

# School Nutrition Education Resource List

---

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.

### [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>			
<a href="http://www.albertahealthservices.ca/nutrition/Page6458.aspx">http://www.albertahealthservices.ca/nutrition/Page6458.aspx</a>			
<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.aspx">https://www.albertahealthservices.ca/info/Page7124.aspx</a>
<b>Canada's Food Guide presentation</b>	Website	Health Canada	<a href="https://www.canada.ca/content/dam/hc-sc/documents/services/canada-food-guide/resources/stakeholder-toolkit/canada-food-guide-presentation-eng.pdf">https://www.canada.ca/content/dam/hc-sc/documents/services/canada-food-guide/resources/stakeholder-toolkit/canada-food-guide-presentation-eng.pdf</a>
<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 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>
<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>

Document Name	Type	Source	Descriptor
<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 Poster Series</b>	Posters	Alberta Health Services	The main goal of the poster series is to promote healthy eating choices in elementary-aged students (kindergarten to grade 6) at schools across Alberta. <a href="http://www.albertahealthservices.ca/nutrition/Page2915.aspx">www.albertahealthservices.ca/nutrition/Page2915.aspx</a>
<b><a href="#">How to Create a Healthy Eating Environment</a></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>
<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>

Document Name	Type	Source	Descriptor
---------------	------	--------	------------

## Healthy Eating

### Food Guide Resources

<b>Canada's Food Guide</b> (also available in French)	Handout	Health Canada	Provides information on healthy eating and healthy eating habits. Available in English, French <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>  visit the Tips for healthy eating section which includes: <ul style="list-style-type: none"> <li>• advice for meal planning cooking and healthy choices,</li> <li>• healthy eating anywhere</li> <li>• life stages</li> </ul> <a href="https://food-guide.canada.ca/en/tips-for-healthy-eating/">https://food-guide.canada.ca/en/tips-for-healthy-eating/</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>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><u><a href="#">Choose Healthy Food</a></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>

Document Name	Type	Source	Descriptor
<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>
<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><a href="#">Prepare Healthy Food</a></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>

Document Name	Type	Source	Descriptor
<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>
<b><u><a href="#">Eat More Vegetables and Fruit</a></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><a href="#">Know Your Portions</a></u></b>			
<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><a href="#">Choose Healthy Drinks</a></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>

Document Name	Type	Source	Descriptor
<b>Manuals and Toolkits</b>			
<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="https://www.albertahealthservices.ca/nutrition/page9597.aspx">https://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>
<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>

Document Name	Type	Source	Descriptor
---------------	------	--------	------------

## Nutrition Resource Kits–Curriculum Based Lesson Plans

These lesson plans and teaching tools on topics like: Canada's Food Guide, healthy snacks, family foods, breakfast, meal planning, vegetables and fruits.

Found at: [www.albertahealthservices.ca/nutrition/Page2918.aspx](http://www.albertahealthservices.ca/nutrition/Page2918.aspx)

<b>Kindergarten – Grade 3</b>	PDF	Alberta Health Services	<ul style="list-style-type: none"> <li>• A Balanced Breakfast</li> <li>• Body Foods</li> <li>• Family Food Choices</li> <li>• Food Guide Bean Bag Toss</li> <li>• Healthy Foods Help You Grow</li> <li>• My Healthy Food Placemat</li> <li>• Snack Attack</li> <li>• Snack Talk</li> <li>• Vegetable and Fruit Guessing Game</li> <li>• What Food Am I</li> </ul>
<b>Grade 4 – 6</b>	PDF	Alberta Health Services	<ul style="list-style-type: none"> <li>• Be a Restaurant Entrepreneur</li> <li>• Cinquian Poetry About Food</li> <li>• Combination Foods Challenge</li> <li>• Foods of the World</li> <li>• Iron Chef Snack Competition</li> <li>• Meal Planning Imagination</li> <li>• Vitamins and Minerals</li> <li>• What Does Food Mean to You</li> </ul>

## Teaching and Learning Tools

<b>Nutrition Activities in Any Classroom For Junior and Senior High– A Teacher's Guide (Grade 7 – 12)</b>	Tool	Alberta Health Services	<p>Contains activity descriptions, key messages and station materials to offer interactive nutrition education to junior high and high school students.</p> <p><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></p>
---	------	-------------------------	---

## 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)

<p><b>Breakfast, Snacks and Lunches:</b></p> <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>	<p><b>Drinks:</b></p> <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>
---	---



Document Name	Type	Source	Descriptor
<b>Meals/Food Preparation:</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>			<b>Special Events:</b> <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> <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>			<b>Other topics:</b> <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>

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>

Document Name	Type	Source	Descriptor
---------------	------	--------	------------

## 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>
Présentation du guide alimentaire canadien : partagez le message	PowerPoint Presentation	Health Canada	<a href="https://www.canada.ca/content/dam/hc-sc/documents/services/canada-food-guide/resources/stakeholder-toolkit/canada-food-guide-presentation-fra.pdf">https://www.canada.ca/content/dam/hc-sc/documents/services/canada-food-guide/resources/stakeholder-toolkit/canada-food-guide-presentation-fra.pdf</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>
--	---------	--------------	---

Document Name	Type	Source	Descriptor
Bien manger avec le Guide alimentaire canadien- Premières Nations, Inuits et Métis ( <i>Canada's Food Guide for First Nations, Inuit, Métis</i> )	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>
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>
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>

