

# School Nutrition Education Resource List

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The School Nutrition Education Resource List provides school teachers, child educators, administrators, health professionals and parents with information and materials to teach students and children about nutrition and healthy food choices. Alberta Health Services supports healthy food environments in schools, recreation facilities and child care centres. School nutrition education resources enable Albertans to make healthy choices and live a healthy lifestyle.

All nutrition education resources found on this list support standards set by Alberta Health Services (AHS) Nutrition Services and align with the Comprehensive School Health Model, Alberta Education Curriculum, the Alberta Nutrition Guidelines for Children and Youth, and Eating Well with Canada's Food Guide. This list is not comprehensive, other materials are available at [healthyeatingstartshere.ca](http://healthyeatingstartshere.ca).

## Resources are grouped into these topics:

### [Creating Healthy Eating Environments in Schools](#) ..... Page 2

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

### [Nutrition Guidelines and Healthy Eating](#)..... Page 3

- Tools and resources to teach students and children about nutrition and healthy food choices. Includes information on Canada's Food Guide, choosing and preparing healthy food, vegetables and fruit, portion sizes, choosing healthy drinks, and additional links.

### [Manuals and Toolkits](#)..... Page 8

- Manuals and toolkits for teaching children and youth about healthy eating, or for creating a Healthy Eating Environment.

### [Nutrition Resource Kits – Curriculum Based Lesson Plans](#)..... Page 9

- Lesson plans that meet Alberta Education's Health and Life Skills Curriculum Outcomes for Kindergarten to Grade 9.

### [Teaching and Learning Tools](#) ..... Page 10

- Classroom activities for use with junior and senior high school students.

### [Nutrition Bites](#) ..... Page 10

- Nutrition topics ready to be inserted into your school newsletter.

### [Ressources éducatives scolaires sur la nutrition publiées en français](#) ..... Page 12

- School nutrition education resources in French.

## How to access resources:

Visit [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca) to access or download many of the resources listed. Choose “[Learn More](#)” under the *Healthy Eating at School* heading and then choose the “[School Nutrition Education Resource List](#)”.

If you are looking for an Alberta Health Services Nutrition Services resource not listed here, please contact Nutrition Education Resources by email: [NutritionResources@ahs.ca](mailto:NutritionResources@ahs.ca) or Phone: (780) 735-1335.

Document Name	Type	Source	Descriptor
<b>Creating Healthy Eating Environments in Schools</b>			
<b><u><a href="#">Getting Started</a></u></b>			
<b>Comprehensive School Health Approach</b>	Website	Alberta Health Services	This website provides resources to support healthy school communities. <a href="http://www.ahs.ca/csh.asp">www.ahs.ca/csh.asp</a>
<b>Healthy School Policy</b>	Website	Alberta Health Services	These comprehensive school health tools will help you develop and implement a healthy school policy to support student and staff wellness. <a href="https://www.albertahealthservices.ca/info/Page7124.aspxh">https://www.albertahealthservices.ca/info/Page7124.aspxh</a>
<b>School Food Vendor Checklist</b>	Resource	Alberta Health Services	This checklist can assist schools when working with vendors or caterers. Further detail may be outlined when schools ask for proposals and when vendors or caterers enter into a contract to provide food. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sch-food-vend-checklist.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sch-food-vend-checklist.pdf</a>
<b>School Menu Checklist</b>	Resource	Alberta Health Services	This menu checklist provides general guidance to schools around healthy food choices, when reviewing menus for school meals and snacks. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sch-menu-checklist.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sch-menu-checklist.pdf</a>
<b><u><a href="#">How to Create a Healthy Eating Environment</a></u></b>			
<b>Healthy Eating Starts Here Poster and Postcard Series</b>	Resource	Alberta Health Services	The Healthy Eating Starts Here: Steps to a Healthier You poster series and action statement posters and postcards gives easy and visually appealing healthy eating tips. <a href="http://www.ahs.ca/nutrition/Page11646.aspx">www.ahs.ca/nutrition/Page11646.aspx</a>
<b>Healthy School Fundraising</b>	Handout	Alberta Health Services	Provides steps to help your school create a healthy fundraising policy. It includes tips for successful fundraising and a variety of healthy fundraising ideas. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-healthy-fundraising.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-healthy-fundraising.pdf</a>
<b>Marketing Healthy Food Choices</b>	Handout	Alberta Health Services	Provides information to assist schools with marketing healthy food choices by explaining product availability, promotion, pricing and placement. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-marketing-healthy-choices.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-marketing-healthy-choices.pdf</a>
<b>Request for Proposal (RFP): Healthy Food Product Specifications</b>	Toolkit	Alberta Health Services	This document helps schools and/or school districts in negotiating contracts with vendors and making a transition towards offering healthy food options. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-request-for-proposal.doc">www.ahs.ca/assets/info/nutrition/if-nfs-request-for-proposal.doc</a>
<b>Reverse Lunch Toolkit: Play Before Lunch!</b> (also available in French)	Toolkit	Alberta Health Services	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. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-reverse-lunch-toolkit.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-reverse-lunch-toolkit.pdf</a>

Document Name	Type	Source	Descriptor
<b>Snack Shack Manual</b>	Manual	AHS & University of Lethbridge	Provides information to schools to help create a healthy snack canteen/store that meets the Alberta Nutrition Guidelines for Children and Youth. Includes recipes and information on marketing, promotions, and costing. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-snack-shack-manual.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-snack-shack-manual.pdf</a>
<b>Special Lunch Days</b> (also available in French)	Handout	Alberta Health Services	Provides information to assist schools to make special lunch days healthy, but still fun. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-special-lunch-days.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-special-lunch-days.pdf</a>

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Nutrition Guidelines and Resources			
<b>Alberta Nutrition Guidelines for Children and Youth</b> (also available in French)	Manual	Alberta Health	The Alberta Nutrition Guidelines for Children and Youth will help assist Albertans to create an environment which provides and promotes healthy food choices and healthy attitudes about food. It offers facilities and organizations with the guidance they need to provide children and youth with healthy food choices in childcare settings, schools, recreation centres, at special events, and in the community at large.  <a href="https://open.alberta.ca/publications/5906406">https://open.alberta.ca/publications/5906406</a>
<b>Alberta Nutrition Guidelines for Children and Youth: An Overview</b> (also available in French)	Handout	Alberta Health Services	Provides a quick look at the Alberta Nutrition Guidelines for Children and Youth Food Rating System.  <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-angcy-overview.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-angcy-overview.pdf</a>
<b>Healthy Food Checker</b>	Online Tool	Alberta Health Services	Use this interactive tool to compare the nutrition criteria from a Nutrition Facts Table to find out if a food or beverage choice is <i>Choose Most Often</i> , <i>Choose Sometimes</i> , or <i>Choose Least Often</i> according to the Alberta Nutrition Guidelines.  <a href="http://www.ahs.ca/nutrition/Page13977.aspx">www.ahs.ca/nutrition/Page13977.aspx</a>
<b>Healthy Eating For Children and Youth in Schools: A booklet to help you understand the ANGCY</b>	Handout	Alberta Health	This easy-to-read resource will explain 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.  <a href="https://open.alberta.ca/publications/healthy-eating-for-children-and-youth-in-schools">https://open.alberta.ca/publications/healthy-eating-for-children-and-youth-in-schools</a>

## Healthy Eating

Food Guide Resources			
<b>Canada's Food Guide</b> (also available in French)	Handout	Health Canada	Provides information on the how much food is needed, what types of foods are healthier, and the benefit of physical activity in your day. Available in English, French, and 12 other languages.  <a href="https://www.canada.ca/en/health-canada/services/canada-food-guides.html">https://www.canada.ca/en/health-canada/services/canada-food-guides.html</a>
<b>Canada's Food Guide for First Nations, Inuit, Metis</b> (also available in French)	Handout	Health Canada	Food guide tailored for First Nations, Inuit, and Métis. Includes traditional foods and store-bought foods that are generally available, affordable, and accessible across Canada.  <a href="https://www.canada.ca/en/health-canada/services/food-nutrition/reports-publications/eating-well-canada-food-guide-first-nations-inuit-metis.html">https://www.canada.ca/en/health-canada/services/food-nutrition/reports-publications/eating-well-canada-food-guide-first-nations-inuit-metis.html</a>
<b>Eating Well with Canada's Food Guide - A Resource for Educators and Communicators</b> (also available in French)	Manual	Health Canada	Provides background information, tips and tools to complement each recommendation in Canada's Food Guide. This background information is meant for educators and communicators.  <a href="https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/educators-communicators.html">https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/educators-communicators.html</a>

Document Name	Type	Source	Descriptor
<b>Eat Well and Be Active Educational Toolkit</b> (also available in French)	Toolkit	Health Canada	This Health Canada toolkit is designed to help teach about healthy eating and physical activity, and encourage individuals to take action to maintain and improve their health. <a href="https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/educators-communicators/eat-well-active-educational-toolkit.html">https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/educators-communicators/eat-well-active-educational-toolkit.html</a>
<b>My Food Guide</b> (also available in French)	Tool	Health Canada	Provides an interactive way to personalize the information found in Canada's Food Guide. By entering personal information, such as age and sex, selecting various items from the 4 food groups and choosing different types of physical activities, you can create your own food guide. <a href="http://www.healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/food-guide-aliment/my-guide-mon-guide/index-eng.php?">http://www.healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/food-guide-aliment/my-guide-mon-guide/index-eng.php?</a>
<b>Eat Well Plate</b> (also available in French)	Tool	Health Canada	Provides an interactive way to learn about Canada's Food Guide and food group proportions. <a href="http://www.healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/tips-conseils/interactive-tools-outils-interactifs/eat-well-bien-manger-eng.php?">www.healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/tips-conseils/interactive-tools-outils-interactifs/eat-well-bien-manger-eng.php?</a>
<b>My Food Guide Servings Tracker</b> (also available in French)	Tool	Health Canada	This tool can be printed and used to keep track of the amount and type of food eaten each day and compare to recommendations in Canada's Food Guide. <a href="https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/servings-tracker.html">https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/servings-tracker.html</a>
<b><u>Choose Healthy Food</u></b>			
<b>Eating Out the Healthy Way</b>	Handout	Alberta Health Services	This handout provides tips on how to make healthier choices while eating out. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-eating-out.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-eating-out.pdf</a>
<b>Fibre Facts</b>	Handout	Alberta Health Services	This handout provides facts about why fibre is needed for good health, and how to choose high fibre foods everyday. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-fibre-facts.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-fibre-facts.pdf</a>
<b>Grocery Shopping the Healthy Way</b>	Handout	Alberta Health Services	This handout provides tips to families to become healthy shoppers by planning ahead, reading food labels, and making a healthy shopping list. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-grocery-shopping.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-grocery-shopping.pdf</a>
<b>Label Reading the Healthy Way</b>	Handout	Alberta Health Services	This handout provides tips on how to read and use food labels to compare similar foods and make healthy food choices. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-label-reading.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-label-reading.pdf</a>
<b>Nutrition Labelling: Interactive tools</b> (also available in French)	Online Tool	Health Canada	Interactive tools to help students learn more about nutrition labels. <a href="http://healthycanadians.gc.ca/eating-nutrition/label-etiquetage/understanding-comprendre/interactive-tools-outils-interactifs/index-eng.php">http://healthycanadians.gc.ca/eating-nutrition/label-etiquetage/understanding-comprendre/interactive-tools-outils-interactifs/index-eng.php</a>

Document Name	Type	Source	Descriptor
<b>Understanding Food Labels</b> (also available in French)	Online Tool	Health Canada	This tool provides information on food labels and how to understand them. Learn about the nutrition facts table, serving sizes, list of ingredients, % Daily Value and nutrition claims. <a href="https://www.canada.ca/en/health-canada/services/understanding-food-labels.html">https://www.canada.ca/en/health-canada/services/understanding-food-labels.html</a>
<b>Nutrition Labelling: The % Daily Value</b> (also available in French)	Online Tool	Health Canada	This Health Canada website contains additional information about the percent daily value found on the nutrition label including the fact sheet pdf and background information for educators. <a href="https://www.canada.ca/en/health-canada/services/understanding-food-labels/percent-daily-value.html">https://www.canada.ca/en/health-canada/services/understanding-food-labels/percent-daily-value.html</a>
<b>Nutrition Information on Food Labels</b> (also available in French)	PowerPoint Presentation	Health Canada	This ready to use PowerPoint presentation on nutrition labelling includes speaker notes and background information. <a href="https://www.canada.ca/en/health-canada/services/food-nutrition/food-labelling/nutrition-labelling/educators/ready-use-presentation.html?">https://www.canada.ca/en/health-canada/services/food-nutrition/food-labelling/nutrition-labelling/educators/ready-use-presentation.html?</a>
<b>Snacks for Children</b>	Handout	Alberta Health Services	This pictorial, colourful handout shows snacks to choose for children 4 years and older. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-snacks-for-children.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-snacks-for-children.pdf</a>
<b><u><a href="#">Prepare Healthy Food</a></u></b>			
<b>Healthy Snacking</b>	Handout	Alberta Health Services	Provides tips on healthy snack choices. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf</a>
<b>Making Foods with Less Fat and Sugar</b>	Handout	Alberta Health Services	This handout provides tips on preparing foods with less fat and sugar. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-making-foods.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-making-foods.pdf</a>
<b>Quick and Easy Meals</b>	Handout	Alberta Health Services	Provides tips to plan, purchase, prepare, and pack healthy meals. Includes a weekly menu planner. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-quick-and-easy-meals.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-quick-and-easy-meals.pdf</a>
<b>Wake Up to Breakfast Everyday</b>	Handout	Alberta Health Services	Provides tips on making healthy breakfast choices. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-wake-up-to-breakfast.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-wake-up-to-breakfast.pdf</a>
<b>What's for Lunch?</b>	Handout	Alberta Health Services	Provides tips on making healthy lunch choices. This resource is also available for order in the following languages: Arabic, Punjabi, Chinese (Simplified) and Chinese (Traditional). <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf</a>
<b>Inspiring Healthy Eating</b>	Online Tool	Alberta Health Services	Features recipes that can be made in class or could be shared with families. <a href="http://www.ahs.ca/nutrition/Page10996.aspx">www.ahs.ca/nutrition/Page10996.aspx</a>
<b>Child Care Recipes</b>	Online Tool	Alberta Health Services	These <i>Choose Most Often</i> recipes are scaled to 50 servings to meet the needs of child care operators, or could be used for cafeteria settings. <a href="http://www.ahs.ca/nutrition/Page8943.aspx">www.ahs.ca/nutrition/Page8943.aspx</a>

Document Name	Type	Source	Descriptor
<b><u>Eat More Vegetables and Fruit</u></b>			
<b>Eat More Vegetables and Fruit</b>	Handout	Alberta Health Services	Provides tips on ways to increase vegetable and fruit intake in children and adults. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-boost-your-vegetable.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-boost-your-vegetable.pdf</a>
<b><u>Know Your Portions</u></b>			
<b>Food Guide Serving Sizes for 1 to 4 Years</b>	Handout	Alberta Health Services	Shows the recommended number of servings and examples of food guide serving sizes for children ages 1 to 4. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-food-guide-serving-sizes-1-to-4-years.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-food-guide-serving-sizes-1-to-4-years.pdf</a>
<b>Food Guide Serving Sizes for 5 to 11 Years</b>	Handout	Alberta Health Services	Shows the recommended number of servings, and examples of food guide serving sizes for children ages 6 to 12. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-food-guide-serving-sizes-5-to-11-years.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-food-guide-serving-sizes-5-to-11-years.pdf</a>
<b>Food Guide Serving Sizes for 13 to 18 Years</b>	Handout	Alberta Health Services	Shows the recommended number of servings and examples of food guide serving sizes for children ages 13 to 18. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-food-guide-serving-sizes-13-to-18-years.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-food-guide-serving-sizes-13-to-18-years.pdf</a>
<b>Choose Healthy Food Portions</b>	Handout	Alberta Health Services	This handout compares portion sizes to common objects like a baseball, tennis ball or golf ball. It includes information about the difference between a serving and a portion and describes what a healthy plate should look like. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-what-is-a-healthy-portion-size.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-what-is-a-healthy-portion-size.pdf</a>
<b>Plant Based Beverages for Children</b>	Handout	Alberta Health Services	This handout provides guidance and label reading information about plant based beverages. <a href="https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-plant-based-beverages-for-children.pdf">https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-plant-based-beverages-for-children.pdf</a>
<b><u>Choose Healthy Drinks</u></b>			
<b>Healthy Drinks, Healthy Kids</b>	Handout	Alberta Health Services	This handout provides tips on healthy drinks to choose most often, and which drinks should be limited to promote good health and growth in kids. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-healthy-drinks-kids.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-healthy-drinks-kids.pdf</a>
<b>The Energy Drink Buzz – Poster</b>	Poster	Alberta Health Services	Contains information about energy drinks and their effects. This colour poster is available online only. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-energy-drink-buzz-p.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-energy-drink-buzz-p.pdf</a>
<b>The Energy Drink Buzz – Handout</b>	Handout	Alberta Health Services	Provides general information about energy drinks. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-energy-drink-buzz-h.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-energy-drink-buzz-h.pdf</a>
<b>The Energy Drink Buzz Presentation – Notes Pages</b>	PowerPoint Presentation	Alberta Health Services	This PowerPoint presentation intended for youth audiences provides information about energy drinks and their effects. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-energy-drinks-ppt.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-energy-drinks-ppt.pdf</a>

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## Manuals and Toolkits

<b>Sugar Shocker Education Kit</b>	Manual	Alberta Health Services	The kit teaches children and youth how to make healthy drink choices. Includes classroom activities. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-sugar-shocker-kit.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-sugar-shocker-kit.pdf</a>
<b>Cooking Club Manual</b>	Manual	Alberta Health Services	This manual aims to teach children aged 8–12 food preparation and cooking skills, as well as healthy eating and food safety so that they can confidently choose and make nutritious foods. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-cooking-club.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-cooking-club.pdf</a>
<b>School Breakfast Program Toolkit</b>	Manual	Alberta Health Services	The toolkit is a practical guide to help a school start or improve a school breakfast program. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-school-breakfast-program-toolkit.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-school-breakfast-program-toolkit.pdf</a>
<b>Sports Nutrition For Youth: A Handbook for Coaches</b>	Manual	Alberta Health Services	This handbook provides sports nutrition recommendations, teaching tools and activities for school and community coaches of recreational athletes and active youth aged 12–18 years. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-sports-nutrition-for-youth.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-sports-nutrition-for-youth.pdf</a>
<b>Sports Nutrition For Youth: Modules</b>	Modules	Alberta Health Services	Use these six brief modules, including handouts, to highlight the key sport nutrition and hydration concepts from the handbook. <a href="http://www.albertahealthservices.ca/nutrition/Page9597.aspx">www.albertahealthservices.ca/nutrition/Page9597.aspx</a>
<b>Fueling for Sports Posters</b>	Posters	Alberta Health Services	Display in gyms, locker rooms or recreation centres as a visual learning tool. <a href="http://www.albertahealthservices.ca/nutrition/Page9597.aspx">www.albertahealthservices.ca/nutrition/Page9597.aspx</a>
<b>Community Gardens Handbook</b>	Manual	Alberta Health Services	This handbook lists key steps to starting a garden and provides tools and tips to help along the way. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-community-gardens-handbook.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-community-gardens-handbook.pdf</a> Also includes lesson plans: <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-community-garden-lesson-plans.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-community-garden-lesson-plans.pdf</a>
<b>Healthy Vending Toolkit</b>	Manual	Alberta Health Services	This toolkit provides a step-by-step process to take action on healthy vending in your school, recreation centre, or workplace. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-healthy-vending-toolkit.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-healthy-vending-toolkit.pdf</a>
<b>Collective Kitchen Manual</b>	Manual	Alberta Health Services	This manual provides advice for community groups to start and maintain a collective kitchen. Recipes may be used in class settings. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-collective-kitchen-manual.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-collective-kitchen-manual.pdf</a>



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## Nutrition Resource Kits–Curriculum Based Lesson Plans

<b>Nutrition Resource Kit–Kindergarten</b>	Tool	Alberta Health Services	Includes lesson plans on Canada’s Food Guide, healthy breakfasts, healthy snacks, physical activity, hand washing, feelings, and helping others. Try ‘Food Twister’ or colouring the foods that are good for you! <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-k.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-k.pdf</a>
<b>Nutrition Resource Kit–Grade 1</b>	Tool	Alberta Health Services	Features lesson plans on Canada’s Food Guide, healthy breakfasts, healthy snacks, family fitness, physical activity, hand washing, and body image. Try the ‘Mystery Taste Station’ or the ‘Healthy Eating Relay’! <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr1.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr1.pdf</a>
<b>Nutrition Resource Kit–Grade 2</b>	Tool	Alberta Health Services	Includes lesson plans on Canada’s Food Guide, healthy breakfasts, healthy snacks, physical activity, and body image. Try the ‘Food Guide Treasure Hunt’ or ‘What Food am I?’ <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr2.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr2.pdf</a>
<b>Nutrition Resource Kit–Grade 3</b>	Tool	Alberta Health Services	Includes lesson plans on Canada’s Food Guide, healthy breakfasts, healthy snacks, food allergies, physical activity, body image, friends, and diversity. Try the ‘Grocery Bag Game’ or learn how to make a balanced breakfast. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr3.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr3.pdf</a>
<b>Nutrition Resource Kit–Grade 4</b>	Tool	Alberta Health Services	Features lesson plans on Canada’s Food Guide, food diary, nutrients in foods, vitamins, physical activity, body image, and marketing. Try ‘Food Guide Charades’ or learn how to keep your own food diary. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr4.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr4.pdf</a>
<b>Nutrition Resource Kit–Grade 5</b>	Tool	Alberta Health Services	Includes lesson plans on Canada’s Food Guide, meal planning, Canadian cuisine, foods of the world, heart healthy eating, vegetarianism, diabetes, immune system, physical activity, body image, and caffeine. Guess what country a food came from, or count your caffeine consumption! <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr5.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr5.pdf</a>
<b>Nutrition Resource Kit–Grade 6</b>	Tool	Alberta Health Services	Includes lesson plans on Canada’s Food Guide, combination foods, serving sizes, food journals, physical activity, sleep, body image, and rules and regulations. Try ‘Nutrition Jeopardy’ or test your sleep IQ! <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr6.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr6.pdf</a>
<b>Nutrition Resource Kit–Grade 7</b>	Tool	Alberta Health Services	Features lesson plans on Canada’s Food Guide, choosing foods, serving sizes, nutritional needs, making your school a healthier place, family foods, obesity, body image, advertising, media, and physical activity. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr7.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr7.pdf</a>
<b>Nutrition Resource Kit–Grade 8</b>	Tool	Alberta Health Services	Includes lesson plans on Canada’s Food Guide, healthy breakfasts, folate, serving sizes, osteoporosis, calcium, fast foods, body image, media, how to access health information, and living a balanced life. Take the ‘Vegetables and Fruit Challenge’ or learn to think quickly in the fast food line! <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr8.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr8.pdf</a>

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<b>Nutrition Resource Kit– Grade 9</b>	Tool	Alberta Health Services	Lesson plans focus on nutrients found in foods, meal planning, sports nutrition, healthy food policy, health behaviours, assertiveness, media, and how to find reliable health information. Try your skills at meal planning or learn how to make a healthy school policy! <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr9.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-nr-kit-gr9.pdf</a>
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## Teaching and Learning Tools

<b>Nutrition Activities in Any Classroom For Junior and Senior High– A Teacher’s Guide</b>	Tool	Alberta Health Services	Contains activity descriptions, key messages and station materials to offer interactive nutrition education to junior high and high school students. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-nutrition-activities-classroom.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-nutrition-activities-classroom.pdf</a>
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## Nutrition Bites

These nutrition topics are ready to be inserted into your school newsletter or use the PDF document as an information sheet.  
Copy, paste and insert files into school or parent newsletters to keep the school community informed about nutrition topics.  
[www.albertahealthservices.ca/nutrition/Page6457.aspx](http://www.albertahealthservices.ca/nutrition/Page6457.aspx)

<b>Breakfast, Snacks and Lunches:</b>	<b>Drinks:</b>
<ul style="list-style-type: none"> <li>Start Your Morning Right (PDF)</li> <li>School Lunches: No Microwave? No Problem! (PDF)</li> <li>School Lunches (PDF)</li> <li>Healthy After School Snacking (PDF)</li> </ul>	<ul style="list-style-type: none"> <li>Caffeine (PDF)</li> <li>Healthy Drinks, Healthy Kids (PDF)</li> <li>What’s the Scoop on New Drink Products? (PDF)</li> </ul>
<b>Meals/Food Preparation:</b>	<b>Special Events:</b>
<ul style="list-style-type: none"> <li>Eating Out (PDF)</li> <li>Meals and Snacks on the Run (PDF)</li> <li>Healthy Baking and Cooking Tips (PDF)</li> <li>Healthier Barbecues (PDF)</li> <li>A Recipe for Family Meal Times (PDF)</li> <li>Picky Eaters (PDF)</li> </ul>	<ul style="list-style-type: none"> <li>Allergy Awareness at Special Events (PDF)</li> <li>Special Event Days (PDF)</li> <li>Healthy Parties and Events for Kids (PDF)</li> </ul>
<b>Foods/Nutrients:</b>	<b>Other topics:</b>
<ul style="list-style-type: none"> <li>Choose Healthy Fats (PDF)</li> <li>Sugar Sources (PDF)</li> <li>Beans: A Great Meat Alternative! (PDF)</li> <li>Vitamin D (PDF)</li> <li>Choose Whole Grains (PDF)</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition Labels (PDF)</li> <li>Healthy Portions (PDF)</li> <li>Fuelling Active Kids (PDF)</li> <li>Love Your Body! (PDF)</li> </ul>
<b>School Nutrition Announcements</b>	Short PA announcements for elementary and junior high schools on topics such as breakfast/lunch/snacks, general nutrition, drinks and physical activity. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-school-na.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-school-na.pdf</a>

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### Additional Links

These links offer many useful resources, but some may not fully align with the Alberta Nutrition Guidelines for Children and Youth

EaTracker	Online Tool	Dietitians of Canada	Use eaTracker to check your food and activity choices, analyze your recipes and plan your meals. Sign up to set goals and track your progress. <a href="http://www.eatracker.ca/">www.eatracker.ca/</a>
Dietitians of Canada	Tool (website)	Dietitians of Canada	Website with nutrition information on a variety of topics. <a href="http://www.dietitians.ca/">www.dietitians.ca/</a>
My Menu Planner (also available in French)	Online Tool	Dietitians of Canada	Designed to help plan a healthy menu. May be suitable for Career and Technology Studies foods classes. <b>English:</b> <a href="http://www.unlockfood.ca/en/MenuPlanner.aspx">http://www.unlockfood.ca/en/MenuPlanner.aspx</a> <b>French:</b> <a href="http://www.unlockfood.ca/fr/MenuPlanner.aspx">http://www.unlockfood.ca/fr/MenuPlanner.aspx</a>

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## Ressources Éducatives Scolaires Sur La Nutrition Publiées En Français (School Nutrition Education Resources in French)

### 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!)	Toolkit	Alberta Health Services	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. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-fr-reverse-lunch-toolkit.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-fr-reverse-lunch-toolkit.pdf</a>
Dîners Spéciaux (Special Lunch Days)	Handout	Alberta Health Services	Ce document fournit de l'information pour aider les écoles à créer des journées de repas spéciaux à la fois sains et amusants. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-fr-special-lunch-day.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-fr-special-lunch-day.pdf</a>
Lignes Directrices De L'Alberta En Matière De Nutrition Pour Les Enfants Et Les Jeunes (Alberta Nutrition Guidelines for Children and Youth)	Manual	Alberta Health	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. <a href="https://open.alberta.ca/publications/5513539">https://open.alberta.ca/publications/5513539</a>
L'alimentation saine des enfants et des jeunes dans les écoles	Manual	Alberta Health	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. <a href="https://open.alberta.ca/publications/alimentation-saine-des-enfants-et-des-jeunes-dan-les-ecoles">https://open.alberta.ca/publications/alimentation-saine-des-enfants-et-des-jeunes-dan-les-ecoles</a>
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	Handout	Alberta Health Services	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. <a href="http://www.ahs.ca/assets/info/nutrition/if-nfs-ns-angcy-overview-french_.pdf">www.ahs.ca/assets/info/nutrition/if-nfs-ns-angcy-overview-french_.pdf</a>

### Bien manger

Guide alimentaire canadien (Canada's Food Guide)	Handout	Santé Canada	Le guide alimentaire donne de l'information sur les quantités d'aliments nécessaires, les types d'aliments bons pour la santé et les avantages de l'activité physique dans votre journée. Ce guide est offert en anglais, en français et dans 10 autres langues. <a href="https://www.canada.ca/fr/sante-canada/services/guides-alimentaires-canada.html">https://www.canada.ca/fr/sante-canada/services/guides-alimentaires-canada.html</a>
Bien manger avec le Guide alimentaire canadien- Premières Nations, Inuits et Métis (Canada's Food Guide for First Nations, Inuit, Métis)	Handout	Santé Canada	On a conçu ce guide alimentaire spécialement pour les Premières Nations, les Inuits et les Métis. Il comprend des mets traditionnels et des aliments achetés en magasin qui sont généralement disponibles, abordables et accessibles partout dans le Canada. <a href="https://www.canada.ca/fr/sante-canada/services/aliments-nutrition/guide-alimentaire-canadien/educateurs-communicateurs.html">https://www.canada.ca/fr/sante-canada/services/aliments-nutrition/guide-alimentaire-canadien/educateurs-communicateurs.html</a>

Document Name	Type	Source	Descriptor
Bien Manger avec le Guide alimentaire canadien—Ressource à l'intention des éducateurs et communicateurs ( <i>Eating Well with Canada's Food Guide-A Resource for Educators and Communicators</i> )	Manual	Santé Canada	Ce guide offre de l'information approfondie, des conseils et des outils pour compléter chaque recommandation du Guide alimentaire canadien. L'information a été conçue à l'intention des éducateurs et des communicateurs. <a href="https://www.canada.ca/fr/sante-canada/services/aliments-nutrition/guide-alimentaire-canadien/educateurs-communicateurs.html">https://www.canada.ca/fr/sante-canada/services/aliments-nutrition/guide-alimentaire-canadien/educateurs-communicateurs.html</a>
Trousse éducative Mangez bien et soyez actif ( <i>Eat Well and Be Active Educational Toolkit</i> )	Toolkit	Santé Canada	Cette trousse d'outils de Santé Canada a été conçue pour aider à enseigner au sujet des habitudes alimentaires saines et de l'activité physique, ainsi qu'à encourager les gens à passer à l'action pour conserver et améliorer leur état de santé. <a href="https://www.canada.ca/fr/sante-canada/services/aliments-nutrition/guide-alimentaire-canadien/educateurs-communicateurs/trousse-educative-mangez-bien-soyez-actif.html">https://www.canada.ca/fr/sante-canada/services/aliments-nutrition/guide-alimentaire-canadien/educateurs-communicateurs/trousse-educative-mangez-bien-soyez-actif.html</a>
Mon guide alimentaire ( <i>My Food Guide Servings Tracker</i> )	Tool	Santé Canada	Il s'agit d'un outil interactif qui offre la possibilité de personnaliser l'information qui figure dans le Guide alimentaire canadien. Vous pouvez créer votre propre guide alimentaire en saisissant votre information personnelle, comme votre âge et votre sexe, en sélectionnant divers aliments des quatre groupes alimentaires et en choisissant différents types d'activités physiques. <a href="http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index-fra.php">www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index-fra.php</a>
Fiche de suivi: mes portions du Guide alimentaire	Tool	Santé Canada	Imprimez cette fiche et utilisez-la pour faire un suivi de la quantité et des types d'aliments que vous consommez chaque jour. Vous pouvez aussi comparer ce que vous mangez avec les recommandations qui figurent dans le Guide alimentaire canadien. <a href="https://www.canada.ca/fr/sante-canada/services/aliments-nutrition/guide-alimentaire-canadien/fiche-suivi-mes-portions.html">https://www.canada.ca/fr/sante-canada/services/aliments-nutrition/guide-alimentaire-canadien/fiche-suivi-mes-portions.html</a>
L'étiquetage nutritionnel interactif et quiz ( <i>Nutrition Labelling: Interactive Nutrition Label and Quiz</i> )	Online Tool	Santé Canada	Cette ressource de Santé Canada vous aide à en apprendre davantage au sujet de l'étiquetage nutritionnel, dont un étiquetage nutritionnel interactif et un quiz en ligne. <a href="http://canadiensensante.gc.ca/eating-nutrition/label-etiquetage/understanding-comprendre/interactive-tools-outils-interactifs/quiz-interactive-fra.php">http://canadiensensante.gc.ca/eating-nutrition/label-etiquetage/understanding-comprendre/interactive-tools-outils-interactifs/quiz-interactive-fra.php</a>
Le % de la valeur quotidienne ( <i>Nutrition Labelling: The % Daily Value</i> )	Online Tool	Santé Canada	Ce site Web de Santé Canada fournit de l'information au sujet du % de la valeur quotidienne qui figure sur l'étiquetage nutritionnel. On y retrouve des outils interactifs, des fiches de renseignements et des renseignements généraux à l'intention des éducateurs. <a href="https://www.canada.ca/fr/sante-canada/services/comprendre-etiquetage-aliments/pourcentage-valeur-quotidienne.html">https://www.canada.ca/fr/sante-canada/services/comprendre-etiquetage-aliments/pourcentage-valeur-quotidienne.html</a>

Document Name	Type	Source	Descriptor
Présentations prête-à-utiliser sur l'étiquetage nutritionnel ( <i>Nutrition Information on Food Labels</i> )	PowerPoint Presentation	Santé Canada	Cette présentation PowerPoint de Santé Canada offre de l'information sur l'étiquetage nutritionnel et le Guide alimentaire canadien. Elle comprend aussi des notes pour le présentateur et des renseignements généraux. <a href="https://www.canada.ca/fr/sante-canada/services/aliments-nutrition/etiquetage-aliments/etiquetage-nutritionnel/educateurs/presentation-prete-utiliser.html">https://www.canada.ca/fr/sante-canada/services/aliments-nutrition/etiquetage-aliments/etiquetage-nutritionnel/educateurs/presentation-prete-utiliser.html</a>
Mon planificateur de menu ( <i>My Menu Planner</i> )	Online Tool	Dietitians of Canada	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. <a href="http://www.unlockfood.ca/fr/MenuPlanner.aspx">http://www.unlockfood.ca/fr/MenuPlanner.aspx</a>
<b>Outils d'enseignement et d'apprentissage</b>			
Activités sur la nutrition à faire en classe ( <i>Nutrition Activities in Any Classroom</i> )	Toolkit	Alberta Health Services	Le présent guide contient tout ce dont vous avez besoin pour offrir une formation interactive aux élèves du secondaire de premier et deuxième cycles, y compris les titres, les instructions, les feuilles de travail imprimables pour les stations, ainsi que le matériel pour chaque activité. <a href="http://www.albertahealthservices.ca/nutrition/Page15073.aspx">http://www.albertahealthservices.ca/nutrition/Page15073.aspx</a>