

NUTRITION KITS FOR ELEMENTARY SCHOOLS 2007 - 2008

FRASER HEALTH PUBLIC NUTRITION PROGRAM Serving Delta, Langley, and Surrey School Districts

Nutrition Teaching Kits are available for loan through your local Public Health Unit.

- Arrange to pick up a kit from your local health unit by calling the North Surrey Public Health Unit at (604) 587-7900.
- The loan period is two weeks.

Each kit also includes:

Eating Well with Canada's Food Guide (30)

Eating Well with Canada's Food Guide: A Resource for Educators & Communicators (1)

B. Elementary Kits - Primary

B-1 "The Food Dudes" (grades 1-3)

"The Food Dudes" Nutrition Education Program is a recommended resource in the "Personal Planning" curriculum. Contains a variety of science, arts, and other nutrition activity ideas. Also includes "Red Riding Hood" video (15 min.) and "Food Dudes" stamp. Note: The Food Dudes (text only) can be downloaded from www.fraserhealth.ca (search "Food Dudes").

B-2 Where Does Food Come From? (Grades 1-3)

Contains primary science resource "Beans and their Buddies", puppets "Teaching Children About Food" activity book, storybook "Tops and Bottoms", BC Foods handouts and handbook on *School Garden Guidelines*.

B-3 Breakfast Skippers? (Grades 1-3)

Promote breakfast eating using this kit containing activities, lively video (13 min.), puppet, food models and story book.

B-4 "Best You Can Be" (Grades 1-3)

Resource manual to promote healthy body image and eating habits. Also contains magnetic "Food Fun" food model set, story book "Charlie Choppers" and "Kids' Kitchen" video (on cooking with children).

C. Elementary Kits - Intermediate

C-1 Promoting Healthy Eating and Body Image (grades 4-7)

Includes activity manual produced in British Columbia called "*Promoting Healthy Body Image and Positive Self-Esteem*", "*Model Perfect*" video (24 min.) "*What Really Happens When We Diet*" handouts, and "*Girls in the 90's*" teaching tips. Also includes video "*Model Perfect – Dieting/Body Image*".

C-2 Intermediate Nutrition Kit (grades 4-7)

Adapted from "*School StreetHearts*" (see C-8). Package includes variety of intermediate nutrition teaching ideas, including many drama techniques. Kit also includes "*What's On Your Plate*" animated video (15 min.) "*Lunches to Go*" handout master, and cookbook. Also includes "Bone Zone" video (13:30 min) on calcium.

C-3 ESL Elementary Kit (elementary)

A series of teaching ideas appropriate for ESL classrooms. Includes video "*The Good Food Diner*" (14 min.), food model cards and "*The Amazing Apple*" book.

C-4 Digestion (grades 4-7)

Includes video "*Food Into Fuel: Our digestive system*" (22 min.), book "*Science Experiments You Can Eat*", posters and activity sheets.

C-5 Where Does Food Come From? (Grades 4-7)

Contains "*Soil Secrets*" science guide, BC Food Guides, and "*The Milky Way*" - a lively video on the milk industry (15 min.). Also includes "*Environmentally Friendly Eating*" elementary teaching manual.

C-6 Just For Girls (grades 6-7)

Facilitator's manual for the exploration of food and body image issues for girls. Includes video "*Take Another Look*" (24 min.), a dramatic fantasy about self esteem, body image and the beauty industry.

C-7 "School StreetHearts: A Dramatic Approach to Healthy Living" Teaching Kit (Grades 4-7) explores issues and decision making around smoking, physical activity and nutrition using drama. Detailed explanations of drama and other activities, as well as scripts are provided. Developed by Fraser Health Nutrition Program (formerly Boundary Health Unit) and the Surrey School District.

Also includes "Kid Zone" video and workbook.

School Streethearts (text only) can be downloaded from www.fraserhealth.ca (search "School Streethearts").

PAMPHLETS/HANDOUTS

The following are the most widely circulated school aged pamphlets available through the Public Health Nutrition Program. Call (604) 542-4000, email: phnutrition@fraserhealth.ca, or go to www.fraserhealth.ca and search “school nutrition” to download copies:

- Eating Well with Canada’s Food Guide (English, French and soon available in other languages)
- Eating Well with Canada’s Food Guide: A Resource for Communicators & Educators
- “Lunches to Go” - Elementary Parents
- “Lunches to Go: Nut Aware” - Elementary Parents
- “Shop-Smart Tours” – grocery store tours offered through Save-On Foods
- “Nutrition Education Workshops” (BC Dairy Foundation)
- “Severe Food Allergies in Children” – BC Health File #100
- Canada’s Physical Activity Guide for Children

OTHER RESOURCES

- Connect with the BC Dairy Foundation for information on the programs they offer for all grade levels. Visit www.bcdf.org or call (604) 294-3775.
- Call your school or district library for nutrition videos and books.
- Call Dial-a-Dietitian at (604) 732-9191 for answers to your general nutrition questions. Service is available in 130 different languages, including Chinese and Punjabi.
- Connect with your local Fraser Health Community Nutritionist by calling (604) 587-7936, by emailing phnutrition@fraserhealth.ca, or by visiting www.fraserhealth.ca (search “school nutrition”).