

Module 2: Reject It!

How to Spot an Unsafe Lesson Plan

These questions are designed to help teachers critically examine resources to help decipher if previously developed content in a lesson plan is **body-neutral, food-neutral and movement-neutral**. This resource was developed using a Guide for Guest Speakers developed by Gwen Kostal, RD from [dietitians4teachers](http://dietitians4teachers.com).

Questions. Does the resource...	No	Yes	If yes...
1. ... use language that suggests certain foods and types of movement are “better” or “ideal” over other foods?			This lends itself to creating a hierarchy of foods and types of movement, not a neutral context.
2. ... use language that assigns a moral directive to a food such as “guilt-free”, or “bad”			This undermines the opportunity to utilize body, nutrient or activity cues to prompt eating
3. ... lead the user to categorize foods or eating behaviours as “healthy” or “unhealthy”?			Recognize that individuals have their own definition and context of what is healthy.
4. ... suggest a specific dieting behaviour, dietary pattern or tracking of foods/nutrients?			The concept of steadily scrutinizing an eating pattern to fit a prescribed “ideal” pattern undermines freedom to enjoy foods for nourishment and celebration.
5. ... use language that refers to body weight or body size?			To support body diversity, ensure no weighing, measuring, or anthropometric assessment of students occurs in any context.
6. ... suggest the pursuit of changes to body weight or body size?			This elevates certain body types over others and conveys the message that bodies that do not conform to a specific weight or size are not acceptable as they are.
7. ... include emotionally charged questions or activities about bodies or eating patterns, or use triggering language?			Recognize that learners need to have a safe environment free of harassment or possibility of judgement. Questions or activities should not trigger guilt.
8. ... not indicate when it was developed or last updated?			If there is no indication of when a resource was developed or last updated, take extra care to ensure that not only is it food- and weight-neutral, but that it aligns with the messaging of the current version of Canada’s Food Guide, which was released in 2019.
9. ... have no further links to references, authorship, or publishing organization?			Without being able to check a resource’s credibility and review the author’s or organization’s objective, a resource may be less than altruistic. Resource materials should be well researched.