

THE ~~ABCs~~ CDEFs OF NUTRITION EDUCATION:

Apply this approach to optimize your teaching and provide students with positive and impactful learning experiences.

CURRICULUM

Find nourishing ways to teach nutrition education

Teach the healthy eating expectations in a constructive, relevant way for students. Connect across the curriculum, when possible. Apply a DEF lens to each expectation.



DO NO HARM

Help students to feel good about eating well

Use body positive language, draw families into your healthy eating unit, be inclusive of complex and diverse food and body experiences, meet each student where they are at and use reliable sources of nutrition information to build your lesson plans.

EATING COMPETENCE¹

Encourage eating skills that support lifelong well-being

Role model and encourage: positive eating attitudes; food acceptance skills (exploring and learning to like new foods); food regulation (trusting hunger and satiety cues); taking time to enjoy eating (contextual skills).



FOOD LITERACY²

Engage students to help them learn about food systems and impacts and to gain food skills

Explore food, where it comes from and the impacts of food on health, the environment and the economy. Help students to develop the skills to grow, prepare, choose and enjoy safe and nutrient-rich foods.

