

Let me see that!



Nutrition and You Series

Fall 2007 available in
DVD, Videocassette, and Digital Streaming

NYS Learning Standard 1: Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.



Catalog Number: DA113, V8172, SO260

Title: Nutrition Basics (Teacher Guide included)

Imprint: Visual Learning Company, 2007.

Physical Description: DVD, Videocassette, Digital Video Streaming, 20 min., CLOSED CAPTIONED.

Summary: This program introduces students to the fundamentals of nutrition. The program begins by reviewing the digestive process in the body through colorful animations. Each of the six major essential nutrients is highlighted including: carbohydrates, proteins, fats, vitamins, minerals, and water. Everyday common food examples of each nutrient are highlighted. The importance of each nutrient to body wellness is stressed. Other terminology includes: digestion, stomach, intestines, nutrients, complex carbohydrates, and dehydration.

Audience: Intermediate, Junior High

Catalog Number: DA114, V8169, SO257

Title: Balanced Diet (Teacher Guide included)

Imprint: Visual Learning Company, 2007.

Physical Description: DVD, Videocassette, Digital Video Streaming, 20 min., CLOSED CAPTIONED.

Summary: This program provides students with the basic knowledge and skills to achieve a balanced diet. After reviewing the basic nutrient groups, the concepts of Recommended Dietary Allowances and food labels are introduced. The new USDA food pyramid is illustrated through vivid graphics, emphasizing each of the five major food groups. Special attention is placed on helping students plan a diet consisting of a wide variety of foods from the major food groups based on their age, gender and activity level. Other terminology includes: calories, RDA, food labels, grains, vegetables, fruits, milk group, meat and beans group, and food pyramid.

Audience: Intermediate, Junior High

Catalog Number: DA115, V8171, SO259

Title: Healthy Eating Habits (Teacher Guide included)

Imprint: Visual Learning Company, 2007.

Physical Description: DVD, Videocassette, Digital Video Stream 20 min., CLOSED CAPTIONED.

Summary: This program stresses the fundamental skills needed to plan, select, and prepare foods that make up a healthy diet. A look at food labels helps students understand the nutritional content of different foods. The process of food label comparison and selecting the best food is emphasized. Meal planning based on a person's individual dietary requirements is discussed in detail. The processes of grocery shopping and safe food preparation are covered. Other terminology includes: food pyramid, nutritional value, percent daily value, meal planning, grocery list, processed food, food preparation, and food-borne illness.

Audience: Intermediate, Junior High

Catalog Number: DA116, V8170, SO258

Title: A Healthy Body (Teacher Guide included)

Imprint: Visual Learning Company, 2007.

Physical Description: DVD, Videocassette, Digital Video Stream, 20 min., CLOSED CAPTIONED.

Summary: This program addresses a number of other health issues including types of foods to avoid, healthy body weight, harmful substances, and the importance of regular exercise. The importance of rest and sleep, especially for adolescents, is discussed. The need for regular physical examinations including seeing a medical doctor, dentist, and having eyes examined regularly is emphasized. Other terminology includes: junk food, salt, fatty foods, sugar, drugs and alcohol, vigorous exercise, physical exam, dental exam, and eye exam.

Audience: Intermediate, Junior High

Websites for Teens and Nutrition

Adolescents

All the way from North Dakota State University find links about nutrition and teens. Slightly off the topic but, interesting information about the history of the FDA and current food laws and regulations.

www.ext.nodak.edu/food/kidsnutrition/teen-2.htm

Vegetarianism in Teens

A Lacto-ovo-vegetarian?? What is that? Learn the hows and whys of vegetarianism and the importance of being especially conscious of good nutrition.

www.pamf.org/teen/health/nutrition/veggieteens.html