

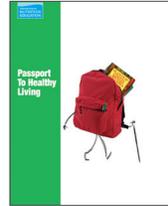
Attend a nutrition education workshop and take action in your classroom!

- Fun, free and informative workshops available to all BC teachers
- Comprehensive, ready-to-teach lessons designed to fit the Health & Career Education curriculum
- Attractive resources for use with your students



Titanium Chef (Gr. 6–8)

Learn how you can integrate this free online resource into your teaching plan. Based on Canada's Food Guide, this internet-based role-playing game lets students discover, explore and compete to become the galaxy's greatest chef. Visit www.titaniumchef.ca to access the game. Includes additional classroom based activities. (1 hour)



Passport to Healthy Living (Gr. 6–7)

Challenge your students to take responsibility for their health! Discover how students can plan and carry out a healthy living activity, integrating physical activity, nutrition and environmental awareness. Teacher kit includes teacher guide, student booklets and handouts, DVD, and poster: \$15 (1 hour)



Bone Zone (Gr. 6–8)

Learn about the importance of diet and exercise to build healthy bones, especially during the teenage years. Review teenagers' eating habits and find out how you can support youth to get enough calcium and exercise to build healthy bones. Teacher kit includes teacher guide, student activity worksheets and handouts and DVD: \$10 (1 hour)



Healthy Attitudes, Healthy Bodies, Healthy Schools

Create a school environment that promotes body size acceptance and focuses on health instead of weight. Examine your attitudes related to weight, explore determinants of body shape and size and develop strategies and language to help you discuss body image issues with students. (1–1.5 hours)



Do You Think You're Healthy? (Gr. 8)

Find out how you can use FoodTrack™, a recommended learning resource for Home Economics Foods and Nutrition 8–12, to help students assess their food choices. A folder of materials is included with the workshop. (1–2 hours)



Sport Nutrition 101 (Physical Education/Coaches)

Learn the answers to your students' questions about sport nutrition. This workshop will include hands-on activities and sport nutrition resources you can use with athletes and active students. (1- 1.5 hours)



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 & May

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Book a workshop: 604.294.3775 or toll-free 1.800.242.6455
e: nutrition@bcdairy.ca w: NutritionEducationBC.ca