

Web Resources from CKSS Staff for Family Studies:

Learn 360: There are lots of videos on nutrients and child development that I have used in the past. Each teacher has an account for this and some of the videos and worksheets can be downloaded and posted on google classroom/D2L.

Students Have Access to These Resources:

Username - lkdsbstudent

Password - student

HFA/HFN:

Websites:

<http://www.sixbysixteen.me/> Getting young people in the kitchen. Learn how to plan and prepare healthy meals. It includes recipes and some instructional videos

<https://agscape.ca/event/virtual-camp-experience> AgScape is pleased to support Ontario parents with the launch of our Virtual Camp Experience. This resource provides parents with regular e-newsletter updates featuring educational materials, videos and games, as well as access to activity schedules offering a structured day of fun and hands-on learning for kids ages 5 - 11 and 12 - 18.

<https://www.unlockfood.ca/en/AboutUnlockFood.aspx> On UnlockFood.ca you'll find information on nutrition, food and healthy eating as well as recipes, videos and interactive healthy eating tools. The content is written and reviewed by dietitians using the trusted information in the [Practice-based Evidence in Nutrition \(PEN®\) database](#).

EduMedia: <https://www.edumedia-sciences.com/en/search?q=digestive+system>

- Username: covid19
- Password: edumedia
- Interactive tools on the digestive tract, digestive system, nutrient absorption, intestinal absorption, food breakdown and blood sugar regulation for Grade 12 students

<https://food-guide.canada.ca/en/> Canada's Food Guide - comprehensive guide, tips, resources and recipes

<https://www.canada.ca/en/health-canada/services/understanding-food-labels.html> Understanding Food Labels

<https://healthpoweredkids.org/lessons/> Lessons with supporting materials on Fats, Sport and Energy Drinks, Virtual Grocery Store, Eating Breakfast, Nutritional Supplements, Milk, Marketing Mania, etc.

<https://www.farmfood360.ca/> Farm Food 360 - Virtual tours of various Canadian Farms

<https://m.joyofbaking.com> - Recipes, several recipes have video demonstrations of the cooking/baking skills

https://nutritionguide.pcrm.org/nutritionguide/view/Nutrition_Guide_for_Clinicians/1342043/all/Nutritional_Requirements_throughout_the_Life_Cycle - Nutritional Needs Throughout the Life Cycle Article

<https://www.schulich.uwo.ca/wellness/docs/2017-11-10-Food-Fads-Presentation-FINAL.pdf> Food Fads Presentation

<https://www.choosemyplate.gov/quiz> American based site about food groups with quizzes

Videos:

Just Eat It - Documentary - Will need to sign-up to create an account, it is free.

<https://www.knowledge.ca/program/just-eat-it> Covers material from all 4 HFA units: food safety, nutrition and health, nutrition through the lifespan and food issues.

Nunavut Food Insecurity -

<https://curio.ca/en/video/as-nunavut-struggles-with-food-insecurity-students-step-up-to-help-feed-their-peers-21180/> Food prices in Canada's north are so high that seven out of 10 young people there go hungry. A Nunavut high school is now trying to fight this food insecurity with a free hot lunch program run by the school's food studies class.

New Food Guide - <https://curio.ca/en/video/canadas-new-food-guide-eating-healthier-to-live-better-20499/> What the new food guide means for Canadians and the food industry

Videos Assessing the Reliability of Nutrition Information:

Secrets of Sugar:

https://www.cbc.ca/fifth/m_episodes/40-years-of-the-fifth-estate/the-secrets-of-sugar In *the fifth estate's* season premiere, [Gillian Findlay](#) digs into the surprising science — and the reaction from the food industry — to reveal The Secrets of Sugar. Has the sugar industry been hiding an unsavoury truth from consumers?

Carb Loaded: <https://www.youtube.com/watch?v=IBb5TFxi1S0&t=1367s> The film traces the origins of our beliefs about healthful and unhealthful food. Experts from all over the world talk about the problems as well as short and long term solutions. - Consider the bias of the writer/director

Food For Thought - <https://curio.ca/en/categories/health/food-and-nutrition-104/> We're fed a lot of advice about our diets and what we shouldn't eat, but half the calories we consume come from ultra-processed starch, sugar, salt, hydrogenated oils, preservatives and additives. These processed foods are tasty and manufactured to make us crave them — but they're killing us.

Netflix: The Magic Pill: Watch and discuss bias/relevancy compared to this article

<https://www.abbeyskitchen.com/a-dietitians-thoughts-on-what-netflixs-the-magic-pill-gets-wrong-about-the-keto-diet/#comments>

Living and Working or Raising Health Children:

Websites:

<https://resources.beststart.org/for-parents/> - Best Start - information on pre/post pregnancy, caring for babies and young children, indigenous perspectives on infant and early mental health, breastfeeding, and FASD

<https://www.circleofsecurityinternational.com/> - Circle of Security - based on years of attachment theory discusses how parents and professionals promote positive attachment

Videos/Documentaries:

<https://gem.cbc.ca/media/the-nature-of-things/season-58/episode-12/38e815a-01033501556> The Power of Play - ***The Power of Play*** sheds light on the hidden benefits of doing one of the most fun, and often undervalued, activities: just playing around.

<https://curio.ca/en/video/hyper-parents-and-coddled-kids-1366/> *Hyper Parents and Coddled Kids* presents a snapshot of a great social experiment in parenting.

Netflix Documentaries:

Babies - first step to first year this docu series explores the science behind the first year of development
