

School Nutrition Education Resource List

The School Nutrition Education Resource List provides school teachers and other child educators, administrators, health professionals and parents with helpful information and materials to teach students and children about nutrition and healthy food choices. Alberta Health Services supports healthy food environments in schools, recreation facilities and childcare centres. School nutrition education resources enable Albertans to make healthy choices and live a healthy lifestyle

All nutrition education resources found on this list support standards set by Alberta Health Services (AHS) Nutrition Services and align with the Comprehensive School Health Model, Alberta Education Curriculum, the Alberta Nutrition Guidelines for Children and Youth, and Eating Well with Canada's Food Guide.

Resources are grouped into these topics:

[Creating Healthy Eating Environments in Schools](#)Page 2

- Tools and resources to support healthy food environments in schools and promote the implementation of the Alberta Nutrition Guidelines for Children and Youth.

[Nutrition Guidelines and Healthy Eating](#).....Page 3

- Tools and resources to teach students and children about nutrition and healthy food choices. Includes information on Canada's Food Guide, choosing and preparing healthy food, vegetables and fruit, portion sizes, choosing healthy drinks, and additional links.

[Manuals and Toolkits](#).....Page 7

- Manuals and toolkits for teaching children and youth about healthy eating or for creating a Healthy Environment

[Curriculum Based Lesson Plans](#).....Page 8

- Lesson plans that meet Alberta Education's Health and Life Skills Curriculum Outcomes for Kindergarten to Grade 9.

[Nutrition Bites](#).....Page 9

- Nutrition topics ready to be inserted into your school newsletter.

[Ressources éducatives scolaires sur la nutrition publiées en français](#)Page 10

- School nutrition education resources in French.

How to access resources:

Visit the [Healthy Eating Starts Here](#) website at: www.albertahealthservices.ca/nutrition/Page2925.aspx to access or download many of the resources listed.

If you are looking for an Alberta Health Services Nutrition Services resource not listed here, please contact Nutrition Education Resources by email: NutritionResources@albertahealthservices.ca or Phone: (780)-735-1335

Document Name	Type	Source	Descriptor
Creating Healthy Eating Environments in Schools			
<u>Getting Started</u>			
Strategies for Improving Nutrition Behaviours in School Settings	Handout	Alberta Health Services	This resource provides an overview of evidence-based strategies to improve nutrition behaviours at school.
Steps to Creating a School Nutrition Policy: A step by step toolkit	Handout	Alberta Health Services	This toolkit provides easy to follow steps for creating a school nutrition policy.
Comprehensive School Health Approach	Website	Alberta Health Services	This website provides resources to support healthy school communities. www.albertahealthservices.ca/csh.asp
<u>How to Create a Healthy Eating Environment</u>			
Healthy Eating Starts Here Poster and Postcard Series	Resource	Alberta Health Services	The Healthy Eating Starts Here: Steps to a Healthier You poster series and action statement posters and postcards gives easy and visually appealing healthy eating tips.
Healthy School Fundraising	Handout	Alberta Health Services	Provides steps to help your school create a healthy fundraising policy. It includes tips for successful fundraising and a variety of healthy fundraising ideas.
Marketing Healthy Food Choices	Handout	Alberta Health Services	Provides information to assist schools with marketing healthy food choices by explaining product availability, promotion, pricing and placement.
Request for Proposal (RFP): Healthy Food Product Specifications	Toolkit	Alberta Health Services	The purpose of this document is to help schools and/or school districts in negotiating contacts with vendors and making a smooth transition towards offering healthy food options.
Reverse Lunch Toolkit: Play Before Lunch! (also available in French)	Toolkit	Alberta Health Services	This toolkit provides information about the benefits of reverse lunch, ideas for starting a reverse lunch program and sample resources for use at your school.
Snack Shack Manual	Manual	AHS & University of Lethbridge	Provides information to schools to help create a healthy snack canteen/store that meets the Alberta Nutrition Guidelines for Children and Youth. Includes recipes and information on marketing, promotions, and costing.
Special Lunch Days (also available in French)	Handout	Alberta Health Services	Provides information to assist schools to make special lunch days healthy, but still fun.

[Alberta Nutrition Guidelines for Children and Youth](#)

Alberta Nutrition Guidelines for Children and Youth (also available in French)	Manual	Alberta Health	The Alberta Nutrition Guidelines for Children and Youth will help assist Albertans to create an environment which provides and promotes healthy food choices and healthy attitudes about food. It equips facilities and organizations with the tools they need to provide children and youth with healthy food choices in childcare settings, schools, recreation centres, at special events, and in the community at large.
Alberta Nutrition Guidelines for Children and Youth: An Overview (also available in French)	Handout	Alberta Health Services	Provides a quick look at the Alberta Nutrition Guidelines for Children and Youth Food Rating System.
Alberta Nutrition Guidelines for Children and Youth: A childcare, school and recreation centre resource manual presentation	PowerPoint Presentation	Alberta Health Services	Provides an introduction to the Alberta Nutrition Guidelines for Children and Youth and explains why they are important. Also explains the Food Rating System and makes recommendations for childcare facilities, schools and recreation/community centres. Speakers notes also available.
Healthy Food Checker	Online Tool	Alberta Health Services	Use this interactive tool to compare the nutrition criteria from a Nutrition Facts Table to find out if a food or beverage choice is Choose Most Often, Choose Sometimes, or Choose Least Often according to the Alberta Nutrition Guidelines.
Healthy Eating For Children and Youth in Schools: A booklet to help you understand the ANGCY	Handout	Alberta Health	This easy to read resource will explain how to use the Alberta Nutrition Guidelines for Children and Youth and provides an in-depth example on how to read a Nutrition Facts Table.

Healthy Eating

Food Guide Resources

Canada's Food Guide (also available in French)	Handout	Health Canada	Provides information on the how much food is needed, what types of foods are healthier,, and the benefit of physical activity in your day. Available in English, French, and 12 other languages. Is found at: www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
Canada's Food Guide for First Nations, Inuit, Metis (also available in French)	Handout	Health Canada	Food guide tailored for First Nations, Inuit and Métis. Includes traditional foods and store-bought foods that are generally available, affordable and accessible across Canada. Is found at: www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index-eng.php
Eating Well with Canada's Food Guide - A Resource for Educators and Communicators (also available in French)	Manual	Health Canada	Provides background information, tips and tools to complement each recommendation in Canada's Food Guide. This background information is meant for educators and communicators. Is found at: www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/index-eng.php

Eat Well and Be Active Educational Toolkit (also available in French)	Toolkit	Health Canada	This Health Canada toolkit is designed to help teach about healthy eating and physical activity, and encourage individuals to take action to maintain and improve their health. Is found at: www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/toolkit-trousse/index-eng.php
My Food Guide (also available in French)	Tool	Health Canada	Provides an interactive way to personalize the information found in Canada's Food Guide. By entering personal information, such as age and sex, selecting various items from the four food groups and choosing different types of physical activities, you can create your own food guide. Is found at: www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index-eng.php
My Food Guide Servings Tracker (also available in French)	Tool	Health Canada	This tool can be printed and used to keep track of the amount and type of food eaten each day and compare to recommendations in Canada's Food Guide. Is found at: www.hc-sc.gc.ca/fn-an/food-guide-aliment/track-suivi/index-eng.php
Healthy Eating and Active Living for Your 1 to 4 Year Old	Handout	Alberta Health Services	Provides tips that encourage healthy eating habits, activity, growth and positive body image for 1-4 year olds. Can be downloaded at: www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-eating-active-living-for-your-1-to-4-year-old.pdf
Healthy Eating and Active Living for Your 5 to 11 Year Old	Handout	Alberta Health Services	Provides tips on creating healthy places and spaces, physical activity and active living, healthy eating and nutrition, as well as growth and healthy body self image for 5-11 year olds. Can be downloaded at: www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-eating-active-living-for-your-5-to-11-year-old.pdf
Healthy Eating and Active Living for Your 13 to 18 Year Old	Handout	Alberta Health Services	Provides information on good health, active living, healthy eating and positive self image for 13-18 year olds. Can be downloaded at: www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-eating-active-living-for-your-13-to-18-year-old.pdf

<u>Choose Healthy Food</u>			
Eating Out the Healthy Way	Handout	Alberta Health Services	This handout provides tips to families on how to make healthier choices while eating out.
Fibre Facts	Handout	Alberta Health Services	This handout provides facts to families on why fibre is needed for good health, and how to choose high fibre foods everyday.
Grocery Shopping the Healthy Way	Handout	Alberta Health Services	This handout provides tips to families to become healthy shoppers by planning ahead, reading food labels, and making a healthy shopping list.
Hold the Salt	Handout	Alberta Health Services	This handout provides tips to families on how to cut back on salt (sodium) in the diet.
Label Reading the Healthy Way	Handout	Alberta Health Services	This handout provides tips to families on how to read and use food labels to compare similar foods and make healthy food choices.

Nutrition Labelling: Interactive tools (also available in French)	Online Tool	Health Canada	Interactive tools to help students learn more about nutrition labels. Is found at: http://healthycanadians.gc.ca/eating-nutrition/label-etiquetage/understanding-comprendre/interactive-tools-outils-interactifs/index-eng.php
Understanding food labels (also available in French)	Online Tool	Health Canada	This tool provides information on food labels and how to understand them. Learn about nutrition facts tables, serving size, list of ingredients, % daily value and nutrition claims.
Nutrition Labelling: The % Daily Value (also available in French)	Online Tool	Health Canada	This Health Canada website contains additional information about the percent daily value found on the nutrition label including the fact sheet pdf, and background information for educators. Is found at: www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/dv-vq/index-eng.php
Nutrition Information on Food Labels (also available in French)	PowerPoint Presentation	Health Canada	This ready to use PowerPoint presentation on nutrition labelling includes speaker notes and background information. Is found at: www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/educat/info-nutri-label-etiquet-eng.php
Snacks for Children	Handout	Alberta Health Services	This pictorial, colourful handout shows snacks to choose for children 4 and older.
Prepare Healthy Food			
Healthy Snacking	Handout	Alberta Health Services	Provides tips to families on healthy snack choices.
Making Foods with Less Fat and Sugar	Handout	Alberta Health Services	This handout provides tips to families on how to plan, purchase, prepare, and pack healthy meals. Includes a weekly menu planner.
Quick and Easy Meals	Handout	Alberta Health Services	Provides tips to families to plan, purchase, prepare, and pack healthy meals. Includes a weekly menu planner.
Wake Up to Breakfast Everyday	Handout	Alberta Health Services	Provides tips to families on making healthy breakfast choices.
What's for Lunch?	Handout	Alberta Health Services	Provides tips to families on making healthy lunch choices.
Inspiring Healthy Eating	Online Tool	Alberta Health Services	Features recipes that can be made in class or could be share with families.

Child Care Recipes	Online Tool	Alberta Health Services	These Choose Most Often recipes are scaled to 50 servings to meet the needs of child care operators, or could be used for cafeteria settings.
Eat More Vegetables and Fruit			
Eat More Vegetables and Fruit	Handout	Alberta Health Services	Provides tips on ways to increase vegetable and fruit intake in children and adults.
Know Your Portions			
Food Guide Serving Sizes for 1 to 4 Years	Handout	Alberta Health Services	Shows the recommended number of servings for children ages 1-4 and provides examples of food guide serving sizes. Compliments Alberta Health Portion Size Kit. Is found at: www.albertahealthservices.ca/assets/info/nutrition/if-nfs-food-guide-serving-sizes-1-to-4-years.pdf
Food Guide Serving Sizes for 5 to 11 Years	Handout	Alberta Health Services	Shows the recommended number of servings for children ages 6-12 and provides examples of food guide serving sizes. Compliments Alberta Health Portion Size Kit. Is found at www.albertahealthservices.ca/assets/info/nutrition/if-nfs-food-guide-serving-sizes-5-to-11-years.pdf
Food Guide Serving Sizes for 13 to 18 Years	Handout	Alberta Health Services	Shows the recommended number of servings for children ages 13-18 and provides examples of food guide serving sizes. Is found at: www.albertahealthservices.ca/assets/info/nutrition/if-nfs-food-guide-serving-sizes-13-to-18-years.pdf
Choose Healthy Food Portions	Handout	Alberta Health Services	This handout compares portion sizes to common objects like a baseball, tennis ball or golf ball. It includes information about the difference between a serving and a portion and describes what a healthy plate should look like.
Choose Healthy Drinks			
Healthy Drinks, Healthy Kids	Handout	Alberta Health Services	This handout provides tips to families on healthy drinks to choose most often, and which high sugar drinks should be limited to promote good health and growth in kids.
The Energy Drink Buzz (Poster)	Poster	Alberta Health Services	Contains information about energy drinks and their effects. This colour poster is available online only.
The Energy Drink Buzz (Handout)	Handout	Alberta Health Services	Provides teens with general information about energy drinks.
The Energy Drink Buzz (Presentation)	PowerPoint Presentation	Alberta Health Services	This PowerPoint presentation provides teens with information about energy drinks and their effects. (Contains notes pages).

Manuals and Toolkits

Sugar Shocker Education Kit	Manual	Alberta Health Services	The kit teaches children and youth how to make healthy drink choices. www.ahs.ca/assets/info/nutrition/if-nfs-sugar-shocker-kit.pdf
Cooking Club Manual	Manual	Alberta Health Services	This manual aims to teach children aged 8-12 food preparation and cooking skills, as well as healthy eating and food safety so that they can confidently choose and make nutritious foods. www.ahs.ca/assets/info/nutrition/if-nfs-cooking-club.pdf
School Breakfast Program Toolkit	Manual	Alberta Health Services	The toolkit is a practical guide to help start or improve a school breakfast program. www.ahs.ca/assets/info/nutrition/if-nfs-school-breakfast-program-toolkit.pdf
Sports Nutrition For Youth: A Handbook for Coaches	Manual	Alberta Health Services	This handbook provides sports nutrition recommendations, teaching tools and learning activities for school and community coaches to guide recreational athletes and active youth aged 12 to 18 years. www.ahs.ca/assets/info/nutrition/if-nfs-sports-nutrition-for-youth.pdf
Community Gardens Handbook	Manual	Alberta Health Services	This handbook lists key steps to starting a garden and provides tools and tips to help along the way. www.ahs.ca/assets/info/nutrition/if-nfs-community-gardens-handbook.pdf Also includes lesson plans: www.albertahealthservices.ca/assets/info/nutrition/if-nfs-community-garden-lesson-plans.pdf
Healthy Vending Toolkit	Manual	Alberta Health Services	This toolkit provides a step-by-step process to take action on healthy vending in your school, recreation centre, or workplace. www.ahs.ca/assets/info/nutrition/if-nfs-healthy-vending-toolkit.pdf
Collective Kitchen Manual	Manual	Alberta Health Services	This manual may help community groups start and maintain a collective kitchen. Recipes may be used in class settings. www.ahs.ca/assets/info/nutrition/if-nfs-collective-kitchen-manual.pdf

Curriculum Based Lesson Plans

Nutrition Resource Kit-Kindergarten	Tool	Alberta Health Services	Includes lesson plans on Canada's Food Guide, healthy breakfasts, healthy snacks, physical activity, hand washing, feelings, and helping others. Try 'Food Twister' or colouring the foods that are good for you!
Nutrition Resource Kit-Grade 1	Tool	Alberta Health Services	Features lesson plans on Canada's Food Guide, healthy breakfasts, healthy snacks, family fitness, physical activity, hand washing, and body image. Try the 'Mystery Taste Station' or the 'Healthy Eating Relay'!
Nutrition Resource Kit-Grade 2	Tool	Alberta Health Services	Includes lesson plans on Canada's Food Guide, healthy breakfasts, healthy snacks, physical activity, and body image. Try the 'Food Guide Treasure Hunt' or 'What Food am I?'
Nutrition Resource Kit-Grade 3	Tool	Alberta Health Services	Includes lesson plans on Canada's Food Guide, healthy breakfasts, healthy snacks, food allergies, physical activity, body image, friends, and diversity. Try the 'Grocery Bag Game' or learn how to make a balanced breakfast!
Nutrition Resource Kit-Grade 4	Tool	Alberta Health Services	Features lesson plans on Canada's Food Guide, food diary, nutrients in foods, vitamins, physical activity, body image, and marketing. Try 'Food Guide Charades' or learn how to keep your own food diary!
Nutrition Resource Kit-Grade 5	Tool	Alberta Health Services	Includes lesson plans on Canada's Food Guide, meal planning, Canadian cuisine, foods of the world, heart healthy eating, vegetarianism, diabetes, immune system, physical activity, body image, and caffeine. Guess what country a food came from, or count your caffeine consumption!
Nutrition Resource Kit-Grade 6	Tool	Alberta Health Services	Includes lesson plans on Canada's Food Guide, combination foods, serving sizes, food journals, physical activity, sleep, body image, and rules and regulations. Try 'Nutrition Jeopardy' or test your sleep IQ!
Nutrition Resource Kit-Grade 7	Tool	Alberta Health Services	Features lesson plans on Canada's Food Guide, choosing foods, serving sizes, nutritional needs, making your school a healthier place, family foods, obesity, body image, advertising, media, and physical activity. Learn what influences eating patterns and find hidden messages in advertising.
Nutrition Resource Kit-Grade 8	Tool	Alberta Health Services	Includes lesson plans on Canada's Food Guide, healthy breakfasts, folate, serving sizes, osteoporosis, calcium, fast foods, body image, media, how to access health information, and living a balanced life. Take the 'Vegetables and Fruits Challenge' or learn to think quickly in the fast food line!
Nutrition Resource Kit-Grade 9	Tool	Alberta Health Services	Lesson plans focus on nutrients found in foods, meal planning, sports nutrition, healthy food policy, health behaviours, assertiveness, media, and how to find reliable health information. Try your skills at meal planning or learn how to make a healthy school policy!

Nutrition Bites

These nutrition topics are ready to be inserted into your school newsletter or use the PDF document as an information sheet.
Copy, paste and insert files into school or parent newsletters to keep the school community informed about nutrition topics.
www.albertahealthservices.ca/nutrition/Page6457.aspx

Breakfast, Snacks and Lunches:

- Start Your Morning Right (PDF)
- School Lunches: No Microwave? No Problem! (PDF)
- School Lunches (PDF)
- Healthy After School Snacking (PDF)

Drinks:

- Caffeine (PDF)
- Healthy Drinks, Healthy Kids (PDF)
- What's the Scoop on New Drink Products? (PDF)

Meals/Food Preparation:

- Eating Out (PDF)
- Meals and Snacks on the Run (PDF)
- Healthy Baking and Cooking Tips (PDF)
- Healthier Barbecues (PDF)
- A Recipe for Family Meal Times (PDF)
- Picky Eaters (PDF)

Special Events:

- Allergy Awareness at Special Events (PDF)
- Special Event Days (PDF)
- Healthy Parties and Events for Kids (PDF)

Foods/Nutrients:

- Choose Healthy Fats (PDF)
- Sugar Sources (PDF)
- Beans: A Great Meat Alternative! (PDF)
- Vitamin D (PDF)
- Choose Whole Grains (PDF)

Other topics:

- Nutrition Labels (PDF)
- Healthy Portions (PDF)
- Fuelling Active Kids (PDF)
- Love Your Body! (PDF)

School Nutrition Announcements

Short PA announcements for Elementary and Junior High Schools on topics such as breakfast/lunch/snacks, general nutrition, drinks and physical activity.

Additional Links

These links offer many useful resources, but some may not fully align with the Alberta Nutrition Guidelines for Children and Youth

EaTracker	Online Tool	Dietitians of Canada	Use eaTracker to check your food and activity choices, analyze your recipes and plan your meals. Sign up to set goals and track your progress. www.eatracker.ca
Dietitians of Canada	Tool (website)	Dietitians of Canada	Website with nutrition information on a variety of topics. www.dietitians.ca
My Menu Planner (also available in French)	Online Tool	Eat Right Ontario	Designed to help plan a healthy menu. May be suitable for Career and Technology Studies foods classes. Is found at: www.eatrightontario.ca/en/menuplanner.aspx#

Ressources Éducatives Scolaires Sur La Nutrition Publiées En Français (School Nutrition Education Resources in French)

Créer Des Environnements Alimentaires Sains Dans Les Écoles

Boîte à outils pour l'inversion de la pause-repas: Jouer avant de manger!	Toolkit	Alberta Health Services	<i>(Reverse Lunch Toolkit: Play Before Lunch! – French translation)</i> Cette trousse d'outils offre des renseignements au sujet des avantages de l'inversion de la pause-repas, des idées pour mettre sur pied un programme d'inversion de la pause-repas et des échantillons de ressources à utiliser dans votre école.
Dîners Spéciaux	Handout	Alberta Health Services	<i>(Special Lunch Days – French translation)</i> Ce document fournit de l'information pour aider les écoles à créer des journées de repas spéciaux à la fois sains et amusants.
Lignes Directrices De L'Alberta En Matière De Nutrition Pour Les Enfants Et Les Jeunes	Manual	Alberta Health	<i>(Alberta Nutrition Guidelines for Children and Youth – French translation)</i> Ces lignes directrices aident les Albertains et les Albertaines à créer un environnement qui offre des choix d'aliments sains et d'attitudes saines envers les aliments et en fait la promotion. Elles permettent de fournir aux établissements et aux organismes les outils nécessaires pour offrir aux enfants et aux jeunes des choix d'aliments sains dans les centres de la petite enfance, les écoles, les centres récréatifs, les événements spéciaux ainsi que dans l'ensemble de la communauté.
Lignes directrices de l'Alberta en matière de nutrition pour les enfants et les jeunes – Vue d'ensemble	Handout	Alberta Health Services	<i>(Alberta Nutrition Guidelines for Children and Youth: An Overview – French translation)</i> Ce document offre un aperçu du système de classification des Lignes directrices de l'Alberta en matière de nutrition pour les enfants et les jeunes.
<u>Bien manger</u>			
Guide alimentaire canadien	Handout	Santé Canada	<i>(Canada's Food Guide – French translation)</i> Le guide alimentaire donne de l'information sur les quantités d'aliments nécessaires, les types d'aliments bons pour la santé et les avantages de l'activité physique dans votre journée. Ce guide est offert en anglais, en français et dans 10 autres langues.
Bien manger avec le Guide alimentaire canadien- Premières Nations, Inuits et Métis	Handout	Santé Canada	<i>(Canada's Food Guide for First Nations, Inuit, Métis – French translation)</i> On a conçu ce guide alimentaire spécialement pour les Premières Nations, les Inuits et les Métis. Il comprend des mets traditionnels et des aliments achetés en magasin qui sont généralement disponibles, abordables et accessibles partout dans le Canada.

Bien Manger avec le Guide alimentaire canadien - Ressource à l'intention des éducateurs et communicateurs	Manual	Santé Canada	<i>(Eating Well with Canada's Food Guide - A Resource for Educators and Communicators – French translation)</i> Ce guide offre de l'information approfondie, des conseils et des outils pour compléter chaque recommandation du Guide alimentaire canadien. L'information a été conçue à l'intention des éducateurs et des communicateurs.
Trousse éducative Mangez bien et soyez actif	Toolkit	Santé Canada	<i>(Eat Well and Be Active Educational Toolkit – French translation)</i> Cette trousse d'outils de Santé Canada a été conçue pour aider à enseigner au sujet des habitudes alimentaires saines et de l'activité physique, ainsi qu'à encourager les gens à passer à l'action pour conserver et améliorer leur état de santé.
Mon guide alimentaire	Tool	Santé Canada	<i>(My Food Guide – French translation)</i> Il s'agit d'un outil interactif qui offre la possibilité de personnaliser l'information qui figure dans le Guide alimentaire canadien. Vous pouvez créer votre propre guide alimentaire en saisissant votre information personnelle, comme votre âge et votre sexe, en sélectionnant divers aliments des quatre groupes alimentaires et en choisissant différents types d'activités physiques.
Fiche de suivi: mes portions du Guide alimentaire	Tool	Santé Canada	<i>(My Food Guide Servings Tracker – French translation)</i> Imprimez cette fiche et utilisez-la pour faire un suivi de la quantité et des types d'aliments que vous consommez chaque jour. Vous pouvez aussi comparer ce que vous mangez avec les recommandations qui figurent dans le Guide alimentaire canadien.
L'étiquetage nutritionnel interactif et quiz	Online Tool	Santé Canada	<i>(Nutrition Labelling: Interactive Nutrition Label and Quiz – French translation)</i> Cette ressource de Santé Canada vous aide à en apprendre davantage au sujet de l'étiquetage nutritionnel, dont un étiquetage nutritionnel interactif et un quiz en ligne.
Le % de la valeur quotidienne	Online Tool	Santé Canada	<i>(Nutrition Labelling: The % Daily Value – French translation)</i> Ce site Web de Santé Canada fournit de l'information au sujet du % de la valeur quotidienne qui figure sur l'étiquetage nutritionnel. On y retrouve des outils interactifs, des fiches de renseignements et des renseignements généraux à l'intention des éducateurs.
Présentations prête-à-utiliser sur l'étiquetage nutritionnel	PowerPoint Presentation	Santé Canada	<i>(Nutrition Information on Food Labels – French translation)</i> Cette présentation PowerPoint de Santé Canada offre de l'information sur l'étiquetage nutritionnel et le Guide alimentaire canadien. Elle comprend aussi des notes pour le présentateur et des renseignements généraux.
Mon planificateur de menu	Online Tool	Saine Alimentation Ontario	<i>(My Menu Planner – French translation)</i> Saine alimentation Ontario a conçu cet outil interactif afin d'aider à planifier un menu sain. Il s'agit d'une merveilleuse ressource pour les cours de technologie et de carrières liées à l'alimentation. Remarque : Il se peut que cet outil ne suive pas les Lignes directrices de l'Alberta en matière de nutrition pour les enfants et les jeunes.