

NUTRITION KITS FOR HIGH SCHOOLS 2007-2008

FRASER HEALTH 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 Guide for Educators & Communicators (1)

High School Kits

D-2 Beyond Fast Foods (grades 10-12)

Developed by Fraser Health Authority. Jam-packed full of teaching activities including the game "Who Wants to Feel Like A Million". The lesson plans can also be downloaded free from our website. Also includes "Start Your Head" breakfast promotion public service announcements on audio and video (produced by teens).

D-3 Body Image/Eating Disorder Prevention Kit (grades 8-10)

Includes teacher's resource kit, "What Really Happens When We Diet" handouts and "Beyond the Looking Glass" video (28 min.) and teacher's guide. Also includes Eating Disorder Information Centre video clips.

D-4 Sport Nutrition Kit (grades 9-12)

Sport nutrition kit developed by sports Medicine Council of Canada, in conjunction with Beef Information Centre (1991). Includes video, "Eating for Performance" (24 min), posters on the hazards of steroid use, and Eating Disorder Information Centre video clips.

D-5 Food Politics and Food Security (Grades 9-12)

Appropriate for home economics and science classes. Includes "Environmentally Friendly Eating" resource manual, "Vegetarian Edge" booklets, World Food Day videos "The Hand that Feeds the World" (19 min.) on women's role in food production, and "The Question of Food" (12 min.) on world food issues. Also includes BC Food Guides.

D-6 Media Literacy: The Battle For Your Mind

Includes video and workbook "Don't Be a TV: Television Victim" (18 min.) and video "Invisible Persuaders: The Battle For Your Mind" (22 min.). Can be used to complement body image and food security resources.

PAMPHLETS/HANDOUTS

The following are the most widely circulated school aged pamphlets available through Public Health Programs. Email: phnutrition@fraserhealth.ca to find out how to obtain copies:

- Eating Well with Canada's Food Guide (English & French, soon available in various other languages)
- Eating Well with Canada's Food Guide: A Resource for Educators and Communicators (English & French)
- "What Really Happens When We Diet?" - Intermediate to Senior High
- "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
- Fraser South Eating Disorders Program
- The Vegetarian Edge

OTHER RESOURCES

- The BC Dairy Foundation (604-294-3775) offers a variety of programs for all grade levels.
- Contact your school or district library for nutrition videos and books.
- Call "Dial-a-Dietitian" at 732-9191 for answers to your general nutrition questions. (service is offered in 130 different languages, including Chinese and Punjabi).
- Fraser South Eating Disorders Program (604-592-3700)
- Call the Community Nutritionist at the Fraser South Public Health Nutrition Program at (604) 587-7936, e-mail: phnutrition@fraserhealth.ca or check out the School Nutrition section on the Fraser Health website: www.fraserhealth.ca, search "school nutrition".