



Canada's Food Guide

The Saskatchewan Ministry of Education uses *Eating Well with Canada's Food Guide* in the Health Curriculum. Food Guides and supporting resources are available at www.healthcanada.gc.ca/foodguide.

Saskatchewan Health Education Curriculum

The Ministry of Education, Government of Saskatchewan Health Education Curriculum is a required area of study. The learning outcomes, indicators, support materials and resources are on the website. <https://www.edonline.sk.ca/webapps/moe-curriculum-BB5f208b6da4613/>

Lesson Plans & Teaching Kits:

Teaching Nutrition in Saskatchewan Concepts and Resources Grades 1-3

The purpose of Teaching Nutrition in Saskatchewan: Concepts and Resources is to provide credible Canadian based nutrition information and resources. The Guide was developed using the Saskatchewan Health Education Curriculum (2010) accessed from <http://www.curriculum.gov.sk.ca/> <http://www.fhhr.ca/Documents/TNSGrades1-3October2014.pdf>

Bulletin Boards

Interactive healthy eating based bulletin boards of varying themes. Available on loan from Population and Public Health, call (306) 655-4630.

Note: Inclusion on this list does not necessarily constitute an endorsement of all materials.

Online Resources:

Healthy foods for my school

Healthy foods meet the standards for the four food groups of Canada's Food Guide and prepared mixed dishes.

<http://www.saskatchewan.ca/government/education-and-child-care-facility-administration/services-for-school-administrators/student-wellness-and-wellbeing>

Nutrition Positive Manual

Resources to enhance nutrition teaching, create a healthy food environment and develop healthy school food guidelines in your school.

<https://www.chep.org/program/nutrition-positive/>

Saskatchewan Alliance for Youth & Community Well-being

The Saskatchewan Alliance for Youth and Community Well-being (SAYCW) is a partnership between health, education and other community stakeholders dedicated to improving the health and well-being of the Saskatchewan population. This Website offers resources to support health action in schools.

<https://saycw.com/resources/toolkits/nutrition/>

Websites:

Dietitians of Canada

www.dietitians.ca

American Dietetic Association

www.eatright.org

Health Canada

www.hc-sc.gc.ca

National Eating Disorder Information Centre

www.nedic.ca

For more information contact the Health Promotion Department at **(306) 655-4465**.
