

School Nutrition Education Resource List

The School Nutrition Education Resource List provides school teachers and other child educators, administrators, health professionals and parents with helpful information and materials to teach students and children about nutrition and healthy food choices.

All nutrition education resources found on this list meet 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.

The School Nutrition Education Resource List will be updated often, so please check the AHS website regularly.

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 for Healthy Eating](#)Page 4

- 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.

[Curriculum Based Lesson Plans](#)Page 9

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

[Nutrition Bites](#)Page 10

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

[Ressources éducatives scolaires sur la nutrition publiées en français](#)Page 11

- School nutrition education resources in French.

How to access resources:

Visit the [AHS School Nutrition Website](#) at: www.albertahealthservices.ca/2925.asp to access or download any of the resources listed.

1. If you are looking for a particular resource but do not see it on the School Nutrition Education Resource List, please contact Nutrition Education Resources.
2. If you have questions about any of the resources or would like to submit a resource for review, please contact Nutrition Education Resources.

Nutrition Education Resources

Email: NutritionResources@albertahealthservices.ca Phone: (780)-735-1335

Alberta Health Services supports healthy food environments in schools, recreation facilities and childcare centres. School nutrition education resources enable Albertans to make healthy choices and live a healthy lifestyle.

Document Name	Type	Source	Descriptor
Creating Healthy Eating Environments in Schools			
<u>Getting Started</u>			
Healthy Eating and School Performance: An Evidence Summary	Handout	Alberta Health Services	This resource provides an overview of the research supporting the connection between healthy eating and school performance.
Strategies for Improving Nutrition Behaviours in School Settings	Handout	Alberta Health Services	This resource provides an overview of evidence-based strategies to improve nutrition behaviours at school.
Steps to Creating a School Nutrition Policy: A step by step toolkit	Handout	Alberta Health Services	This toolkit provides easy to follow steps for creating a school nutrition policy.
Comprehensive School Health Approach	Website	Alberta Health Services	This website provides resources to support healthy school communities. http://www.albertahealthservices.ca/csh.asp
<u>How to Create a Healthy Eating Environment</u>			
Steps to a Healthy School Environment: School Nutrition Handbook	Manual	Alberta Health Services	Provides information to assist schools in ensuring easy access to healthy foods and beverages. A user friendly resource for school administrators, teachers, parents and health professionals.
Healthy School Fundraising (also available in French)	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.
Marketing Healthy Food Choices (also available in French)	Handout	Alberta Health Services	Provides information to assist schools with marketing healthy food choices by explaining product availability, promotion, pricing and placement.
Request for Proposal (RFP): Healthy Food Product Specifications	Toolkit	Alberta Health Services	The purpose of this document is to help schools and/or school districts in negotiating contacts with vendors and making a smooth transition towards offering healthy food options.
Reverse Lunch Toolkit: Play Before Lunch! (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.
School Lunch Restaurant List	Handout	Alberta Health Services	This resource provides a list of menu items from common restaurant chains that meet the Choose Most Often or Choose Sometimes criteria from the <i>Alberta Nutrition Guidelines for Children and Youth</i> . It is meant to be used by schools to help implement the Alberta Nutrition Guidelines for Children and Youth.
Single Serving Packaged Food List (2012 Version)	Handout	Alberta Health Services	The list includes examples of packaged products available in Alberta that meet the Choose Most Often and Choose Sometimes criteria as listed in the <i>Alberta Nutrition Guidelines for Children and Youth</i> . It was created to help schools, childcare facilities and recreation/community centres put the ANGCY into practice.

How to Create a Healthy Eating Environment (continued)

Snack Shack Manual	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.
Special Lunch Days (also available in French)	Handout	Alberta Health Services	Provides information to assist schools to make special lunch days healthy, but still fun.
Breakfast for Learning	Tool (website)	Breakfast for Learning	National, non-profit organization solely dedicated to supporting child nutrition programs in Canada. Breakfast For Learning provides funds, nutrition education, resources and program support to student nutrition programs across the country, including programs in Alberta. Is found at: http://www.breakfastforlearning.ca/
<u>Alberta Nutrition Guidelines for Children and Youth</u>			
Alberta Nutrition Guidelines for Children and Youth (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 equips facilities and organizations with the tools 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.
Alberta Nutrition Guidelines for Children and Youth: An Overview (also available in French)	Handout	Alberta Health Services	Provides a quick look at the Alberta Nutrition Guidelines for Children and Youth Food Rating System.
Alberta Nutrition Guidelines for Children and Youth Display (3 panel display)	Display	Alberta Health Services	Highlights Alberta Nutrition Guidelines for Children and Youth. Suitable for public events or to support nutrition presentations. Is found at: http://www.achsc.org/school_materials.htm
Alberta Nutrition Guidelines for Children and Youth: A childcare, school and recreation centre resource manual presentation.	PowerPoint Presentation	Alberta Health Services	Provides an introduction to the Alberta Nutrition Guidelines for Children and Youth and explains why they are important. Also explains the Food Rating System and makes recommendations for childcare facilities, schools and recreation/community centres. Speakers notes also available.
Healthy U Food Checker	Online Tool	Alberta Health	Use this interactive tool to compare the nutrition criteria from a Nutrition Facts Table to find out if your food or beverage choice is a Choose Most Often, Choose Sometimes, or Choose Least Often according to the Alberta Nutrition Guidelines.
Healthy Eating For Children and Youth in Schools: A booklet to help you understand the ANGCY	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.

Healthy Eating

Canada's Food Guide (also available in French)	Handout	Health Canada	Provides information on the how much food you need, what types of foods are good for you, and the benefit of physical activity in your day. Available in English, French, and 10 other languages. Is found at: http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
Canada's Food Guide for First Nations, Inuit, Metis (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. Is found at: http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index-eng.php
Eating Well with Canada's Food Guide - A Resource for Educators and Communicators (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. Is found at: http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/index-eng.php
Eat Well and Be Active Educational Toolkit (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. Is found at: http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/toolkit-trousse/index-eng.php
My Food Guide (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 four food groups and choosing different types of physical activities, you can create your own food guide. Is found at: http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index-eng.php
My Food Guide Servings Tracker (also available in French)	Tool	Health Canada	Tool that can be printed and used to keep track of the amount and type of food you eat each day and compare to recommendations in Canada's Food Guide. Is found at: http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/track-suivi/index-eng.php
Healthy Eating and Active Living for Your 1 to 4 Year Old	Handout	Alberta Health	Provides tips that encourage healthy eating habits, activity, growth and positive body image for 1-4 year olds. Can be ordered free from Alberta Health or downloaded at: http://healthyalberta.com/23283_HEAL_1_to_4_2012_web.pdf
Healthy Eating and Active Living for Your 5 to 11 Year Old	Handout	Alberta Health	Provides tips on healthy places and spaces, physical activity and active living, healthy eating and nutrition, as well as growth and healthy body self image for 5-11 year olds. Can be ordered free from Alberta Health or downloaded at: http://healthyalberta.com/23283_HEAL-5_to_11_2012_web.pdf
Healthy Eating and Active Living for Your 13 to 18 Year Old	Handout	Alberta Health	Provides information on good health, active living, healthy eating and positive self image for 13-18 year olds. Can be ordered free from Alberta Health or downloaded at: http://healthyalberta.com/HEAL_Brochure_13to18.pdf

Choose Healthy Food			
Eating Out the Healthy Way	Handout	Alberta Health Services	This handout provides tips to families on how to make healthier choices while eating out.
Fibre Facts	Handout	Alberta Health Services	This handout provides facts to families on why fibre is needed for good health, and how to choose high fibre foods everyday.
Grocery Shopping the Healthy Way	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.
Healthy Holiday Eating	Handout	Alberta Health Services	This handout provides tips to families on how to plan ahead to make healthy food choices and still enjoy holiday celebrations. Includes 9 useful holiday eating tips as well as recipes.
Hold the Salt	Handout	Alberta Health Services	This handout provides tips to families on how to cut back on salt (sodium) in the diet.
Label Reading the Healthy Way	Handout	Alberta Health Services	This handout provides tips to families on how to read and use food labels to compare similar foods and make healthy food choices.
Nutrition Labelling: Interactive Nutrition Label and Quiz (also available in French)	Online Tool	Health Canada	Tools to help you learn more about nutrition labels, including an interactive nutrition label and an online quiz. Is found at: Interactive nutrition label (Flash version) - Food labels - Healthy Canadians Website
Nutrition Labelling: The % Daily Value (also available in French)	Online Tool	Health Canada	This Health Canada website contains information about the percent daily value found on the nutrition label. There are interactive tools, fact sheets, and background information for educators. Is found at: http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/dv-vq/index-eng.php
Nutrition Information on Food Labels (also available in French)	PowerPoint Presentation	Health Canada	Provides information about nutrition labelling and Canada's Food Guide in a ready to use PowerPoint presentation, including speaker notes and background information. Is found at: http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/educat/info-nutri-label-etiquet-eng.php

<u>Prepare Healthy Food</u>			
<u>Eat Together</u>	Handout	Alberta Milk	Provides tips, shopping lists and quick recipes to help overcome the barriers to eating together as a family. Cost \$0.10 each. Is found at: http://www.moreaboutmilk.com/resources/nutrition-education-resource-catalogue/
<u>Food Smart: Your Guide to Eating Well</u>	Tool (booklet)	Alberta Health	Includes tips on meal planning, portion sizes, and pantry stocking. Can be ordered free from Alberta Health or downloaded at: http://www.healthyalberta.com/revisedfoodsmart.pdf
<u>Healthy Snacking</u>	Handout	Alberta Health Services	Provides tips to families on making healthy snack choices.
<u>Making Foods with Less Fat and Sugar</u>	Handout	Alberta Health Services	This handout provides tips to families on how to plan, purchase, prepare, and pack healthy meals. Includes a weekly menu planner.
<u>My Menu Planner</u> (also available in <u>French</u>)	Online Tool	Eat Right Ontario	Designed to help plan a healthy menu. May be suitable for Career and Technology Studies foods classes. Note: may not meet Alberta Nutrition Guidelines for Children and Youth. Is found at: http://www.eatrightontario.ca/en/menuplanner.aspx#
<u>Quick and Easy Meals</u>	Handout	Alberta Health Services	Provides tips to families to plan, purchase, prepare, and pack healthy meals. Includes a weekly menu planner.
<u>Wake Up to Breakfast Everyday</u>	Handout	Alberta Health Services	Provides tips to families on making healthy breakfast choices.
<u>What's for Lunch?</u>	Handout	Alberta Health Services	Provides tips to families on making healthy lunch choices.
<u>Eat More Vegetables and Fruit</u>			
<u>Eat More Vegetables and Fruit</u>	Handout	Alberta Health Services	Provides tips on ways to increase vegetable and fruit intake in children and adults.
<u>Produce Passport</u>	Tool (booklet)	Private company (Innovative Promotions)	Interactive resource to help teach children about 21 different fruits and vegetables, their nutritional value, and where they are grown. Cost: ~\$4.00 each. Is found at: http://www.producepassport.com/index.php
<u>Mix it Up!</u>	Tool (website)	Canadian Produce Marketing Association	This website is aimed at helping Canadians of all ages eat more fruits and vegetables as part of a healthy diet and active lifestyle to better their health. http://www.fruitsandveggies.ca

<u>Know Your Portions</u>			
Food Guide Serving Sizes for 1 to 4 Years	Handout	Alberta Health	Shows the recommended number of servings for children ages 1-4 and provides examples of food guide serving sizes. Compliments Alberta Health Portion Size Kit. Is found at: http://healthyalberta.com/HEAL-Serving_Sizes-1_to_4-2011.pdf
Food Guide Serving Sizes for 5 to 11 Years	Handout	Alberta Health	Shows the recommended number of servings for children ages 6-12 and provides examples of food guide serving sizes. Compliments Alberta Health Portion Size Kit. Is found at: http://healthyalberta.com/HEAL-Serving_Sizes-5_to_11-2011.pdf
Food Guide Serving Sizes for 13 to 18 Years	Handout	Alberta Health	Shows the recommended number of servings for children ages 13-18 and provides examples of food guide serving sizes. Is found at: http://healthyalberta.com/HEAL_FoodServing_13to18.pdf
Portion Size Activities for the Alberta Nutrition Guidelines for Children and Youth (for use with the Alberta Health Portion Size Kit) (also available in French)	Manual	Alberta Health Services	Activities that can be used with the Alberta Health Portion Size Kit to teach healthy portion sizes to students from Kindergarten to Grade 12. Meets Alberta Education's Health and Life Skills Curriculum Outcomes.
Choose Healthy Food Portions	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 contain.
Sizing Up Food Guide Servings	Poster	Alberta Milk	Helps to teach serving sizes. Features actual size photographs of foods from each of the for food groups. Size 26" X 39". Cost: \$3.00. Is found at: Resource Catalogue Alberta Milk More About Milk
<u>Choose Healthy Drinks</u>			
Healthy Drinks, Healthy Kids	Handout	Alberta Health Services	This handout provides tips to families on healthy drinks to choose most often, and which high sugar drinks should be limited to promote good health and growth in kids.
Choose Healthy Drinks	Handout	Alberta Health Services	This handout, designed for an adult audience, provides tips on which high calorie drinks and alcohol to limit, and how to choose healthy drinks.
The Energy Drink Buzz (Poster)	Poster	Alberta Health Services	Contains information about energy drinks and their effects. This colour poster is available online only.
The Energy Drink Buzz (Handout)	Handout	Alberta Health Services	Provides teens with general information about energy drinks.
The Energy Drink Buzz (Presentation)	PowerPoint Presentation	Alberta Health Services	This PowerPoint presentation provides teens with information about energy drinks and their effects. (Contains notes pages).
You're Sweet Enough - Choose Water	Poster	Alberta Health	Promotes drinking water. Can be ordered from Alberta Health or downloaded at: http://www.healthyalberta.com/Water_poster_November_2012.pdf

Additional Links

These links offer many useful resources, but some may not fully align with the Alberta Nutrition Guidelines for Children and Youth. Please use these resources along with resources that promote the [Alberta Nutrition Guidelines for Children and Youth](#).

Mission Nutrition (also available in French)	Tool (website)	Kellogg's® and Dietitians of Canada	Activities and resources to encourage students to engage in healthy eating, physical activity and positive self-esteem. Features entertaining ways to explore and foster healthy living habits through a series of curriculum-based resources for students in kindergarten to grade 8. *Available in English and French. Is found at: http://www.missionnutrition.ca/missionnutrition/index.html
EaTracker	Tool (website)	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. http://www.eatracker.ca
Dietitians of Canada	Tool (website)	Dietitians of Canada	Website with nutrition information on a variety of topics. http://www.dietitians.ca
Alberta Milk	Tool (website)	Alberta Milk	Website with tools and resources available to order http://www.moreaboutmilk.com
Healthy U	Tool (website)	Healthy U	This website gives Albertans access to current, evidence-based information about healthy eating and active living choices and factors that affect health. http://healthyalberta.com/

Curriculum Based Lesson Plans

Nutrition Resource Kit-Kindergarten	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!
Nutrition Resource Kit-Grade 1	Tool	Alberta Health Services	Includes 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'!
Nutrition Resource Kit-Grade 2	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?'
Nutrition Resource Kit-Grade 3	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!
Nutrition Resource Kit-Grade 4	Tool	Alberta Health Services	Includes 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!
Nutrition Resource Kit-Grade 5	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!
Nutrition Resource Kit-Grade 6	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!
Nutrition Resource Kit-Grade 7	Tool	Alberta Health Services	Includes 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. Learn what influences eating patterns and find hidden messages in advertising.
Nutrition Resource Kit-Grade 8	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 Fruits Challenge' or learn to think quickly in the fast food line!
Nutrition Resource Kit-Grade 9	Tool	Alberta Health Services	Includes lesson plans 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!

Nutrition Bites

Allergy Awareness at Special Events	Insert	Alberta Health Services	Nutrition information for schools to add to newsletters	
Beans: A Great Meat Alternative!	Insert	Alberta Health Services	<p>Additional Topics:</p> <ul style="list-style-type: none"> • School Lunches • Celebration Foods • Simple Snacks • Mindful Eating • Breakfast • Love your Body! • Caffeine • Healthy Portions • Nutrition Labels • Eating Out • Seasonal Vegetables and Fruits • Label Reading- Serving Size 	
Fuelling Active Kids	Insert	Alberta Health Services		
Healthy Parties and Events for Kids	Insert	Alberta Health Services		
Keeping Lunch Safe!	Insert	Alberta Health Services		
Meals and Snacks on the Run	Insert	Alberta Health Services		
Picky Eaters	Insert	Alberta Health Services		
Sugar Sources	Insert	Alberta Health Services		
What's the Scoop on New Drink Products?	Insert	Alberta Health Services		
School Nutrition Announcements	Handout	Alberta Health Services		Short PA announcements for Elementary and Junior High Schools on topics such as breakfast/lunch/snacks, general nutrition, drinks and physical activity.

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

Créer Des Environnements Alimentaires Sains Dans Les Écoles

Saines collectes de fonds pour les écoles	Handout	Alberta Health Services	<i>(Healthy School Fundraising – French translation)</i> Ce document présente les étapes à suivre pour aider votre école à créer une politique de saines collectes de fonds. On y trouve des conseils pour réaliser avec succès des collectes de fonds ainsi qu'une panoplie d'idées pour mettre sur pied de saines collectes de fonds.
Promouvoir le choix d'aliments sains	Handout	Alberta Health Services	<i>(Marketing Healthy Food Choices – French translation)</i> Ce document fournit de l'information pour aider les écoles à promouvoir le choix d'aliments sains en expliquant la disponibilité, la promotion, l'établissement du prix et le placement de produits.
Boîte à outils pour l'inversion de la pause-repas: Jouer avant de manger!	Toolkit	Alberta Health Services	<i>(Reverse Lunch Toolkit: Play Before Lunch! – French translation)</i> 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.
Dîners Spéciaux	Handout	Alberta Health Services	<i>(Special Lunch Days – French translation)</i> Ce document fournit de l'information pour aider les écoles à créer des journées de repas spéciaux à la fois sains et amusants.
Lignes Directrices De L'Alberta En Matière De Nutrition Pour Les Enfants Et Les Jeunes	Manual	Alberta Health	<i>(Alberta Nutrition Guidelines for Children and Youth – French translation)</i> 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.
Lignes directrices de l'Alberta en matière de nutrition pour les enfants et les jeunes – Vue d'ensemble	Handout	Alberta Health Services	<i>(Alberta Nutrition Guidelines for Children and Youth: An Overview – French translation)</i> 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.
<u>Bien manger</u>			
Guide alimentaire canadien	Handout	Santé Canada	<i>(Canada's Food Guide – French translation)</i> 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.
Bien manger avec le Guide alimentaire canadien- Premières Nations, Inuits et Métis	Handout	Santé Canada	<i>(Canada's Food Guide for First Nations, Inuit, Métis – French translation)</i> 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.

Bien manger (continued)			
Bien Manger avec le Guide alimentaire canadien - Ressource à l'intention des éducateurs et communicateurs	Manual	Santé Canada	<i>(Eating Well with Canada's Food Guide - A Resource for Educators and Communicators – French translation)</i> 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.
Trousse éducative Mangez bien et soyez actif	Toolkit	Santé Canada	<i>(Eat Well and Be Active Educational Toolkit – French translation)</i> 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.
Mon guide alimentaire	Tool	Santé Canada	<i>(My Food Guide – French translation)</i> 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.
Fiche de suivi: mes portions du Guide alimentaire	Tool	Santé Canada	<i>(My Food Guide Servings Tracker – French translation)</i> 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.
L'étiquetage nutritionnel interactif et quiz	Online Tool	Santé Canada	<i>(Nutrition Labelling: Interactive Nutrition Label and Quiz – French translation)</i> 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.
Le % de la valeur quotidienne	Online Tool	Santé Canada	<i>(Nutrition Labelling: The % Daily Value – French translation)</i> 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.
Présentations prête-à-utiliser sur l'étiquetage nutritionnel	PowerPoint Presentation	Santé Canada	<i>(Nutrition Information on Food Labels – French translation)</i> 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.
Mon planificateur de menu	Online Tool	Saine Alimentation Ontario	<i>(My Menu Planner – French translation)</i> Saine alimentation Ontario a conçu cet outil interactif afin d'aider à planifier un menu sain. Il s'agit d'une merveilleuse ressource pour les cours de technologie et de carrières liés 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.
Activités sur la taille des portions pour les Lignes directrices de l'Alberta en matière de nutrition pour les enfants et les jeunes	Manual	Alberta Health Services	<i>(Portion Size Activities for the Alberta Nutrition Guidelines for Children and Youth - French translation)</i> Ce manuel, offert en anglais et en français, comprend des activités dont on peut se servir conjointement avec la trousse de détermination de la taille des portions d'Alberta Health pour fournir des renseignements sur la taille des portions saines aux élèves de la maternelle à la 12 ^e année. Ce manuel satisfait aux résultats d'apprentissage du programme d'éducation en ce qui a trait à la santé et aux aptitudes à la vie quotidienne d'Alberta Education.
Mission Nutrition	Tool (website)	Kellogg's® et Les Diététistes du Canada	<i>(Mission Nutrition Resources – French translation)</i> Kellogg's® et Les Diététistes du Canada offrent des activités et des ressources pour encourager et motiver les élèves à bien manger, être actifs et avoir une estime de soi positive.