the Classroom (K-12)</a>	<a href="#">Teaching resources</a> including lesson plans about food and agriculture, searchable by grade and topic, such as Fresh Stories about foods (Primary or Intermediate) Grow BC Stories, <a href="#">Bee Friendly</a> , <a href="#">CanadaFoodGuideActivities Gr 6-12</a> and Spuds in Tubs.
<a href="#">BC Dairy Nutrition Education (K-12)</a>	Nutrition education lesson plans such as <a href="#">Food Guide Digital Scavenger Hunt Gr 6-12</a> <a href="#">BC At the Table Video Lesson Plans Gr 7-12</a> and free teacher workshops by dietitians.
<a href="#">Canada’s Food Guide (K-12)</a>	Food Guide Snapshot in multiple languages, mindful eating, eating together, recipes, eating guidelines & more! Great resources for student-led inquiry!
<a href="#">CRFAIR Food Literacy Food Connections (Gr 6-12)</a>	Educator’s package with video and lesson plan to explore food insecurity, with links to other food literacy resources, from the Capital Region Food & Agriculture Initiative Roundtable.
<a href="#">Farm to School BC (K-12)</a>	Live and pre-recorded webinars and teaching resources such as <a href="#">Learning from the Land Toolkit K-12</a> , <a href="#">Fall, Winter &amp; Spring Planting Guides</a> , <a href="#">Curriculum Connections (K-12)</a> & more.
<a href="#">HealthLinkBC Healthy Eating (all ages)</a>	Evidence-based information on food & nutrition topics; great for student-led inquiry. Includes free calls (811) or emails to a <a href="#">HealthLinkBC Dietitian</a> .
<a href="#">Healthy Schools BC (K-12)</a>	Many resources including lessons & resources searchable by grade and topic, healthy school grants and success stories. Includes many resources in French.
<a href="#">Physical &amp; Health Education (PHE) Canada (K-12)</a>	Practical, fun activities and lesson plans in four health areas: healthy eating, physical activity, emotional well-being, healthy bodies.
<a href="#">ShareEdBC (K-12)</a>	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 <a href="mailto:ShareEdBC@gov.bc.ca">ShareEdBC@gov.bc.ca</a>
<a href="#">Teach Food First Educators’ Toolkit (K-8)</a> <b>New!</b>	Toolkit for exploring Canada’s Food Guide developed with BC teachers & dietitians. Includes guiding principles for educators and >50 lesson plans searchable by grade & topic, including lessons on Indigenous foods.



Looking for healthy schools support, PHE curriculum resources or Pro-D? Contact your local health unit and ask to speak with a school team member [www.islandhealth.ca/our-locations/health-unit-locations](http://www.islandhealth.ca/our-locations/health-unit-locations)

