

Titanium Chef

INNOVATION IN
NUTRITION
EDUCATION
BC DAIRY FOUNDATION

NUTRITION EDUCATION
PROGRAMS
FOR GRADES K-8

Have your students play Titanium Chef online in the classroom!

A free web based role playing game, Titanium Chef is designed to engage grade 6-8 students in learning how to make healthy food choices through teaching them about Canada's Food Guide.

This game was educational, ingenious and fun, and it made Canada's Food Guide comprehensive and achievable.

Teacher

www.titaniumchef.ca



www.bcdairyfoundation.ca
BC Dairy Foundation
1.800.242.6455
604.294.3775 (Lower Mainland)



Nutrition Education At School:
RECONNECT FOOD AND FUN

Teacher Workshops

Take action in your classroom with a BC Dairy Foundation program!

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 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.

To book a workshop, or for more information, call us toll free at 1.800.242.6455 or email us at nutrition@bcdcf.ca

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



Nutrition Education Programs

PLEASE POST



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.

Mat riel de l l ve disponible en fran ais.



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

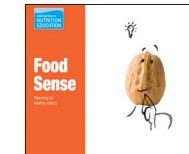
Students learn to classify foods into the four food groups and choose balanced meals and healthy snacks.

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 \$15 – teacher workshops are available for Bone Zone but not mandatory. Visit www.bcdairyfoundation.ca to download additional activities for Bone Zone.

NEW



Titanium Chef Le chef titane Grades 6-8

In this internet-based role-playing game, students discover, explore and compete to become the galaxy's greatest chef.

Visit 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 will introduce teachers to the game and to classroom based resources to enhance learning and assess students.