

Additional Resources

Publications and Resources	Ordering Details	Cost
Healthy Eating		
<p>Canada's Food Guide</p> <ul style="list-style-type: none"> • Eating Well with Canada's Food Guide • Eating Well with Canada's Food Guide - A Resource for Educators and Communicators • Eating Well with Canada's Food Guide - Food Guide for First Nations, Inuit and Métis • My Food Guide Interactive tool to create personalized guide or Take the Guided Tour • Translated versions of Canada's Food Guide (10 languages) 	<p>Local Health Unit (see directory)</p> <p>Interactive guide and downloadable PDF of Canada's Food Guide available at: www.healthcanada.gc.ca/foodguide Tel.: 1-866-225-0709</p>	No Charge
<p>EatRight Ontario</p> <p>Ask-a-dietitian service to answer your questions about various nutrition topics via email or phone. Website contains various topics on healthy eating.</p>	<p>1-877-510-5102 (to call a Registered Dietitian) www.eatrightontario.ca</p>	No Charge
<p>Dairy Farmers of Canada (Ontario) Teach Nutrition</p> <p>Curriculum based programs and teacher workshops for grades 1 to 8:</p> <ul style="list-style-type: none"> • K-3 Power to Play, Grow with Milk • 4-6 Power for Bones, Digest Quest, Body Image • 7-8 Stretch your Noodle 	<p>www.teachnutrition.org</p> <p>Tel: (905) 821-8970 Toll Free: 1-866-392-9929 Fax: (905) 821-0585</p>	\$5 for Grow with Milk kit
<p>Canadian Egg Marketing Agency</p> <p>See the 'Educating Egg Catalogue'</p> <ul style="list-style-type: none"> • Activity booklets (k-6) • Teaching module (Gr. 7-12) 	<p>Downloadable PDFs available at: http://www.canadaegg.ca Click on <u>All About Eggs</u></p> <p>Print material: Egg Farmers of Ontario Tel: (905) 858-9790</p>	No Charge

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	Fax: (905) 858-1589 Email: eggboard@getcracking.ca	
Ontario Agri-Food Education Inc. (OAFE) The Teacher's Toolkit is a reference guide of factual information and resources related to the agri-food industry.	Curriculum connections for Grades 1 to 8 can be found at http://www.oafe.org/user_files/articles/toolkit_oafe.pdf . You can also go to www.oafe.org and click 'resources'.	No Charge
Canadian Produce Marketing Association: 5 to 10 a day <ul style="list-style-type: none"> • Farm to Market Teacher's Resource • Freggie's Eat Smart Nutrition Unit for Grade 3 	www.5to10aday.com Vegetable and fruit promotional website, including posters, kid newsletters and brochures.	No Charge
Health Canada-Nutrition Resources Webpage provides multiple links to nutrition information.	http://www.hc-sc.gc.ca/fn-an/index-eng.php	No Charge
OPHEA Menu of Choices An online resource that provides information and tools to support schools in addressing healthy eating. The Menu of Choices Elementary Staff Room Calendar is sent to all schools that register before September.	www.menuofchoices.ca	No Charge
Mission Nutrition Teaching Toolkits Curriculum based healthy living lessons and activities including teacher notes. <ul style="list-style-type: none"> • Grades K to 8 	Downloadable PDFs and order from at: www.missionnutrition.ca Tel: 1-888-453-6374	No Charge
Nutrition Fact Sheets Various Topics	Local Health Unit (see directory)	No charge

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<p>Nutrient Values of Some Common Foods</p> <ul style="list-style-type: none"> Lists 19 nutrients in 975 foods marketed in Canada 	<p>Tel: 1-800-635-7943 Fax: 1-800-565-7757</p> <p>Downloadable PDF available at: http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/nutrition/nvscf-vnqau-eng.pdf</p>	<p>\$9.50 + GST & S/H</p> <p>Downloadable PDF free of charge.</p>
<p>Weight of the World Challenge</p> <p>A multi-resource challenge created to address the increasing problem of obesity among our children.</p> <ul style="list-style-type: none"> Includes a user guide, activities, and a 51 minute NFB / CBC - The Nature of Things with David Suzuki co-production video (2003). 	<p>http://www.cbc.ca/weightoftheworld 1-800-267-7710</p>	<p>\$49</p>
<p>Body Image</p>		
<p>Elementary Teachers' Federation of Ontario-Reflections of Me</p> <ul style="list-style-type: none"> Body image teaching kit for grades 1-8 curriculum Kit 1-Grades 1-6 Kit 2-Grades 7-8 	<p>http://www.etfo.ca/IssuesinEducation/BodyImage/Pages/default.aspx</p>	<p>\$200</p>
<p>The Student Body: Promoting Health at Any Size</p> <p>Learning modules for grades 4, 5, and 6 Topics include media, healthy eating, active living, and adult role modeling.</p>	<p>Sick Kids / IWK Health Center</p> <p>http://research.aboutkidshealth.ca/thestudentbody/home.asp</p>	<p>No Charge</p>
<p>Body Image Kits</p> <ul style="list-style-type: none"> Grades K-3, 4-6, 7-9 Kits include videos/DVD 	<p>Body Image Works Inc. http://www.bodyimageworks.com</p> <p>Tel: (403) 243-5383 Fax: (403) 243-5439 E-mail: bodyimageworks@shaw.ca</p>	<p>\$550</p>

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<p>Body Sense</p> <p>Website for athletes and coaches on promoting a positive body image.</p>	<p>Canadian Centre for Ethics in Sport www.bodysense.ca</p>	<p>No Charge</p>
<p>Dove: Campaign for Real Beauty</p> <p>Interactive website with self-esteem and media literacy activities.</p> <ul style="list-style-type: none"> • Recommended for grades 7 to 8. 	<p>www.campaignforrealbeauty.ca</p>	<p>No Charge</p>
<p>Professional Training Workshop</p> <p>Workshop for teachers, staff and parents on promoting positive body image.</p>	<p>Dr. Gail McVey, Director Pat Valenti, Admin. Ontario Community Outreach Program for Eating Disorders The Toronto General Hospital Toronto, Ontario, M5G 2C4 Tel: (416) 340-4051 / 1-800-463-1856 (within Ontario) www.ocoped.ca</p>	<p>No Charge</p>
<p>Every BODY Is A Somebody</p> <p>An active learning program to promote healthy body image, positive self-esteem, healthy eating and an active lifestyle for female adolescents.</p>	<p>Body Image Coalition of Peel Tel: (905) 791- 7800 x. 2063 Fax: (905) 458-5158</p> <p>Downloadable order form at: http://www.bodyimagecoalition.org/everybody2.html</p>	<p>\$29 (within Ontario) \$ 32 (elsewhere in Canada)</p>
<p>Healthy Weight</p> <p>Website focused on a “health at every size” approach to promoting healthy lifestyles.</p>	<p>www.healthyweight.net</p>	<p>No Charge</p>
<p>Just for Girls Program</p> <p>Facilitator program manual by Sandra Friedman 2003</p>	<p>Salal Books www.salal.com</p>	<p>\$35</p>
<p>Just for Boys Program</p>	<p>Salal Books</p>	<p>\$35</p>

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Facilitator program manual by Sandra Friedman 2007	www.salal.com	
Reviving Ophelia: Saving the Selves of Adolescent Girls Book by Mary Pipher (1994)	Random House	
When Girls Feel Fat: Helping girls through adolescents Book by Sandra Friedman (2000)	Toronto, Harper Collins	
“I’m Like, SO Fat!” Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World Book by Dianne Neumark-Sztainer	The Guilford Press	
Videos		
Body Talk 2: It’s a New Language (2001) 20 minute video with Facilitator’s Booklet. <ul style="list-style-type: none"> Recommended for students 9-12 years of age. 	Available in DVD or VHS www.thebodypositive.org	\$89.95 + S/H (US dollars)
Body Talk 3: My Special Body Video 20 minute video with Facilitator’s Booklet. <ul style="list-style-type: none"> Recommended for students 6-9 years of age. 	Available in DVD or VHS www.thebodypositive.org	\$89.95 + S/H (US dollars)
Confident for Life: Kids and Body Image 28 minute video including a lesson plan and worksheet. <ul style="list-style-type: none"> Recommended for grades 4 -6. 	Available at www.bodyimageworks.com	\$80 + S/H
Gossiping, Taunting, Bullying: It’s All Harassment (2001) 24 minute video discussing how it feels to be a victim of gossip, taunts and	National Professional Resources, Inc. http://www.nprinc.com/bully/vgtb.htm	\$139.95

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bullying. <ul style="list-style-type: none"> Recommended for grades 5 to 9. 		
<p>Reviving Ophelia: Saving the Selves of Adolescent Girls (1998)</p> <p>35 minutes video including a guide book. Addressed self-esteem and modern cultural influences.</p>	<p>Available on DVD or VHS www.kineticvideo.com</p> <p>Kinetic Inc., Toronto Tel: (416) 538-6613 1-800-263-6910</p>	<p>\$329.95</p>
<p>Miscellaneous</p>		
<p>Anaphylaxis: A Handbook for School Boards</p>	<p>Canadian School Boards Association Downloadable PDF at: http://www.cdnsba.org</p>	<p>No Charge</p>
<p>Health Canada-Healthy Living</p> <p>Webpage with various healthy lifestyle information.</p>	<p>http://www.hc-sc.gc.ca/hl-vs/index_e.html</p>	<p>No Charge</p>
<p>Heart and Stroke Foundation</p> <p>Website with Heart Healthy Lesson Plans, Physical Activity Handbooks and skill posters.</p> <ul style="list-style-type: none"> Grade K to 8 	<p>www.heartandstroke.ca</p>	<p>No Charge</p>
<p>Media Awareness Network</p> <p>Resources and information of media literacy including lesson plans and activities.</p>	<p>http://www.media-awareness.ca</p>	<p>No Charge</p>
<p>Ontario Ministry of Education and Training</p>	<p>www.edu.gov.on.ca</p>	<p>No Charge</p>
<p>Physical Activity</p>		
<p>Daily Physical Activity in Schools booklets</p> <p>Teacher Resource Booklets by grade Includes student activity ideas</p>	<p>Ministry of Education http://www.edu.gov.on.ca/eng/teachers/dpa.html</p>	<p>No Charge</p>

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<p>Ontario Physical Health Education Association</p> <p>Teacher resource with lesson plans and activity ideas.</p>	<p>www.ophea.net</p>	<p>No Charge</p>
<p>The Physical Activity Resource Centre (PARC)</p> <p>Supports Physical Activity Promoters across Ontario through consultation, training, networking, referrals and Information-sharing.</p>	<p>http://www.ophea.net/parc/</p>	<p>No Charge</p>
<p>Canada's Physical Activity Guide for Children and Youth</p>	<p>Local Health Unit (see directory) Downloadable PDF available at: www.paguide.com</p>	<p>No Charge</p>
<p>Canadian Association for Health Physical Education, Recreation, and Dance (CAHPERD)</p> <p>An organization that advocates and educates for quality physical and health education programs within the school and community.</p>	<p>www.cahperd.ca</p>	
<p>Canada's Report Card on Physical Activity for Children and Youth</p>	<p>www.jeunesenforme.ca/programs_2008reportcard.cfm</p>	<p>No Charge</p>
<p>Dental Health</p>		
<p>Oral Health Education Data Base</p> <p>Interactive website for students.</p>	<p>www.healthyteeth.org</p>	<p>No Charge</p>
<p>Canadian Dental Association</p> <p>Dental Care for Children</p>	<p>www.cda-adc.ca</p>	<p>No Charge</p>