

Food-based Learning During COVID-19

 School  Home  Printable

PHE Curricular Competencies: Health and Active Living, Social and Community Health, Mental Well-being

Audience(s): Grades K-7, Parents, Educators

Hyperlink: [Food-based learning: Tips for elementary schools during COVID-19](#)

Description

This resource supports BC elementary educators with offering food-based learning opportunities inside and outside the classroom while considering COVID-19 guidelines.

This resource shares a number of activity ideas and guidelines to help facilitate food-based learning.

Objective(s)

Activities in this resource will help students apply new concepts, connect to local food systems, and build food skills and familiarity.

This resource also shares answers for frequently asked questions about leading food-based learning while following the COVID-19 Public Health Guidance for K-12 Settings

Curricular Connections

This resource relates to the following Curricular Competencies:

- Identify and explore a variety of foods and describe how they contribute to health
- Explore strategies for making healthy eating choices
- Explore and plan food choices to support personal health and well-being

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com

Resources mentioned in this document were created in collaboration with Population and Public Health Dietitians from Northern Health, Interior Health, and Vancouver Coastal Health