

## Teacher Workshops

**What:** Free one-hour nutrition education workshops to familiarize teachers with the program of their choice. Designed around Canada's Food Guide and based on BC's Health and Career Education curriculum.

**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 2015-2016 school year.

**Draw Dates:** December 2015 & May 2016

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



To book a workshop or for more information call 1.800.242.6455 or email [nutrition@bcdairy.ca](mailto:nutrition@bcdairy.ca)

Workshops are also available for secondary school teachers. Visit: [NutritionEducationBC.ca](http://NutritionEducationBC.ca)



### Food Explorers Les explorateurs d'aliments Grades K-1

Students have fun exploring a variety of foods and new food experiences.

#### Kit includes:

- Teacher guide with classroom activities
- Class set of recipe collector cards
- Class set of 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

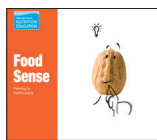
Students learn to classify foods into the four food groups and choose balanced meals and healthy snacks.

#### Kit includes:

- Teacher guide with classroom activities
- Class set of colourful student workbooks
- Four food group 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

Students assess their diet and daily physical activity and create personal plans to improve them.

#### Kit includes:

- Teacher guide with classroom activities
- Class set of colourful student workbooks
- Class set of food and physical activity records
- Parent brochures
- Serving size poster

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.

#### Kit includes:

- Lesson plans
- DVD and case studies
- Four food group poster
- Class set of student passports

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

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### Bone Zone Grades 5-8

Youth learn about the importance of diet and exercise to build healthy bones.

#### Kit includes:

- Teacher guide
- DVD

Cost of kit is \$10 – teacher workshops are available for Bone Zone but not mandatory. Visit [www.bcdairy.ca](http://www.bcdairy.ca) to download additional activities for Bone Zone or view DVD online.



### Titanium Chef Le chef titane Grades 6-8

Do your students have what it takes to compete in the Titanium Stadium? In this internet-based role-playing game, students discover, explore and compete to become the galaxy's greatest chef.

Visit [www.titaniumchef.ca](http://www.titaniumchef.ca) to access the game.

During the course of the game, players

- challenge themselves to learn skills such as figuring out Food Guide Servings and planning healthy eating for a day
- compete as a Chefbot to become a Titanium Chef
- explore new worlds to discover and collect ingredients and tools to prepare meals

An optional workshop on this award-winning resource will introduce teachers to the game and to classroom based resources to enhance learning and assess students. Titanium Chef is also available in French.