



# Schoolhouse Nutrition™ Workshop Catalogue

Ontario Curriculum-Aligned Health Education Workshops for students Gr. 1- 6

2025  
2026



## Our Workshops Offer:

- ✓ Curriculum aligned teachings conducted by leading professionals in the field of Nutrition
- ✓ Over two hours of interactive health instruction, hands-on classroom discoveries, collaborative group projects as well as communication and memory centered exercises
- ✓ Respect for existing classroom schedules, incorporating designated recess periods and snack breaks into our workshop itinerary
- ✓ Post workshop assessment materials designed to consolidate workshop content
- ✓ An all-inclusive educational environment that fosters physical and mental health literacy, environmental stewardship, and personal health accountability

## Academic Partners

Schoolhouse Nutrition<sup>TM</sup> works in close partnership with Ontario certified educators to ensure our workshops align with provincial curriculum expectations and receives the stamp of approval from every workshop participant. It is our duty as educators to hold ourselves to the highest measure of excellence so that we consistently deliver high-caliber teachings, create spaces that garner limitless exploration and develop opportunities for students to find success in their future academic and health endeavours.



## Pursuit of Excellence

To provide dynamic, contemporary and comprehensive teachings, an estimated 4,000 hours were dedicated to the research and development of our workshops. Drawing from printed and digital publications, online databases and virtual multimedia repertoires, Schoolhouse Nutrition<sup>TM</sup> aims to use both present and future research as a means of providing current and thoughtfully cultivated information to Canada's youth.



## Our Mission

Enable all students in every classroom to view their health as their most powerful asset, feel empowered and equipped to lead healthy vibrant lives and recognize that optimal well-being is attainable at any age, gender, wealth bracket and cultural background.



To learn more about how Schoolhouse Nutrition<sup>TM</sup> can enhance your student's health and educational success, please visit [www.schoolhousenutrition.ca](http://www.schoolhousenutrition.ca)



# GRADE ONE WORKSHOP

**Fee:** \$339.99 **Workshop Length:** 2.5 hrs. **Maximum Participants:** 30 students

Does your class list exceed our workshop limit? Email [hello@schoolhousenutrition.ca](mailto:hello@schoolhousenutrition.ca) to discuss accommodations.

Pricing valid until **June 30<sup>th</sup> 2026** with all applicable Federal and Provincial taxes included in our pricing.

## Building the Basics

### Learning Objectives

AI.3, AI.4, AI.5, AI.6, DI.1, D2.1

### Lesson Overview

Embark on a journey through Canada's Food Guide and explore the powerful properties each food group has to offer. Learn to distinguish between fruits, vegetables, grains, plant and animal proteins as well as dairy and its alternatives. Build on the basics, and design balanced breakfast, lunch and dinner plates that support vibrant growth and development.



**Lesson Duration:** 45 min.



**Assessment Resources Included**

## Mastering Balance

### Learning Objectives

AI.3, AI.4, AI.5, AI.6, DI.1, D2.1, D3.2

### Lesson Overview

Continue your quest towards optimal wellness as you explore the foundational concepts of healthy eating. Identify what constitutes an 'All The Time' and a 'Sometimes' food, while learning the defining characteristics of each food category. Identify troubling symptoms associated with poor eating habits and discover how to cultivate balanced eating patterns that embrace harmony between all food categories.



**Lesson Duration:** 45 min.



**Assessment Resources Included**

## Where, Oh Where, Do I Come From?

### Learning Objectives

AI.3, AI.4, AI.5, AI.6, D2.1, D2.2, D3.2

### Lesson Overview

Step into the food system and travel alongside your favourite lunchbox snack on its journey from production to consumption. Discover the key differences between processed and unprocessed foods and examine how their unique life cycles impact appearance, nutritional value and classification. Strengthen nutritional literacy by equipping students with the knowledge and tools necessary to make informed food decisions in real-world settings.



**Lesson Duration:** 45 min.



**Assessment Resources Included**

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# GRADE TWO WORKSHOP

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## Foundations of Wellness

### Learning Objectives

AI.3, AI.4, AI.6, DI.5, D2.1

### Lesson Overview

Journey through Canada's Food Guide and discover the powerful properties of fruits, vegetables, grains, plant and animal proteins as well as dairy and its alternatives. Explore the nutrients found within our country's principal food groups and develop an understanding on how they uniquely support growth and development. Use this foundational knowledge to examine the components of a balanced plate, ensuring future meals and snacks are designed to support optimal wellness.



**Lesson Duration:** 45 min.



**Assessment Resources Included**

## Mindful Meals

### Learning Objectives

AI.4, AI.6, D2.1, D2.2

### Lesson Overview

Continue your quest towards optimal wellness as you explore the foundational concepts of healthy eating. Identify the key characteristics of 'All The Time' and 'Sometimes' foods while fostering the skills to distinguish between these categories in real-world environments. Examine the health impacts of poor dietary habits as you develop an understanding of healthy eating patterns. Investigate factors that influence food choices and learn practical strategies for making health-conscious decisions.



**Lesson Duration:** 45 min.



**Assessment Resources Included**

## Head To Toe Nutrition

### Learning Objectives

AI.3, AI.4, AI.6, DI.4, DI.5, D2.1

### Lesson Overview

Step beyond your plate and explore the key pillars of health that support lifelong vitality. Examine the stages of life as understood by the Anishinaabe peoples and outline the physical, social, mental and nutritional needs of the body's key systems during early childhood. Encourage students to broaden their definition of complete body nourishment and engage in practices that allow them to thrive through all stages of life.



**Lesson Duration:** 45 min.



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# GRADE THREE WORKSHOP

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## The Wellness Blueprint

### Learning Objectives

AI.3, AI.4, AI.6, DI.5, D3.1

### Lesson Overview

Journey through Canada's Food Guide and discover the powerful properties of fruits, vegetables, grains, plant and animal proteins as well as dairy and its alternatives. Examine the essential nutrients provided by each food group and analyze their specific contributions to growth and development. Evaluate the components of a nutritionally balanced meal, ensuring future meals and snacks support the specific nutrient needs of each body system.



**Lesson Duration:** 45 min.



**Assessment Resources Included**

## Lunchbox Lifecycles

### Learning Objectives

AI.3, AI.4, AI.6, DI.1, D3.1

### Lesson Overview

Step into the food system and travel alongside your favourite lunchbox snack on its journey from production to consumption. Examine the six key stages of both local and global food systems and explore the cultural, environmental, and nutritional implications associated with each. Develop tactful strategies for identifying locally and globally produced food items and gain insight into common nutrient preservation methods that support year-round access to nutrient-dense foods.



**Lesson Duration:** 45 min.



**Assessment Resources Included**

## Processing Parables

### Learning Objectives

AI.3, AI.4, AI.6, DI.1, DI.5, D2.3

### Lesson Overview

Take a peak behind the curtain and claim a front row seat in the in the transformation journey of your favourite mealtime treat. Examine the defining characteristics of unprocessed, minimally processed, and highly processed food items, and explore how varying levels of manufacturing influence appearance, nutritional value, classification and retail placement. Identify the health risks associated with poor dietary patterns and explore strategies which foster balance across all food categories.



**Lesson Duration:** 45 min.



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# GRADE FOUR WORKSHOP

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## Navigating Nutreints

### Learning Objectives

AI.3, AI.4, AI.5, DI.1, DI.5

### Lesson Overview

Embark on a journey through Canada's Food Guide and explore the functional benefits of fruits, vegetables, grains, plant and animal proteins as well as dairy and its alternatives. Discover the six essential nutrients found within Canada's food groups and examine their roles in optimizing physical health and development, psychological well-being as well as athletic and academic performance. Evaluate the components of a balanced plate and explore practical strategies to maximize the macronutrient and micronutrient content of each meal.



**Lesson Duration:** 45 min.



**Assessment Resources Included**

## Balanced Bites

### Learning Objectives

AI.1, AI.3, AI.4, AI.5, AI.6, D2.1, D3.1

### Lesson Overview

Take a peak beyond your plate and discover how your favourite foods transform from their natural state. Examine the defining characteristics of unprocessed, minimally processed, and highly processed food items, and evaluate how varying degrees of manufacturing impact appearance, nutritional value, classification and retail placement. Investigate adolescent-specific symptoms associated with poor dietary habits and explore practical measures that promote balance across all food categories. Analyze the components of a healthy eating pattern, acknowledging that overall wellness is shaped by what we eat, where we eat, how we eat, and with whom we choose to share our meals with.



**Lesson Duration:** 45 min.

## Lessons in Longevity

### Learning Objectives

AI.3, AI.4, AI.6, DI.2, D2.5

### Lesson Overview

Since the dawn of time, scientists have grappled with the age-old question: aside from a balanced diet, what lifestyle factors contribute to human longevity? Explore possible answers to this scientific investigation while examining habits and routines adopted by the world's oldest living populations. Become acquainted with holistic wellness principles and discover the positive biological benefits associated with regular inclusion of these foundational practices. Engage in evidence-based wellness models that cultivate a greater sense of personal accountability for long-term health and longevity goals.



**Lesson Duration:** 45 min.



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## Functional Plates

### Learning Objectives

AI.3, AI.4, AI.6, D2.1

### Lesson Overview

Embark on a journey toward optimal wellness by exploring the foundational principles of healthy eating. Develop a comprehensive understanding of the components of a balanced plate through analyzing the caloric, macronutrient and micronutrient requirements of a developing body. Utilize Canada's Nutrition Facts Table as a means of tracking daily nutrient intake while comparing, evaluating and identifying food choices that support healthy growth and development.



**Lesson Duration:** 70 min.



**Assessment Resources Included**

## Power of Persuasion

### Learning Objectives

AI.3, AI.4, AI.6, D3.1

### Lesson Overview

Investigate the influence of advertising by examining the relationship between increased media exposure and shifts in dietary patterns. Strengthen consumer agency by fostering a critical understanding of the persuasive techniques used to shape purchasing behaviour. Apply nutritional expertise while carefully interpreting product labels, ingredient lists and Nutrition Facts Tables in order to evaluate the validity of advertising claims.



**Lesson Duration:** 70 min.



**Assessment Resources Included**

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# GRADE SIX WORKSHOP

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## Physiological Hunger

### Learning Objectives

A1.3, A1.4, A1.6, D2.2, D3.1

### Lesson Overview

Journey through Canada's Food Guide and examine the six essential nutrients found within fruits, vegetables, grains, plant and animal proteins as well as dairy and its alternatives. Develop an understanding of the body's communication cues by identifying physiological symptoms associated with hunger, thirst, and both macronutrient and micronutrient deficiencies. Learn to respond effectively to these biological signals by evaluating the components of a balanced plate while implementing strategies that support overall nutritional balance.



**Lesson Duration:** 70 min.



**Assessment Resources Included**

## Psychological Hunger

### Learning Objectives

A1.1, A1.2, A1.3, A1.4, A1.5, A1.6, D1.5, D2.1

### Lesson Overview

Dive into the world of linguistics as you begin your training in biological communication. Develop the ability to distinguish between physiological and psychological hunger recognizing which cravings are driven by biological needs and which are influenced by emotional factors. Examine common psychological triggers behind universal food cravings and explore holistic practices that address and nourish underlying emotional needs.



**Lesson Duration:** 70 min.



**Assessment Resources Included**

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