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Healthy Eating Toolkit

A RESOURCE FOR TEACHING ENGLISH AS AN ADDITIONAL LANGUAGE

Canadian Language Benchmark 1 &

Canadian Language Benchmark Phase 1



healthy
TOGETHER NOW

11.20.12

nutrition
it's about balance



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À l'écoute de notre santé



Why was this toolkit developed?

- Newcomers to Canada often struggle with adapting to a new food environment
- Many EAL educators adapt and develop their own materials on nutrition for their students
- This toolkit was developed by an experienced EAL instructor and public health dietitians to provide EAL educators with tools to teach relevant and accurate nutrition concepts

Who can use this toolkit?

- Developed for EAL instructors teaching students at the CLB 1 and CLB Phase 1 levels
- With extension activities and modifications, it could be used with students up to the CLB 4 level
- With some adaptation, this toolkit can be used by leaders working with English learners in more informal settings such as conversation circles and tutoring

How can this toolkit be used?

- Taught from beginning to end to provide a basic introduction to nutrition
- Pick and choose activities based on the needs and interests of the learners
- The toolkit is meant to be a framework that EAL educators can build upon to tailor their lessons to the unique needs of their learners

Each activity includes:

- a worksheet for CLB 1 and CLB Phase 1 language learners
- suggested methodology and materials for the teacher
- background information on nutrition content for the teacher, online resources and community resources

Look for the Healthy Eating Toolkit on these websites:

Manitoba Adult EAL Hub
www.ealmb.ca

Healthy Together Now
<http://healthy.healthincommon.ca/regions-and-communities/winnipeg/>

Tutela www.tutela.ca

Winnipeg Regional Health Authority
www.wrha.mb.ca