



Backgrounder: BCDA taking nutrition education programs online during COVID-19 pandemic

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The BC Dairy Association (BCDA) offers a comprehensive range of nutrition education programs & materials supporting classroom education at public and private schools from Kindergarten through Grade 12, as well as resources for adults. The association's team of registered dietitians have retooled its core classroom workshops for teachers of primary and intermediate grades, and is now presenting them via Zoom. The association also offers downloadable lesson plans and have illustrated how these can be adapted for the virtual classroom. Go [here](#) for more information. Additionally, the association offers a program for teachers of secondary school students called *BC At The Table* which provides material that can be used in courses as diverse as Culinary Arts and Science, as well as adult nutrition education resources.

Workshops:

The core teacher workshops, each an hour long and led by a registered dietitian via Zoom, have been adapted to include resources for the home learning environment, while still retaining a strong hands-on learning focus. These teacher workshops include:

- Food Explorers. For children in Kindergarten and Grade 1, this workshop explores a variety of foods through hands-on experiences.
- Food for Us! For children in Grade 2 and 3, this program helps students investigate how they can make their own healthy meal choices.
- Passport to Healthy Living. For youth in Grade 4 – 7, this program integrates physical activity, nutrition, and environmental awareness with nutrition in a fun, planned activity.

The association will soon offer its Little Food Explorers workshops for early years education and care providers via Zoom.

The programs are consistent with BC's current educational curriculum, and are being updated to the new Canada Food Guide.

Teachers interested in learning more or signing up for any of these workshops via Zoom can visit <https://workshops.nutritioneducationbc.ca/virtual-workshops/>

Lesson plans:

BCDA offers a diverse array of lesson plans online, which teachers can download and use themselves. Topics include:

- A Food Guide Digital Scavenger Hunt for students in Grade 6 and above;
- Mindful Eating Lesson Plans for students in Grade 4 – 12;
- Mystery Food Activities for students in Kindergarten through Grade 8;
- Apple Tasting Lesson Plan for students in Grades 2 – 12;
- Breakfast Basics for Intermediate, Middle, and Secondary students;
- Making Cheese for students in Grade 2 – 12;
- And more.

Visit <https://bcdairy.ca/nutritioneducation/lesson-plans> to view and download lesson plans.

BC At the Table with older students:

The association's *BC At The Table* program offers teachers with older students discussion guides that can support their work with rich information about the BC food system. With a series of videos about the production, processing, distribution, and access to produce, grains, dairy, and salmon, this program can be used in classes such as Culinary Arts 10 – 12, Food Studies 10 – 12, Career Education, Physical Education, Science 7 – 9 and Environmental Science 11 & 12, and Social Studies 7 – 9.

For adults:

Nutrition resources for adults can be found here: <https://bcdairy.ca/store>. Adults are able to order a copy of any paper brochure for free, or download them electronically. There is a nominal charge for larger orders of paper brochures.

Media Contact

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BC Dairy Association (BCDA) is a not-for-profit organization representing British Columbia's dairy farmers. BCDA is dedicated to educating British Columbians about milk, dairy farming, and nutrition through school programs and community outreach. The association also advocates for, and supports BC dairy farmers through initiatives that promote a vibrant and sustainable industry that supplies high quality milk to consumers.