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J.J. O'Neill teacher receives "Teaching Nutrition Award"



Grade 3 teacher, Christine Carriere-Roth from JJ O'Neill Catholic School was awarded the "Teaching Nutrition Award" for Ontario teachers. Christine's innovative teaching approach to supporting nutrition with her students has been recognized by the Registered Dieticians of Ontario. She started a project called "Foods We Haven't Tried... but Want To!" As a class, students use Food Picture Cards to make a list of foods they want to try and categorized them into food groups using Canada's Food Guide. Every Friday for four weeks, selected foods from the list were brought to class for students to taste. Students are encouraged to work with their families to include some of the foods they tried and liked in their snacks and lunches.