



## Nutrition Education in Schools: Resources at a Glance

Do you need quick ideas to promote and teach nutrition and healthy eating to students? Check out these nutrition resources to use in your classroom or school.

### Nutrition in the classroom

Resources for teachers

**Lesson Plans** – These activities are sorted by division level and are available for Kindergarten through Grade 6. Visit [healthyeatingstartshere.ca](http://healthyeatingstartshere.ca) – Healthy Eating at School –Lesson Plans at [www.albertahealthservices.ca/nutrition/Page2918.aspx](http://www.albertahealthservices.ca/nutrition/Page2918.aspx)

**Nutrition Activities in Any Classroom** – The English or French teacher’s guide provides junior and senior high teachers with 10 ready-to-use interactive activity stations. Includes activity descriptions and key messages, station set-up instructions, printable worksheets, and activity materials. The activities can be self-directed or completed as a class.

[www.albertahealthservices.ca/nutrition/Page15073.aspx](http://www.albertahealthservices.ca/nutrition/Page15073.aspx)

**Sugar Shocker Kit** – This kit contains information and classroom activities on healthy beverage choices. Use the “Creating the Sugar Shocker Kit with Drink Containers” (Page 11) to have students create a display for the school or at Parent Teacher night. Find this resource at: [www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sugar-shocker-kit.pdf](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sugar-shocker-kit.pdf)

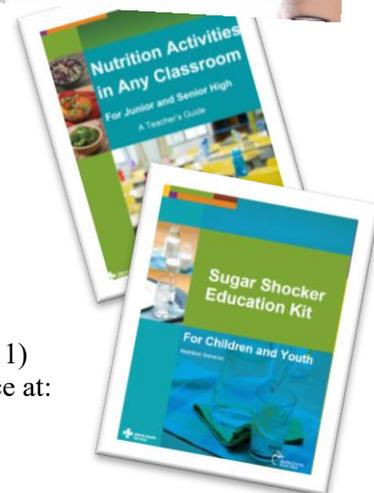
### Nutrition beyond the classroom

Resources for staff, students and parents

**Healthy Eating Poster Series** – Use these colourful posters around your school to promote healthy eating messages to students. [www.albertahealthservices.ca/nutrition/Page2915.aspx](http://www.albertahealthservices.ca/nutrition/Page2915.aspx)

**Nutrition Bites** – Copy or paste these short nutrition articles to insert into your school newsletter or use the PDF document as an information sheet. Find over 20 different nutrition topics at [www.albertahealthservices.ca/nutrition/Page6457.aspx](http://www.albertahealthservices.ca/nutrition/Page6457.aspx)

**School Announcements** – Get elementary and junior high students involved by having them read short announcements on nutrition, meals, snacks, and drinks at [www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-na.pdf](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-na.pdf)



## School food program supports

Resources for breakfast/lunch program coordinators, parent volunteers, teachers and school staff

**School Menu Checklist** – This menu checklist provides general guidance to schools around healthy food choices, when reviewing menus for school meals and snacks.

[www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sch-menu-checklist.pdf](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sch-menu-checklist.pdf)

**School Vendor Checklist** – This checklist can assist schools to identify whether a food vendor or caterer can meet the needs of the school.

[www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sch-food-vend-checklist.pdf](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sch-food-vend-checklist.pdf)

**Breakfast Program Toolkit** – This toolkit offers a simple step based approach to school breakfast programs for those starting up or looking to enhance a school breakfast program.

[www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-breakfast-program-toolkit.pdf](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-breakfast-program-toolkit.pdf)

**Special Lunch Days** – This handout provides information on making special lunch days healthy.

[www.albertahealthservices.ca/assets/info/nutrition/if-nfs-special-lunch-days.pdf](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-special-lunch-days.pdf)



**Recipes** – Looking for healthy recipes? Maybe it's for a school food program, recipe-of-the-month or a parent newsletter or school website? Or maybe you need recipes for healthier foods at classroom celebrations.

Check out *Inspiring Healthy Eating* at:

[www.albertahealthservices.ca/nutrition/Page10996.aspx](http://www.albertahealthservices.ca/nutrition/Page10996.aspx)