

- 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
- Attend a nutrition education workshop and take action in your classrooms!

Middle School



Passport to Healthy Living (Gr. 4–7)

Challenge your students to take responsibility for their health! Discover how Passport to Healthy Living teaches students to plan and carry

out a healthy living activity, integrating physical activity, nutrition and environmental awareness. Get tips for encouraging students to continue practice healthy living. Teacher kit includes lesson plans, video/DVD, stickers and posters: \$10. (1 hour)



Bone Zone (Gr. 5–8)

This program contains messages for anyone with bones! Find out how Bone Zone can work in your classroom. View video clips and

engage in several activities that reinforce the key messages. Bone Zone was developed in partnership with BC Ministry of Health, BC Dairy Foundation, Knowledge: and Osteoporosis Society of Canada. Bone Zone is a recommended learning resource for Grade 7 Health and Career Education Collections chart. Teacher Guide and video/DVD: \$15. (1 hour)

Secondary School

FoodTrack™



Learn what's new in Canada's Food Guide and how the FoodTrack™ series has been revised and updated. FoodTrack™ is the acclaimed series of nutrition education resources that helps students check their food choices to see if they are on track for

food group balance, fibre, caffeine and fat. Find out how you can teach using these resources, and whether your own diet is on track with the new food guide. FoodTrack™ is a recommended learning resource for Grade 9 in Health and Career Education and for Home Economics: Foods and Nutrition 8–12. A folder of materials is included with the workshop. (1–2 hours)

Better Together—The Importance of Family Meals (Gr. 8–12, Home Economics)

Learn why children, youth, and other social groups benefit in many ways when families eat together. BC Dairy Foundation completed research that analyzed why families eat together or don't. Find out how you can support students to value family meals. A folder of materials is included in the workshop. (1–1.5 hours)

Health & Career Education (Gr. 8–9, Planning 10)

Find out how you can provide your students with the knowledge, skills and help them develop the attitudes they need to make informed decisions related to their health. Explore factors affecting health through engaging case studies. Learn how you can use ministry-approved resources to help students assess their food choices. A folder of lesson plans and sample resources is included in the workshop. (1.5–3 hours)

Calcium, Vitamin D and Bone Health (Gr. 8–12)



Learn about current research on nutrition and bone health. This workshop highlights the importance of adequate calcium and vitamin D intake throughout life to reduce risk for osteoporosis. Find out your personal risk for osteoporosis and what you can do about it. A folder of materials with lesson plan and student resources is included in the workshop. (1.5 hours)

To book a workshop, call us at 604.294.3775,
or toll-free at 1.800.242.6455
To find out more, visit: www.bcdairyfoundation.ca