

THE ABCs CDEFs OF NUTRITION EDUCATION:

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

CURRICULUM

Teach with and about food across subjects

- Connect across the curriculum, when possible.
- Teach about food in a constructive, relevant way.
- Apply a DEF lens to each expectation.



DIVERSE & INCLUSIVE

Help students to feel good about eating well

- Use language and activities that are inclusive of all bodies.
- Include families and food traditions in your lessons and school activities.
- Be respectful of complex and diverse food and body experiences.
- Meet each student where they are at with food experiences.

EATING EXPERIENCE

Encourage eating skills that support lifelong well-being

Role model and support *Eating Competence*¹. This includes:

- positive eating attitudes,
- food acceptance skills (exploring and learning to like new foods),
- trusting hunger and satiety cues and
- taking time to enjoy eating.



FOOD LITERACY²

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

- Explore food, how it grows and where it comes from.
- Build skills to grow, prepare, choose and enjoy foods.
- Help older students to understand the impacts of food on health, the environment and the economy.