



REFERENCES

(websites, books, organizations)

Information for developing new activities and for personal enrichment

www.5to10aday.com The Canadian Campaign “5 to 10 a day – For better health” website. English section, information, tips and recipes.

<http://www.thefruitpages.com/> Over 150 pages of fruit information.

<http://www.stumptuous.com/eatyourveggies.html> Info.

www.10parjour.net In French only. The “Coin des enfants” section has a lot of information on how to develop classroom activities and online games for children.

www.cpma.ca/nutrition/en/index.html Canadian Produce Marketing Association website: Information (nutrition inform., how to select, store and prepare) on more than thirty fruit and thirty vegetables, tips, storage, canning, freezing, microwave cooking, fruit and vegetables in season, etc.

www.servicevie.com In French only. Click on *Mini Menu* in the “Alimentation” section to obtain many child-feeding topics. The *Aliment vedette* link is very useful for researching fruit or vegetables. The *Guide des aliments* link provides more concise information on many food products.

<http://www.theworldwidegourmet.com> Information on many food products, including local and exotic fruit and vegetables (*ideal for research*).

www.aprifel.com/ In French only. More scientific information. Articles classified by subject (antioxidants, potassium, calcium, etc.). Section with a dietitian’s answers to many questions. (“Enfants” category), mainly about fruit and vegetables. Nutritional value of many fruit and vegetables.

www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/index_e.html Health Canada, general information, *Canada’s Food Guide to Healthy Eating* (you can order free copies online), nutrition labelling of food, dietary reference intakes.

ORGANIC FARMING

www.cpma.ca/foodsafety/en/organicfarming.html Canadian Produce Marketing Association website.

www.inspection.gc.ca Canadian Food Inspection Agency website.

www.equiterre.qc.ca/english/home/indexfinal2.html You can become a shareholder in an organic farm by purchasing a share of the harvest in advance and receiving a basket of fruit and vegetables every week.

IDEAS FOR CLASSROOM ACTIVITIES

www.kidsgardening.org Online teachers’ course, Classroom stories, Activities, School Greenhouse Guide, etc.

www.csdm.qc.ca/recit-adapt-scol/coffre/nutrition/alimentation.html In French only. Classroom activities classified by school subject: online activities, links, websites with pictures and recipes.

www.csdm.qc.ca/petite-bourgogne/signet/saisons/automne.htm In French only. Information, ideas for activities, pictures. Plenty of interesting links about the fall.