Teach Nutrition **Presentations for Teachers and School Staff**

FREE

Elevate your nutrition education strategy with evidence-informed learning and free, ready-to-use resources.

Teach Nutrition is a team of Registered Dietitians in Alberta, Saskatchewan, and Manitoba who collaborate with educators, teachers, and community stakeholders to create engaging, high-impact nutrition resources.

Every Teach Nutrition resource is developmentally appropriate and grounded in the latest nutrition knowledge. Thanks to the longstanding support of Canadian dairy farmers, the professional development and teaching resources we offer are free. Learn more at **TeachNutrition.ca.**

What you can expect:

- Engaging strategies to teach nutrition
- Ideas to integrate food and nutrition across subjects and achieve curriculum outcomes
- An introduction to free resources available to order or download in English and French

All presentations are:

- Free
- Facilitated by a Registered Dietitian
- Offered virtually or in person
- Designed for teachers and school staff
- 60 minutes long

There's more to explore

We value your input and welcome presentation topic suggestions. While we cannot cover every topic, your feedback shapes our future presentations.

Let's work together!

To discuss your needs and book a Teach Nutrition presentation, please contact us at **teach@dfc-plc.ca.** We will do our best to accommodate your request.

*Please note, presentations are designed exclusively for teachers and school staff. We do not offer student or parent presentations.

TeachNutrition.ca
By Dairy Farmers of Canada's Registered Dietitians

Thematic Presentations

FOR ALL SCHOOL STAFF

A Recipe for High Quality Nutrition Education

AUDIENCE: GRADES K–12 EDUCATORS AND SCHOOL STAFF

Empower your team with the expertise and tools to lead high-impact nutrition education.

This presentation is tailored to meet your school's needs and introduces:

- Key concepts to help students build a positive relationship with food
- Ready-to-use, evidence-based strategies
- Resources designed to make food literacy engaging, accessible, and easy to integrate across grade levels

Teaching Nutrition With Trust

AUDIENCE: GRADES K–9 EDUCATORS AND SCHOOL STAFF

Equip your team with strategies that celebrate diversity, build confidence, and nurture a positive relationship with food.

This presentation highlights resources to support cautious eating (sometimes called picky eating) and explains:

- How to honour food stories, share culture and tradition, and acknowledge the role of food access and context
- How to use food-neutral language and the division of responsibility to build trust, respect students' choices, and establish positive lifelong relationships with food

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Program-Specific Presentations For Teachers

FOR TEACHERS WITH A SUBJECT OR GRADE FOCUS

*All programs are free to order or download.

Food Picture Kit: Building Literacy Through Food-Based Learning

AUDIENCE: GRADES K–6 TEACHERS

Strengthen literacy skills—including phonological awareness, vocabulary and comprehension—through engaging, food-based learning facilitated by the Food Picture Kit. In this session, teachers will:

- Learn how to use the 100 food cards and 11 posters to support reading, writing and language development
- Try hands-on activities connected to English Language Arts and more
- Explore food-neutral language to talk about food

Sharing Food Stories: A Culturally Responsive Food Literacy Program

AUDIENCE: GRADES 2–7 TEACHERS

Explore practical ideas for bringing culturally responsive food literacy into the classroom using the Sharing Food Stories program. In this session, teachers will:

- Learn how to create curriculum connections across multiple subjects.
- Delve into the short videos, teacher-ready printables, and guided discussion prompts
- Discover inclusive, learning experiences that foster belonging, empathy, and respectful conversations

Food for Me: Health Class Handled

AUDIENCE: HEALTH & WELLNESS EDUCATION; GRADES 7–9 TEACHERS

Build confidence and capacity with Food for Me, an evidence-based, ready-to-use health and wellness program. In this session, teachers will:

- Learn how to build food literacy and develop critical thinking skills
- Explore meal and snack planning using Canada's Food Guide
- Identify nutrients in food and learn the value of variety
- Consider factors that influence food choices

The Ingredient Lab: Ignite a Passion for Food Science and Inspire Future Careers

AUDIENCE: FOOD STUDIES EDUCATION; GRADES 7–12 TEACHERS
*(*DESIGNED FOR GR. 7–9, ADAPTABLE FOR GR. 10–12)*

Reinforce food skills and explore food-related careers while meeting curriculum objectives with The Ingredient Lab. In this session, teachers will:

- Discover sample learning activities, including taste-testing and sensory evaluation
- Review all program components, including cooking and food science videos
- Explore inquiry-based instruction with this food-science-themed cooking program

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