

## Background

The purpose of this list is to help teachers and schools promote a Comprehensive School Health (CSH) approach in a classroom setting. CSH is an internationally recognized, evidence-based approach for building healthy school communities. A healthy school community is one that supports the wellness of all of its members (e.g., students, teachers, staff, parents, administrators, community partners) and continuously strengthens its capacity as a healthy setting for living, learning and working.

This list is organized with two different categories of resources, 'Classroom Resources' and 'Supplementary Information'. The Classroom Resources can be used by the teacher in the classroom immediately and are applicable to teaching. Supplementary Information provides resources for teachers about a specific health topic.

This list is not meant to be an exhaustive list of resources available; but a selection of available resources reviewed by health professionals in Alberta Health Services. Please check with your local AHS contact for additional resources specific to your area. To find an AHS staff member who can support you, contact [cshresources@albertahealthservices.ca](mailto:cshresources@albertahealthservices.ca)

Questions or comments regarding this list can be directed to [cshresources@albertahealthservices.ca](mailto:cshresources@albertahealthservices.ca). Please visit the [Teaching and Learning](#) section of the Alberta Health Services, [Comprehensive School Health Website](#) to see if there is a newer version of this list available.

### Please Note:

The Provincial Teacher Resource List offers a selection of available resources reviewed by health professionals in Alberta Health Services (AHS). Teachers should always review content to determine appropriateness for their student population. If you are uncertain about the suitability of resources within your school, check with your administration.

AHS does not endorse or recommend any pharmaceutical company, commercial product, process, or service. The resources in this document are being presented as information only. This list is reviewed annually for accuracy of content.

## Classroom Resources

### Curriculum Based Lesson Plans

<b>Grades K-9</b>	Theme:	School Nutrition	These lesson plans meet Alberta Education's Health and Life Skills Curriculum Outcomes for Kindergarten to Grade 9.
	Organization:	Alberta Health Services	<a href="http://www.albertahealthservices.ca/nutrition/Page2918.aspx">http://www.albertahealthservices.ca/nutrition/Page2918.aspx</a> <a href="#">LESSON PLANS</a>

### Nutrition Activities in Any Classroom: For Junior and Senior High - A Teacher's Guide

<b>Grades 7-12</b>	Theme:	School Nutrition	This teacher's guide contains activity descriptions, key messages and station materials to offer interactive nutrition education to junior high and high school students.
	Organization:	Alberta Health Services	<a href="http://www.albertahealthservices.ca/nutrition/Page15073.aspx">http://www.albertahealthservices.ca/nutrition/Page15073.aspx</a> <a href="#">LESSON PLANS</a> <a href="#">FRANÇAIS</a>

### School Nutrition Education Resource List

<b>Grades K-12</b>	Theme:	School Nutrition	The School Nutrition Education Resource List provides school teachers with helpful information and materials to teach children and youth about nutrition and healthy food choices.
	Organization:	Alberta Health Services	<a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-resource-list.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-resource-list.pdf</a> Ressources éducatives scolaires sur la nutrition publiées en français <a href="http://www.albertahealthservices.ca/nutrition/Page7083.aspx">http://www.albertahealthservices.ca/nutrition/Page7083.aspx</a> <a href="#">FRANÇAIS</a>

### Sugar Shocker Education Kit for Children and Youth

<b>Grades K-12</b>	Theme:	School Nutrition	The Sugar Shocker Education Kit teaches children and youth how to make healthy drink choices.
	Organization:	Alberta Health Services	<a href="http://www.albertahealthservices.ca/nutrition/Page9597.aspx">http://www.albertahealthservices.ca/nutrition/Page9597.aspx</a> <a href="#">LESSON PLANS</a>

### The Cooking Club Manual

<b>Grades 3-8</b>	Theme:	School Nutrition	The Cooking Club Manual aims to teach children aged 8-12 food preparation and cooking skills, healthy eating and food safety so that they can confidently choose and make nutritious foods.
	Organization:	Alberta Health Services	<a href="http://www.albertahealthservices.ca/nutrition/Page9597.aspx">http://www.albertahealthservices.ca/nutrition/Page9597.aspx</a> <a href="#">LESSON PLANS</a>

## Supplementary Information for Teachers

### A Guide to Growing School Gardens in Alberta

Theme:	Healthy Food Environments in Schools	This guide provides support for starting and maintaining a school garden, including the involvement of students and community members. It also supports learning opportunities that can be integrated across the curriculum. <a href="http://www1.agric.gov.ab.ca/\$Department/deptdocs.nsf/all/aet15480/\$FILE/get_growing_manual_revised_2015_post.pdf">http://www1.agric.gov.ab.ca/\$Department/deptdocs.nsf/all/aet15480/\$FILE/get_growing_manual_revised_2015_post.pdf</a>
Of Interest:	Background / Guidance for School Gardening	

### Community Gardens Handbook

Theme:	Healthy Food Environments in Schools	This handbook contains information, key steps, tools and tips for community groups to start and maintain a community garden. As well, it offers background information that may support school gardening. <a href="http://www.albertahealthservices.ca/nutrition/Page11409.aspx">http://www.albertahealthservices.ca/nutrition/Page11409.aspx</a>
Of Interest:	Background / Guidance for Community Gardens	

### Creating Healthy Eating Environments in Schools

Theme:	Healthy Eating in School Environments	These tools and resources support healthy food environments in schools and promote the implementation of the Alberta Nutrition Guidelines for Children and Youth. <a href="http://www.albertahealthservices.ca/nutrition/Page2915.aspx">http://www.albertahealthservices.ca/nutrition/Page2915.aspx</a> Additional manuals and toolkits to support healthy eating environments <a href="http://www.albertahealthservices.ca/nutrition/Page9597.aspx">http://www.albertahealthservices.ca/nutrition/Page9597.aspx</a> Ressources éducatives scolaires sur la nutrition publiées en français <a href="http://www.albertahealthservices.ca/nutrition/Page7083.aspx">http://www.albertahealthservices.ca/nutrition/Page7083.aspx</a> <b>FRANÇAIS</b>
Of Interest:	Background, Evidence, Tools, Healthy Fundraising, Special Lunches	

### Healthy Eating At School

Theme:	Healthy Eating, School Nutrition	These resources support healthy food environments that teach and encourage young Albertans to make healthy food choices and live a healthy lifestyle. <a href="http://www.albertahealthservices.ca/nutrition/Page2925.aspx">http://www.albertahealthservices.ca/nutrition/Page2925.aspx</a> Ressources éducatives scolaires sur la nutrition publiées en français <a href="http://www.albertahealthservices.ca/nutrition/Page7083.aspx">http://www.albertahealthservices.ca/nutrition/Page7083.aspx</a> <b>LESSON PLANS</b> <b>FRANÇAIS</b>
Of Interest:	Resources and Tools for Schools and Recreation Facilities	

### Healthy Eating Starts Here: Steps to a Healthier You

Theme:	Healthy Eating	This website provides key healthy eating messages based on the Alberta Nutrition Guidelines for Adults, the Alberta Nutrition Guidelines for Children and Youth and other provincial and national guidelines. <a href="http://www.albertahealthservices.ca/nutrition/Page12600.aspx">http://www.albertahealthservices.ca/nutrition/Page12600.aspx</a>
Of Interest:	Changes to Healthy Eating Behaviours in Settings Where People Live, Work, Learn or Play	

## Supplementary Information for Teachers

### Healthy Vending Toolkit

Theme:	Healthy Eating	This toolkit guides you through a step-by-step process to take action on healthy vending in your school, recreation centre, or workplace. It contains evidence-based strategies and tools to create a successful healthy vending program. <a href="http://www.albertahealthservices.ca/nutrition/Page13884.aspx">http://www.albertahealthservices.ca/nutrition/Page13884.aspx</a>
Of Interest:	Healthy Vending Machines	

### Nutrition Bites

Theme:	Healthy Eating	Nutrition Bites are ready-to-insert nutrition topics for school and other newsletters to keep communities informed about nutrition. <a href="http://www.albertahealthservices.ca/nutrition/Page6457.aspx">http://www.albertahealthservices.ca/nutrition/Page6457.aspx</a>
Of Interest:	Newsletter Insert Promoting Healthy Eating	

### Nutrition Guidelines and Resources for Healthy Eating

Theme:	Healthy Eating	This website provides links to other provincial and national websites with additional healthy eating tools and resources. <a href="http://www.albertahealthservices.ca/nutrition/Page2929.aspx">http://www.albertahealthservices.ca/nutrition/Page2929.aspx</a>
Of Interest:	Provincial and National Guidelines and Resources	

### School Breakfast Program Toolkit

Theme:	Healthy Eating	The toolkit is a practical guide to help school communities to start or improve a school breakfast program. It includes information on how to identify the need and planning for a program; types of breakfast programs; sources of funding; food safety and food donation considerations; menu planning and healthy eating information. <a href="http://www.albertahealthservices.ca/nutrition/Page9597.aspx">http://www.albertahealthservices.ca/nutrition/Page9597.aspx</a>
Of Interest:	School Breakfast Program	

### Sport Nutrition for Youth: A Handbook for Coaches

Theme:	Healthy Eating for Recreational Athletes and Active Youth	This handbook provides sports nutrition recommendations, teaching tools and learning activities for school and community coaches to guide recreational athletes and active youth aged 12 to 18 years. Some information may be relevant to other school courses offered to this age group. <a href="http://www.albertahealthservices.ca/nutrition/Page9597.aspx">http://www.albertahealthservices.ca/nutrition/Page9597.aspx</a>
Of Interest:	Background Evidence, Recommendations, Tools, Learning Activities	