

Nutrition Education Programs

Connect to BC's curriculum while teaching healthy eating!

PLEASE
POST

Teacher Workshops

What: Free one-hour nutrition education workshops to familiarize teachers with the program of their choice.

Where: At your school! (Available after school or on professional development days.)

When: Flexible! Organize a workshop and we will send a registered dietitian to your school.

How Much: Workshops are FREE of charge with no obligation to purchase materials.

* Program materials are only available to teachers who have taken the workshop.

Win an iPad mini!



Organize a workshop at your school for a chance to win an iPad mini.

Two iPad minis will be given away this school year.

Draw Dates: December & June

Apple and iPad are registered trademarks of Apple Inc. Apple is not a sponsor of, nor a participant in, this Contest.



Food Explorers Les explorateurs d'aliments Grades K-1

Filled with opportunities for experiential learning and tasting, students have fun exploring a variety of foods and new food experiences.

Kit includes: teacher guide, recipe cards and colourful stickers.

* One time cost of \$20 – student materials are re-supplied annually free of charge.

Matériel de l'élève disponible en français.



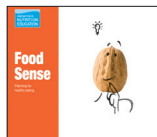
Food For Us! Des aliments pour nous! Grades 2-3

What makes a meal healthy? Students investigate how they can make their own healthy food choices while learning about where food comes from.

Kit includes: teacher guide, colourful student workbooks, poster and food pictures.

* One time cost of \$20 – student materials are re-supplied annually free of charge.

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Food Sense Bien manger Grades 4-6

After exploring and reflecting on their daily eating and physical activity habits, students investigate ways to make sustainable healthy changes.

Kit includes: teacher guide, colourful student workbooks, poster and parent brochures.

* One time cost of \$20 – student materials are re-supplied annually free of charge.

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Passport to Healthy Living Passeport pour une vie saine Grades 4-7

Students plan a healthy living activity integrating physical activity, nutrition and environmental awareness. What a perfect way to do place-based education!

Kit includes: teacher guide, DVD and case studies, poster and student passports.

* One time cost of \$15 – student materials are re-supplied annually free of charge.

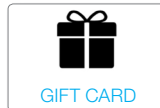
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Use our program(s) and apply to get a Mini Food Grant!

Bring food into the classroom to support your teaching. Teachers using one of BC Dairy Association's nutrition education programs are eligible to apply for a mini food grant.

Find out more at nutritioneducationbc.ca



Refer a Friend to book a workshop and receive a \$15 gift card.

If your friend books a workshop with us, we will send you a \$15 gift card to either *Save-On-Foods* or *Tim Hortons* as a thank you. Tell us which option you prefer.

Remind your friend to let us know who referred them when booking their workshop. We look forward to providing more teachers with nutrition education programs applicable for the classroom!



To book a workshop or for more information call 1.800.242.6455 or email nutrition@bcdairy.ca

Workshops are also available for secondary school teachers.
Visit: NutritionEducationBC.ca