

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 and resources designed to fit the curriculum provided with each workshop
- **Attractive resources** for use with your students



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)



BC At The Table

Do your students know where their food comes from? What impact does buying BC food have on the environment, economy and communities of BC? Review the components of the food system and learn about BC At The Table, a teacher resource that introduces students to the food system for four BC foods: produce, grains, dairy and salmon. (1-1.5 hours)



Do You Think You're Healthy?

Provide your students with the knowledge, skills and attitudes they need to make informed decisions related to their health. Explore factors affecting health through engaging case studies. Use FoodTrack™, the acclaimed series of nutrition education resources, to help students assess their food choices. (1.5-3 hours)



Calcium, Protein, Vitamin D and Bone Health

Learn about current research on nutrition and bone health. Find out how you can reduce your risk of osteoporosis by getting adequate calcium, protein and vitamin D throughout life. (1.5 hours)



Better Together—The Importance of Family Meals

Learn why children, youth, and other social groups benefit in many ways when families eat together. Find out how you can support students to value family meals. (1–1.5 hours)



Sport Nutrition 101

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. (1.5-3 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
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