Instructions: Referring to the websites provided, answer the following questions.

|  |
| --- |
| **AHS - Healthy Eating Starts Here:** [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca) |
| What 4 settings does this page focus on?* + 1. [Healthy Eating at Work](http://www.albertahealthservices.ca/nutrition/Page6348.aspx)
		2. [Healthy Eating at School](http://www.albertahealthservices.ca/nutrition/Page2925.aspx)
		3. [Healthy Eating at Child Care Centres](http://www.albertahealthservices.ca/nutrition/Page8941.aspx)
		4. [Healthy Eating in the Community](http://www.albertahealthservices.ca/nutrition/Page10982.aspx#Healthy Eating in the Community)
 |
| Under the [***Healthy Eating at School***](http://www.albertahealthservices.ca/nutrition/Page2925.aspx)page*, w*hat are the 6 main topics?* + 1. [Creating Healthy Eating Environments in Schools](http://www.albertahealthservices.ca/nutrition/Page2915.aspx%22%20%5Ct%20%22_self)
		2. [Curriculum Based Lesson Plans](http://www.albertahealthservices.ca/nutrition/Page2918.aspx%22%20%5Ct%20%22_self)
		3. [Nutrition Bites](http://www.albertahealthservices.ca/nutrition/Page6457.aspx)
		4. [Manuals and Toolkits](http://www.albertahealthservices.ca/9597.asp)
		5. [Healthy Eating Resources](http://www.albertahealthservices.ca/2914.asp)
		6. [Nutrition Guidelines and Resources](http://www.albertahealthservices.ca/2929.asp)
 |
| [***Creating a Healthy Eating Environment in Schools***](http://www.albertahealthservices.ca/2915.asp) section provides tools and resources for whole school change. A key resource for schools is “**Steps to a Healthy School Environment: School Nutrition Handbook**” Where is this resource located? It is found in: [Create a Healthy Eating Environment](http://www.albertahealthservices.ca/6459.asp%22%20%5Ct%20%22_self)What other resources are found in this section and which ones are available in French?* + - [Healthy School Fundraising](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-fundraising.pdf%22%20%5Ct%20%22_blank)
		- [Marketing Healthy Choices](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-marketing-healthy-choices.pdf%22%20%5Ct%20%22_blank)
		- [Request for Proposal (RFP): Healthy Food Product Specifications](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-request-for-proposal.doc%22%20%5Ct%20%22_blank)
		- [School Lunch Restaurant List](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-lunch-restaurant-list.pdf%22%20%5Ct%20%22_blank)
		- [Single Serving Packaged Food List](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-single-serving-pkg-food.pdf%22%20%5Ct%20%22_blank)
		- [Special Lunch Days](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-special-lunch-days.pdf%22%20%5Ct%20%22_blank)
		- [Energy Drink Buzz](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-energy-drink-buzz-h.pdf%22%20%5Ct%20%22_blank)
 |
| What are the names of the [Manuals and Toolkits](http://www.albertahealthservices.ca/9597.asp) found on the ***School Nutrition*** *Page*? Highlight the kits that are available in French * + - [School Breakfast Program Toolkit](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-breakfast-program-toolkit.pdf%22%20%5Ct%20%22_blank)
		- [Sports Nutrition for Youth: A Handbook for Coaches](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sports-nutrition-for-youth.pdf%22%20%5Ct%20%22_blank)
		- [Sugar Shocker Education Kit](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sugar-shocker-kit.pdf%22%20%5Ct%20%22_blank)
		- [Cooking Club Manual](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-cooking-club.pdf%22%20%5Ct%20%22_blank)
		- [Reverse Lunch Toolkit: Play Before Lunch!](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-reverse-lunch-toolkit.pdf%22%20%5Ct%20%22_blank)
		- [Snack Shack Manual](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-snack-shack-manual.pdf%22%20%5Ct%20%22_blank)
		- [Portion Size Activities for the Alberta Nutrition Guidelines for Children and Youth](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-portion-size-english.pdf%22%20%5Ct%20%22_blank)
 |
| A teacher or agency partner may ask you for information or handouts to give to parents or community members. List 4 topics that are found under [Healthy Eating Resources](http://www.albertahealthservices.ca/2914.asp):* [Eating Well on a Budget](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-eating-well-on-a-budget.pdf%22%20%5Ct%20%22_blank)
* [Best Buys in the Four Food Groups](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-best-buys-in-the-four-food-groups.pdf%22%20%5Ct%20%22_blank)
* [Healthy Drinks, Healthy Kids](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-drinks-kids.pdf%22%20%5Ct%20%22_blank%22%20%5Co%20%22Healthy%20Drinks%2C%20Healthy%20Kids)
* [Healthy Meals Starting Simple](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-meals-starting-simple.pdf%22%20%5Ct%20%22_blank)
* [Healthy Snacking](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf%22%20%5Ct%20%22_blank%22%20%5Co%20%22Healthy%20Snacking)
* [Snacks for Children](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-snacks-for-children.pdf%22%20%5Ct%20%22_blank%22%20%5Co%20%22Snacks%20for%20Children)
* [What’s for Lunch?](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf%22%20%5Ct%20%22_blank%22%20%5Co%20%22What%27s%20for%20Lunch)
* [Healthy Holiday Eating](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-holiday-eating.pdf%22%20%5Ct%20%22_blank%22%20%5Co%20%22Healthy%20Holiday%20Eating)
* [Tips for Food Safety](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-tips-food-safety.pdf%22%20%5Ct%20%22_blank)
* [Quick and Easy Meals](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-quick-and-easy-meals.pdf%22%20%5Ct%20%22_blank%22%20%5Co%20%22Quick%20and%20Easy%20Meals)
* [The Best of Leftovers](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-the-best-of-leftovers.pdf%22%20%5Ct%20%22_blank)
* [Wake up to Breakfast Every Day](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-wake-up-to-breakfast.pdf%22%20%5Ct%20%22_blank%22%20%5Co%20%22Breakfast)
* [Eating Out the Healthy Way](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-eating-out.pdf%22%20%5Ct%20%22_blank%22%20%5Co%20%22Eating%20out%20the%20Healthy%20Way)
 |
| What are the names of the sections under ‘Ressources éducatives scolaires sur la nutrition publiées en francais?Bien MangerCrèer des environments alimetaires sains dans les écoles.   |
| What are the French resources from Health Canada (Santé Canada) that are found on the Bien Manger site?* [Guide alimentaire canadien](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-fra.php)
* [Bien manger avec le Guide alimentaire canadien – Premières Nations, Inuits et Métis](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/index-fra.php%22%20%5Ct%20%22_blank)
* [Bien manger avec le Guide alimentaire canadien – Ressource à l’intention des éducateurs et communicateurs](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/index-fra.php)
* [Trousse éducative Mangez bien et soyez actif](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/toolkit-trousse/index-fra.php)
* [Mon guide alimentaire](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index-fra.php%22%20%5Ct%20%22_blank)
* [Fiche de suivi : mes portions du Guide alimentaire](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/track-suivi/index-fra.php%22%20%5Ct%20%22_blank)
* [L’étiquetage nutritionnel interactif et quiz](http://canadiensensante.gc.ca/eating-nutrition/label-etiquetage/understanding-comprendre/interactive-tools-outils-interactifs/quiz-interactive-fra.php?_ga=1.57329705.2007279240.1446584904)
* [Le % de la valeur quotidienne](http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/dv-vq/index-fra.php%22%20%5Ct%20%22_blank)
* [Présentations prête-à-utiliser sur l’étiquetage nutritionnel](http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/educat/info-nutri-label-etiquet-fra.php%22%20%5Ct%20%22_blank)
 |
| School Nutrition Resource List – find the section with French resources and list 3 of the resources.<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-resource-list.pdf>* Dîners Spéciaux
* Lignes directrices de l’Alberta en matière de nutrition pour les enfants et les jeunes
 |

|  |
| --- |
| **Other Resources to assist you:** |
| [**Healthy U – Healthy Eating:**](http://www.healthyalberta.com/healthyeating.htm)Includes healthy eating articles, resources and recipes  |
| [**Healthy U Food Checker:**](http://www.healthyalberta.com/663.htm) Tool to help determine if a packaged food is *Choose Most Often, Choose Sometimes* or *Choose Least Often* based on The Alberta Nutrition Guidelines for Children and Youth.  |
| [**Healthy Eating for Children and Youth in Schools**](http://www.healthyalberta.com/2014-Resources-Eating-Schools.pdf)**:** Easy to read resource to help schools choose healthier foods. Based on The Alberta Nutrition Guidelines for Children and Youth. |
| [**Health Canada:**](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php)Lots of resources to support teaching about healthy eating – including:* Educator and Communicators Guide
* Eat Well and Be Active Educational Toolkit
* Ready to use PPT
* CFG available in French and 10 additional languages –Arabic, Chinese, Farsi (Persian), Korean, Punjabi, Russian, Spanish, Tagalog, Tamil, Urdu
* CFG available in a First Nations Metis and Inuit version in English, French, Plains Cree, Woods Cree, Ojibwe and Inuktitut
* My Food guide and tracker activities
 |