

BC School Fruit and Vegetable Nutritional Program

Includes +MILK Grades K-5 pilot



Dear Coordinator: Please copy this handout and place into all teacher mailboxes! Thanks!

Teacher Resource

Dear Teacher AGvocates:

Welcome to BC Agriculture in the Classroom Foundation's BC School Fruit and Vegetable Nutritional Program! Serving BC grown fruits and vegetables not only helps students maintain a healthy lifestyle, but it also enhances the market for locally produced food products, contributes to the sustainability of BC communities and economies, and raises awareness of the importance of maintaining local agriculture as a source of food.

Classroom teachers can assist student participation in the BCSFVNP by:

- 🍌 Showing support for the program by providing the opportunity for students to eat the snack during class time.
- 🍌 Eating the snack with students, since role modeling is so important.
- 🍌 Showing students they have the ability to choose healthy foods for themselves by allowing them to make their own decision whether to taste or not.
- 🍌 Using some of the lesson resources relating the food products to the curriculum.

Thank-you for your continued support of our program!

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Unit Plans, Lesson Tips & Ideas to connect your curriculum with BCSFVNP deliveries:

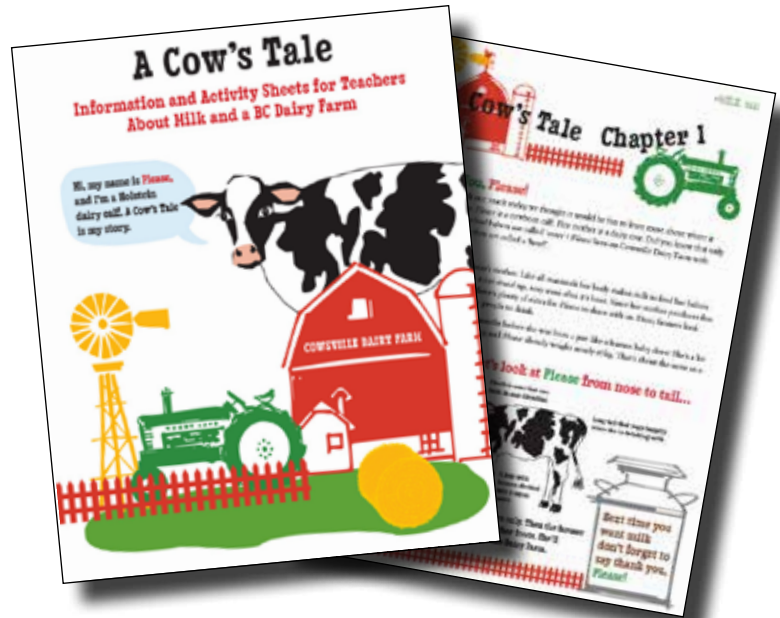
Information about the fruits and veggies served:

www.aitc.ca/bc/uploads/sfvnp/Scoop%20booklet%20FINAL.pdf



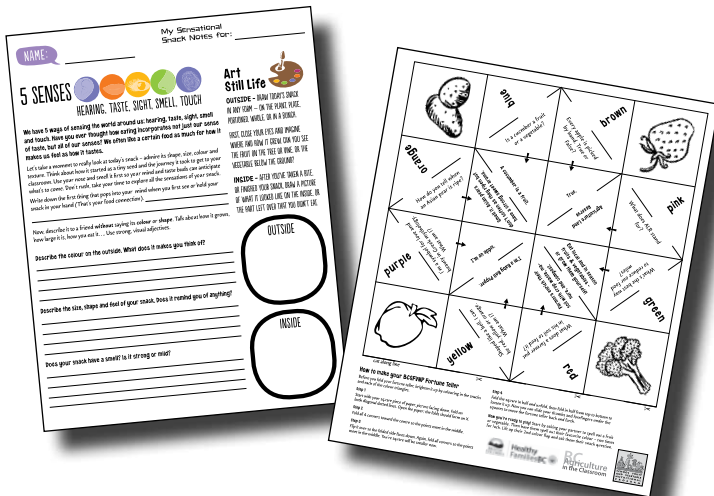
Information about the milk served:

www.sfvnp.ca/milk-program.html



Art and group activity:

www.aitc.ca/bc/uploads/fortune_teller.pdf



All resources are FREE to download and class sets are also available for order at: www.aitc.ca/bc/resources.

Videos: www.aitc.ca/bc/resources/videos

Primary level units and lesson plans: www.aitc.ca/bc/resources/primary-resources

Primary level information about milk: (narrative story) www.sfvnp.ca/milk-program.html

Intermediate/Middle level units and lesson plans: www.aitc.ca/bc/resources/intermediate-resources

Secondary level units and lesson plans: www.aitc.ca/bc/resources/secondary-resources
www.aitc.ca/bc/bcs_agriculture

Geography lesson: How far did your salsa travel? www.aitc.ca/bc/uploads/sfvnp/salsa_map.pdf

