

ALL OUR PROGRAMS ARE
DESIGNED WITH AND TESTED BY

Manitoba Teachers and Students

WHY ARE RESOURCES AVAILABLE ONLY THROUGH A WORKSHOP?

Research has shown that teachers who attend nutrition inservices deliver more effective programs and their students learn better. Workshops also offer teachers an opportunity to gain current personal nutrition information and ensure student learning is based on up to date scientific facts about healthy eating. Workshop facilitators are Registered Dietitians.

HOW TO ARRANGE A WORKSHOP

- > Organize a group of interested teachers in your school or division (*we require a minimum of 15, maximum of 35*).

NOTE: Workshops are flexible in their design and can be delivered to multiple grade levels (eg. one to cover K-6 or 8-52).

- > Plan 2-3 hours for a workshop, during or after school hours.
- > Book a meeting room (*with tables and chairs*) and A-V equipment - we supply the facilitator and all the resource material.

Individual teachers unable to organize a workshop may attend one arranged by another group.

**THERE IS NO COST FOR THE WORKSHOP
OR BASIC TEACHING RESOURCES.**

COMMENTS FROM WORKSHOP PARTICIPANTS:

"This comprehensive workshop provides teachers with nutrition information relevant to the curriculum and is packed with hands-on activities for students that are both fun and educational."

BEV KING, Grade 2 Teacher,
William S. Patterson School

"A great source of information and ideas, fits well with our new Health curriculum."

DAN WELANDER, Grade 6 Teacher
St. Andrews School

ON YOUR WAY TO A HEALTHIER SCHOOL?

Let us help you deliver successful nutrition programs and maximize student benefits. Our programs are more than cross-curricular... they empower children to improve their own nutrition.

**To book a workshop, or for more information,
contact the Registered Dietitians
at Dairy Farmers of Manitoba,
488-6455 or 1-800-567-1671 (outside Winnipeg).**

See our website www.milk.mb.ca to download a "Teaching Resources" order form for supplementary educational material.

Dairy Farmers
of Manitoba



Energize YOUR CURRICULA

EFFECTIVE NUTRITION
PROGRAMS & WORKSHOPS
FOR TEACHERS



FREE & CURRICULUM-BASED



HEALTHY STUDENTS IN Healthy Schools...

LET US HELP YOU!

Our programs motivate and support teachers. Workshops are interactive with all the grade appropriate material you'll need to teach nutrition:

- > Easy to follow lesson plans
- > Reproducible student material and overheads
- > Background information

Nothing to download... it's ready to go!

CURRICULUM FIT

Lesson plans and activities are designed to achieve outcomes in the Physical Education/Health Education Curriculum (Nutrition, GLO 5, Strand C; Dental Health, and Decision Making)

INTEGRATE NUTRITION

Teaching nutrition isn't an add on – nutrition activities can be used to achieve outcomes in a variety of other subject areas including English Language Arts, Mathematics, Science, Social Studies and Home Economics.

For more information visit the Teachers section at www.milk.mb.ca

A HEALTHIER SCHOOL

Do you want to improve your school's nutrition environment? Educated teachers and students are essential... our workshops can help!

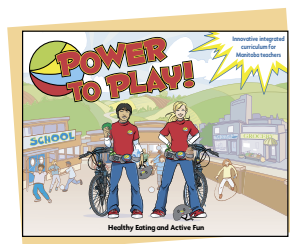
Nutrition Programs AT A GLANCE

POWER TO PLAY

Super heroes Broc lee and Coco Lait help students explore the personal benefits of eating healthy foods and being physically active every day for a healthy body.

Grades K-1

Healthy food comes in all shapes and sizes, and being active is fun! Students will learn to use the food guide to plan simple, healthy meal and snacks.



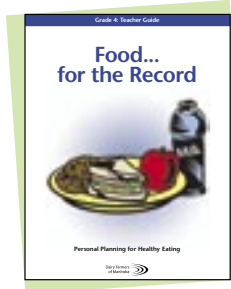
Grades 2-3

Songs, games and activities help students learn that food group choices help them grow, play and feel great.

FOOD FOR THE RECORD

Grade 4

Helps lay the foundation for lifelong healthy eating with an emphasis on skill development. Students learn about healthy eating using Canada's Food Guide and detailed assessment of their own food intake.



HEALTHY FOOD ... HEALTHY BODIES

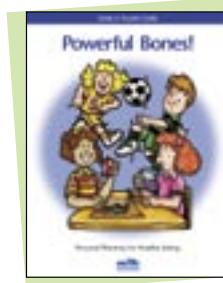
Grade 5 Science supplement

Supports Grade 5 Science implementation document. Helps students apply knowledge and learn nutrition skills through personal assessment. Covers everything from digestion and label reading to understanding media influences on children's food choices.

POWERFUL BONES

Grade 6

Helps students understand that bone is living tissue and that adolescence is a "once in a lifetime" opportunity to build strong bones. Students will learn to assess their own food intake and activity patterns, then plan and practice lifestyle choices that help build strong bones.



EAT, MOVE AND BE HEALTHY

Grade 8

Combines the messages of healthy eating and regular activity in topics targeted to younger teens. Student activities and teacher background information cover healthy bodies, body image, physical activity and food intake. Students learn through small group discussion and self assessment.



THE ADOLESCENT CONSUMER

S2

Gives teachers the tools to help students develop practical nutrition skills. Students will learn to sort fact from fiction in fast food, use labels to make food choices, understand Food Guide Serving sizes and dietary fat, and know that eating on the run can be healthy. Nutrition for health promotion and disease prevention is covered in an adolescent-friendly fashion.

