

Project #9070 – Education Resources Healthy Eating & Nutrition

BRIEF

DESCRIPTION

Development of a resource and support document for Elementary Teachers (Gr. 1-8) focusing on the nutrients, vitamins and minerals of Ontario Vegetables and fruit. This resource would link to the Healthy Living: Healthy Eating component of the Health and Physical Education subject area and would provide the teacher with specific nutrition information to help in their teaching of healthy eating. Canada's Food Guide would be referred to with fresh vegetables and fruit being highlighted.

PROJECT

OBJECTIVE

- To provide complete, accurate, and recent information to teachers about the nutrient value of vegetables.
- To raise awareness and understanding on the students part of the need for fresh produce in their daily food intake.
- To ultimately increase the demand for vegetables and fruit by students and their families.