



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:

Sugary Beverage Kit

Lesson plan and display items to demonstrate the amount of sugar in soft drinks and other beverages. Available on loan from Population and Public Health, call (306) 655-4630.

Bulletin Boards

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

Teaching Nutrition in Saskatchewan Concepts and Resources Grades 4-5 & 6

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

Grade 4-5

<https://www.edonline.sk.ca/webapps/moe-curriculum-BB5f208b6da4613/>
<http://www.fhhr.ca/Documents/TNSGrade45FINALOctober2014.pdf>

Grade 6

<https://www.fhhr.ca/Documents/TNSHealthandPhysicalEducationGrade6Feb2017.pdf>

NEDIC Beyond Images: A self-esteem and body-image curriculum

Beyond Images invites youth to engage in the world of media on their terms! Students learn how media messages are constructed both mechanically and symbolically – then learn to make their own media messages about beauty beyond the obvious. *Beyond Images* explores current concepts of male and female beauty and what it means to “fit in”, helping students understand and develop resilience against negative messaging.

<http://beyondimages.ca/>

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.

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/>

Child Advocacy Toolkit

NAAFA (National Association to Advance Fat Acceptance) shifts the focus of the war on childhood obesity to a health-centred focus to embrace children of all sizes.

issuu.com/naafa/docs/naafa_childadvocacy2011combined_v04?viewMode=magazine&mode=embed

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

National Eating Disorder Organization

www.nationaleatingdisorders.org

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

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