

School Nutrition Education Resource List

This List provides teachers, educators, and administrators with information and materials about nutrition, food and how to create healthy eating environments in schools.

We strive to make sure the resources on this list align with the Comprehensive School Health Model, Alberta Education Curriculum, the Alberta Nutrition Guidelines for Children and Youth, and Canada's Food Guide where appropriate. This is a work in progress and updates are ongoing.

Resources are grouped into these sections:

Nutrition in the Classroom.....[page 2](#)

- Lesson Plans
- Healthy Eating

Teacher Professional Development.....[page 3](#)

- Healthy Relationship with Food

Nutrition Beyond the Classroom.....[page 4](#)

- Food Provision and School Meal Programs
- Healthy Eating Environment
- Sports Nutrition
- Resources to Support the Implementation of the Alberta Nutrition Guidelines for Children and Youth

Ressources éducatives scolaires sur la nutrition publiées en français.....[page 8](#)

- Créer des environnements alimentaires sains dans les écoles
- Bien manger

How to access these resources:

Visit www.ahs.ca/schoolnutrition or click on the links on this list.

Questions?

If you have questions, comments or can't find what you are looking for, please contact Publichealth.nutrition@ahs.ca.

Nutrition in the Classroom

Lesson Plans

Kindergarten – Grade 3

- Family Food Choices
- My Healthy Food Placemat
- Snack Talk
- What Food Am I

Grade 4 – 6

- Be a Restaurant Entrepreneur
- Foods of the World
- Junior Chef Snack Competition

www.ahs.ca/nutrition/page2918.aspx

Healthy Eating

Canada's Food Guide (en [français](#))

This resource provides information on healthy eating and healthy eating habits. It is available in 31 languages.

To order printed copies go to <https://food-guide.canada.ca/en/food-guide-snapshot/> and click on Order a Copy

www.canada.ca/foodguide

Healthy Eating Handouts

These handouts may be shared with parents or older students learning about meal preparation.

Topics Include:

- Eat More Vegetables and Fruit
- Fibre Facts
- Grocery Shopping the Healthy Way
- Healthy Drinks, Healthy Kids
- Healthy Snacking
- Quick and Easy Meals
- Snacks
- Wake up to Breakfast Everyday
- What's for Lunch?

www.ahs.ca/nutritionhandouts and select Healthy Eating Topic

My Menu Planner (en [français](#))

This tool is useful for older students learning about menu planning.

www.unlockfood.ca/MenuPlanner.aspx

Unlock Food (en [français](#))

This website provides information on nutrition, food, and healthy eating, as well as recipes, videos, and online tools.

www.unlockfood.ca

Use Food Labels (en [français](#))

This website provides information on the benefits of using food labels and how to read food labels.

<https://food-guide.canada.ca/en/healthy-eating-recommendations/using-food-labels/>

Teacher Professional Development

Healthy Relationship with Food

Healthy Relationship with Food

This webpage provides information and resources to support teachers in promoting a healthy relationship with food.

www.ahs.ca/nutrition/Page6457.aspx

Ways Educators Can Promote a Healthy Relationship with Food

This handout provides information about how to promote a healthy relationship with food, including language tips for interacting with students.

www.ahs.ca/assets/info/nutrition/if-nfs-ways-educators-can-promote-a-healthy-relationship-with-food.pdf

Words Matter!: Video Series

Content warning: Diets and dieting, eating disorders and disordered eating, weight and body image are discussed in this presentation.

- Introduction and Why Words Matter
Explore key concepts like fatphobia, weight bias/stigma/discrimination, and food morality.
- Leading Change
Learn about language and approaches to lead change in the classroom and broader school environment.
- Taking It to The Classroom
Test your knowledge and understanding with five case studies.
- Resource Video
Additional resources to support educator learning.

<https://www.youtube.com/playlist?list=PLi1tOF1I5ZoVkWkLNFL4yjHgibb1s8qQX>

Nutrition Beyond the Classroom

Schools.healthiertogether.ca - Comprehensive School Health Approach (en [français](#))

This website provides resources to support healthy school communities including information on policy.

<https://schools.healthiertogether.ca/en/learn/the-csh-framework/>

Healthy Eating Environment

Resources to help schools promote healthy eating and make healthy food the norm.

Healthy Eating Poster Series

These posters promote healthy eating choices to elementary students (kindergarten to grade 6) at school.

- Eat Breakfast Every Day - Hot
- Eat Breakfast Every Day - Cold
- Drink Water, If Thirsty
- Choose a Healthy Drink
- Eat a Healthy Lunch
- Pack a Healthy Lunch
- Try Eating a New Food - Bun
- Try Eating a New Food – Sub
- Try New Foods
- Choose a Healthy Snack
- Snack on Fruit
- Snack on Vegetables
- Eat a Healthy Snack

www.ahs.ca/nutrition/Page2915.aspx

A Guide to Growing School Gardens in Alberta

This guide has curricular links, lesson ideas, planning tools and timing charts to support teachers of all grade levels as they implement gardening in their classroom.

<https://open.alberta.ca/publications/guide-to-growing-school-gardens-in-alberta>

Healthy School Fundraising

This handout provides steps to help your school create a healthy fundraising policy, tips for successful fundraising and a variety of healthy fundraising ideas.

www.ahs.ca/assets/info/nutrition/if-nfs-healthy-fundraising.pdf

Healthier Vending Toolkit

This toolkit provides resources to help your school offer healthier foods and drinks in their vending machines.

www.ahs.ca/nutrition/Page13884.aspx

School is for Every Body: Our Vision for Weight-Neutral Wellbeing in the School Setting

This document provides a vision for weight-neutral wellbeing in schools.

<https://werklund.ucalgary.ca/research/body-image-lab/resources/weight-neutral-wellbeing-in-school>

Schools.healthiertogether.ca - Take Action (en [français](#))

This website offers evidence-based strategies to take action on school wellness. Use them to spark your imagination, and adapt them to suit your school community.

- [Take action: Design healthy eating spaces](#)
- [Take action: Grow love for vegetables and fruit](#)
- [Take action: Put nutrition policy in place](#)
- [Take action: Go beyond food](#)
- [Take action: Market healthy food and drink](#)
- [Take action: Focus on food literacy](#)

<https://schools.healthiertogether.ca/en/take-action/get-ideas-that-work/>

Food Provision and School Meal Programs

Resources to help schools choose, offer, and promote healthy food.

How to Market Healthy Food & Drinks

These posters provide information and strategies to help schools to improve and sustain healthy food changes. They cover the 4 principles of marketing: Product, Pricing, Promotion, and Placement.

www.ahs.ca/nutrition/Page17170.aspx

Request for Proposal (RFP): Healthy Food Product Specifications

This document helps schools and/or school districts in negotiating contracts with vendors and making a transition towards offering healthy food options.

www.ahs.ca/assets/info/nutrition/if-nfs-request-for-proposal.doc

Reverse Lunch Toolkit: Play Before Lunch! (en [français](#))

This toolkit provides information about the benefits of reverse lunch, ideas for starting a reverse lunch program, and sample resources for use at your school.

www.ahs.ca/assets/info/nutrition/if-nfs-reverse-lunch-toolkit.pdf

School Breakfast Program Toolkit

This toolkit is a practical guide to help a school start or improve a school breakfast program.

www.ahs.ca/assets/info/nutrition/if-nfs-school-breakfast-program-toolkit.pdf

School Food Vendor Checklist

This checklist can help schools determine whether a vendor or caterer can provide foods that meet their needs.

www.ahs.ca/assets/info/nutrition/if-nfs-sch-food-vend-checklist.pdf

School Menu Checklist

This checklist provides guidance to schools around healthy food choices, when reviewing menus for school meals and snacks.

www.ahs.ca/assets/info/nutrition/if-nfs-sch-menu-checklist.pdf

Special Lunch Days (en [français](#))

This handout provides information to help schools to make special lunch days healthy, but still fun.

www.ahs.ca/assets/info/nutrition/if-nfs-special-lunch-days.pdf

Sports Nutrition

Resources to help coaches provide nutrition information to their athletes.

Sports Nutrition For Youth: A Handbook for Coaches

This handbook provides sports nutrition recommendations and teaching tools for school and community coaches of recreational athletes and active youth aged 12–18 years.

www.ahs.ca/assets/info/nutrition/if-nfs-sports-nutrition-for-youth.pdf

Infographic Posters – Fueling for Sports Nutrition

These posters are visual learning tools that can be displayed in gyms, locker rooms or recreation centres.

- [What to Eat Before Activity](#)
- [What to Eat During and After Activity](#)
- [Hydration Before, During and After Activity](#)
- [Planning for Tournaments, Competition and Travel](#)

www.ahs.ca/nutrition/Page9597.aspx

Handouts – Fueling for Sports Nutrition

- [Eating for Activity](#)
- [Hydration for Activity](#)
- [Tournaments and Travel](#)

www.ahs.ca/nutrition/Page9597.aspx

Resources to Support Implementation of The Alberta Nutrition Guidelines for Children and Youth

Tools and resources to support healthy food environments in schools and promote the implementation of the Alberta Nutrition Guidelines for Children and Youth.

Alberta Nutrition Guidelines for Children and Youth (en [français](#))

The Alberta Nutrition Guidelines for Children and Youth help Albertans create environments which provide and promote healthy food choices and healthy attitudes about food. It offers guidance on providing children and youth with healthy food choices in childcare settings, schools, recreation centres, at special events, and in the community at large.

<https://open.alberta.ca/publications/5906406>

Healthy Eating For Children and Youth in Schools: A booklet to help you understand the ANGCY (en [français](#))

This easy-to-read resource explains how to use the Alberta Nutrition Guidelines for Children and Youth and provides an in-depth example on how to read a Nutrition Facts Table.

<https://open.alberta.ca/publications/healthy-eating-for-children-and-youth-in-schools>

Alberta Nutrition Guidelines for Children and Youth: An Overview (en [français](#))

This handout provides a quick look at the Alberta Nutrition Guidelines for Children and Youth Food Rating System.

www.ahs.ca/assets/info/nutrition/if-nfs-angcy-overview.pdf

A Guide to Offering Healthy Food and Drinks in Schools

This resource helps you find food and drinks based on the Alberta Nutrition Guidelines for Children and Youth.

www.ahs.ca/assets/info/nutrition/if-nfs-pph-guide-healthy-food-drinks-in-schools.pdf

Healthy Food Checker

This interactive tool compares the nutrition information from a Nutrition Facts Table with the Alberta Nutrition Guidelines to find out if a food or drink is Choose Most Often, Choose Sometimes, or Choose Least Often.

www.ahs.ca/nutrition/Page13977.aspx

Ressources éducatives scolaires sur la nutrition publiées en français

Créer des environnements alimentaires sains dans les écoles

Boîte à outils pour l'inversion de la pause-repas: Jouer avant de manger! (Reverse Lunch Toolkit: Play Before Lunch!)

Cette trousse d'outils offre des renseignements au sujet des avantages de l'inversion de la pause-repas, des idées pour mettre sur pied un programme d'inversion de la pause-repas et des échantillons de ressources à utiliser dans votre école.

www.ahs.ca/assets/info/nutrition/if-nfs-fr-reverse-lunch-toolkit.pdf

Dîners spéciaux (Special Lunch Days)

Ce document fournit de l'information pour aider les écoles à créer des journées de repas spéciaux à la fois sains et amusants.

www.ahs.ca/assets/info/nutrition/if-nfs-fr-special-lunch-day.pdf

Lignes directrices de l'Alberta en matière de nutrition pour les enfants et les jeunes (Alberta Nutrition Guidelines for Children and Youth)

Ces lignes directrices aident les Albertains et les Albertaines à créer un environnement qui offre des choix d'aliments sains et d'attitudes saines envers les aliments et en fait la promotion. Elles permettent de fournir aux établissements et aux organismes les outils nécessaires pour offrir aux enfants et aux jeunes des choix d'aliments sains dans les centres de la petite enfance, les écoles, les centres récréatifs, les événements spéciaux ainsi que dans l'ensemble de la communauté.

<https://open.alberta.ca/publications/5513539>

L'alimentation saine des enfants et des jeunes dans les écoles (Healthy Eating for Children and Youth in Schools)

L'alimentation saine des enfants et des jeunes dans les écoles: Une ressource pour vous aider à comprendre les Lignes directrices de l'Alberta en matière de nutrition pour les enfants et les jeunes.

<https://open.alberta.ca/publications/alimentation-saine-des-enfants-et-des-jeunes-dan-les-ecoles>

Lignes directrices de l'Alberta en matière de nutrition pour les enfants et les jeunes – Vue d'ensemble (Alberta Nutrition Guidelines for Children and Youth: An Overview)

Ce document offre un aperçu du système de classification des Lignes directrices de l'Alberta en matière de nutrition pour les enfants et les jeunes.

www.ahs.ca/assets/info/nutrition/if-nfs-ns-angcy-overview-french_.pdf

Saines collectes de fonds pour les écoles (Healthy School Fundraising)

Ce document présente les étapes à suivre pour aider votre école à créer une politique de saines collectes de fonds. On y trouve des conseils pour réaliser avec succès des collectes de fonds ainsi qu'une panoplie d'idées pour mettre sur pied de saines collectes de fonds.

www.ahs.ca/assets/info/nutrition/if-nfs-fr-healthy-fundraising.pdf

Bien manger

Découvrez Les Aliments (Unlock Food)

Vous trouverez de l'information sur la nutrition, les aliments et la saine alimentation, ainsi que des recettes, des vidéos et des outils en ligne. Le site propose de l'information sur des centaines de sujets de A à Z.

[DécouvrezLesAliments.ca](https://unlockfood.ca)

Guide alimentaire canadien (Canada's Food Guide - also in many other languages)

Des informations sur une alimentation saine et des habitudes alimentaires saines.

Pour commander des exemplaires gratuits, allez à <https://guide-alimentaire.canada.ca/fr/guide-alimentaire-en-bref/> et cliquez sur Commander une copie.

www.canada.ca/guidealimentaire

Mon planificateur de menu (My Menu Planner)

Il s'agit d'une merveilleuse ressource pour les cours de technologie et de carrières liées à l'alimentation. Remarque : Il se peut que cet outil ne suive pas les Lignes directrices de l'Alberta en matière de nutrition pour les enfants et les jeunes.

www.unlockfood.ca/fr/MenuPlanner.aspx

Utilisez les étiquettes des aliments (Use Food Labels)

Des informations sur les avantages de l'utilisation des étiquettes des aliments et comment lire les étiquettes des aliments.

<https://guide-alimentaire.canada.ca/fr/recommandations-en-matiere-dalimentation-saine/consulter-les-etiquettes-des-aliments/>