

CLB-Referenced and Other Online Resources for Nutrition and Healthy Eating

Promoting Health Information with Adult Language Learners

This resource was developed by Toronto Public Health to support ESL/LINC Instructors to integrate healthy living messages into their lesson plans with students. It includes resources on various health topics, including healthy eating. In consultation with ESL/LINC Instructors, they have developed a “Backgrounder for ESL Instructors” and “Teaching Tools for ESL Instructors” for each topic. The Backgrounder provides key facts and messages for ESL/LINC Instructors to review. The Teaching Tools, available for each topic, include a variety of easy-to-use activities, self-assessment/reflection worksheets and an activities answer key. All activities have been rated according to the Canadian Language Benchmarks (CLB) and span from CLB 1-6.

<https://www.toronto.ca/wp-content/uploads/2018/08/8f47-18-00083-ESL-Curriculum-Resource-TPH.pdf>

*The Healthy Eating section begins on page 77. It includes activities at the following CLB levels:

- Activity #1 – Writing (CLB 1)
- Activity #2 – Writing (CLB 1)
- Activity #3 – Reading (CLB 2)
- Activity #4a – Reading (CLB 3)
- Activity #4b – Reading (CLB 4)
- Activity #5 – Reading (CLB 4)
- Activity #6 – Reading (CLB 4)
- Activity #7 – Listening (CLB 5), Speaking (CLB 5)
- Activity #8 – Speaking (CLB 4), or Writing (CLB 4)
- Activity #9 – Reading (CLB 6)
- Activity #10 – Reading (CLB 5)
- Activity #11 – Self-assessment/Reflection for lower-CLB learners
- Activity #12 – Self-assessment/Reflection for higher-CLB learners

Language Learning for Health: Resources for ESL / LINC practitioners

Ottawa Public Health (OPH) in collaboration with the Ottawa-Carleton District School Board produced a series of lessons in 2014 and 2015 (some now updated – see below) to promote health -- including nutrition and healthy eating -- among newcomers in ESL and LINC programs.

A “healthy immigrant effect” has been observed in Canada – immigrants arrive in relatively good health but over time, their health declines as they adopt unhealthy habits, such as increased consumption of junk food and lack of exercise. Newcomers face multiple barriers that impact their health, such as language, cultural differences, social isolation, poverty, unstable housing and unemployment, and often have difficulty navigating the health and social system and accessing needed services and programs.

These PDF-format lessons are based on the Canadian Language Benchmarks (CLB). Each topic includes a lesson plan at each of the following levels:

- CLB Literacy/CLB 1-1L
- CLB 2-3, and
- CLB 4-5

ESL Literacy/CLB 1-1L Lesson Plans	
Canada's Food Guide_CLB 1-1L (updated in 2022) Everybody's Food Budget_Literacy-CLB 1 Let's Go Shopping for Food_Literacy-CLB 1 Reading Food Labels_Literacy-CLB 1 Reducing Salt Consumption_Literacy-CLB 1 Calcium & Vitamin D_Literacy-CLB 1 Sugar Sweetened Beverages_Literacy-CLB 1	
CLB 2-3 Lesson Plans	CLB 4-5 Lesson Plans
Canada's Food Guide_CLB 2 & 3 (updated in 2022)	Canada's Food Guide_CLB 4 & 5 (updated in 2022)
Everybody's Food Budget_CLB 2 & 3	Everybody's Food Budget_CLB 4 & 5

Let's Go Shopping for Food_CLB 2 & 3	Let's Go Shopping for Food_CLB 4 & 5
Reading Food Labels_CLB 2 & 3	Reading Food Labels_CLB 4 & 5
Reducing Salt Consumption_CLB 2 & 3	Reducing Salt Consumption_CLB 4 & 5
Calcium & Vitamin D_CLB 2 & 3	Calcium & Vitamin D_CLB 4 & 5
Sugar Sweetened Beverages_CLB 2 & 3	Sugar Sweetened Beverages_CLB 4 & 5

Newcomer Nutrition Education Toolkit – Information for Health Professionals

This [toolkit](#) (adapted from *Language Learning for Health: Resources for ESL / LINC practitioners* – see above), produced by Alberta Health Services in 2020, supports program providers and health professionals who work with newcomers to Canada.

It is a collection of nutrition teaching resources for people who are English language learners and have diverse cultural backgrounds. The following four sections are most suited to teaching newcomers:

Presentations

Drinks in Canada	Slides	Notes
Eating for Good Health	Slides	Notes
Grocery Shopping	Slides	Notes

Language Learning Resources (lesson plans)

Drinks in Canada	Foundation Literacy & CLB 1	CLB 2 & 3	CLB 4 & 5
Canada's Food Guide	Foundation Literacy & CLB 1	CLB 2 & 3	CLB 4 & 5
Grocery Shopping	Foundation Literacy & CLB 1	CLB 2 & 3	CLB 4 & 5

Language Learning Resources (vocabulary cards)

Drinks in Canada	Foundation Literacy & CLB 1 (Words)
Canada's Food Guide	Foundation Literacy & CLB 1 (Pictures)
	Foundation Literacy & CLB 1 (Words)
Grocery Shopping	Foundation Literacy & CLB 1 (Pictures)
	Foundation Literacy & CLB 1 (Words)

Pictorial & Translated Handouts

Many learners are looking for short, visual resources on nutrition topics or resources in other languages. This webpage has handouts about pregnancy and breastfeeding, feeding baby, food safety, and many more topics for adults and families with children. On [this page](#), select the drop-down Information filter for “English Language Learners”. Then in the Search box, enter a specific language (Arabic, French, Punjabi, Spanish, Tagalog, Tigrinya, or Traditional Chinese) to obtain all the available information in that language.

Healthy Eating Toolkit – A Resource for Teaching English as an Additional Language

The [Healthy Eating Toolkit](#) was developed by Nicole Sibilleau and funded by Seven Oaks Healthy Living and Healthy Together Now in Manitoba. It was developed for English as an Additional Language (EAL) instructors teaching students at the CLB 1 and Phase 1 levels. With the use of the extension activities and necessary modifications, the toolkit could be used with students up to CLB 4. And with some adaptation, it can also be used for beginner level in more informal settings such as English conversation circles and tutoring.

This toolkit was developed using the EAL concept of scaffolding – building on vocabulary and learning in previous activities to develop the language needed for more complicated concepts and language in later activities. The curriculum can be taught from beginning to end to provide a basic introduction to nutrition including:

- Food vocabulary
- Canada's Food Guide
- Serving sizes
- Grocery shopping
- Meal planning
- Basic food safety

Educators can also choose activities based on learner needs and interests. For example, educators may choose more advanced activities in Modules 3 and 4 and support them with vocabulary activities in Module 1 as necessary. The toolkit is meant to be a framework that EAL educators can build upon to tailor their lessons to their learners' unique needs.

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

A complete list of online and community resources in the activities can be found in Appendix A and B.

N.B.: The community resources in Appendix B are localized for Manitoba and Winnipeg

Module and Lesson Plans

This resource collection, created by Manitoba EAL instructors and part of [the language resources main page](#), contains CLB-referenced module plans and authentic materials -- **including Nutrition and Healthy Eating topics** -- to help you create your own lessons. There are 12 subject themes. Sub-topics will help you locate modules of interest. Some sub-topics overlap; for example, spousal and child abuse is under Family, Friends & Neighbours, but family law is under Law.

These resources and modules are provided as-is. They may include spelling, formatting, or other items that require correction before use in the classroom. This [page](#) contains all the links. Files are in Microsoft Word format unless otherwise stated. (Each hyperlink on the page links to a Word document that will automatically download.)

Themes and topics:

Theme	Stages/CLB Levels/Sub-Topics
Health and Safety	EAL Literacy EAL Literacy Foundations, CLB 2: Healthy eating EAL Literacy Phase 2, CLB 4: Nutrition Stage II CLB 5: Nutrition and choosing healthy foods