

### **3.Resources for Teachers**

**<http://missionnutrition.ca>**

An educational program designed to promote children's healthy growth and development from Dietitians of Canada and Kellogg's. The web site provides teachers, parents and students from grades K to 8 with practical resources to promote positive self- esteem and body image, healthy eating and physical activity.

**<http://www.bcdf.org>**

The BC Dairy Foundation has a multitude of nutrition resources for teachers of all grades. They also offer nutrition workshops to teachers and health care professionals who want to learn more about carrying the healthy eating message to their students and clients.

**[http://www.saveonfoods.com/1/brightlife/healthy\\_eating/shopsmart\\_apply.htm](http://www.saveonfoods.com/1/brightlife/healthy_eating/shopsmart_apply.htm)**

On Kids Shop smart Tours, kids are introduced to the Canada's Food Guide to Healthy Eating and eating a variety of foods in a fun, hands-on environment. The program is targeted to kindergarten to Grade 3 classes and comes with a complete resource guide for teachers, including classroom and student activities. This is a free resource available from your local community nutritionist or by calling 1-800-448-2118.

**<http://www.dashbc.org/sfnp/dc/overview.html>**

**Feeding the Minds and Bodies of BC Students**  
Dietitians of Canada, BC Region