

Nutrition

1-2-3 Easy Series

For descriptions see individual titles:

Baking Basics: Quick Breads

[592598]

Herbs [592601]

Meal Appeal: Quick Garnishes and Food Presentation [592599]

Meal Planning for Teens [592600]

ABCs of Vitamins

592770 VH

MJS 24 min CA 2003 Cambridge Educational

Closed-captioned. An overview of vitamins and minerals, what they are, why they are so important, and who really needs to take supplements. Teacher's guide.

Nutrition; Vitamins

About All You Can Eat - Show 502

023652 VH

MJS 60 min 1995 Scientific American

Scientific American Frontiers Series - Examines the strange, paradoxical and often amusing world of food.

Health Education; Nutrition; Food

Adventures of Pepin and Gordon Ham

024662 VH

P 9 min 1996 Barr Films

Pepin's Health and Wellness Series - Pepin's cousin, Gordon, must develop healthy eating habits or face health problems in the future.

Diet; Nutrition; Health Education

All About Nutrition and Exercise

591089 VH, DV

P 23 min CA 2001 Library Video Company

Human Body for Children Series - Closed-captioned. Learn about the nutrients in our food that our bodies need to grow and stay healthy. Shows how we get energy from the foods we eat and how we burn that energy when we exercise. Includes activity on identifying starches. Both VHS and DVD contain In-case Teacher's guide. DVD Contains: 1 Disc with Discussion Questions and Activities, Investigation Data Sheet, and Chapter Select.

Nutrition; Exercise; Anatomy, Human

All American Greats

598420 DV

MJSA 102 min CA 2006 Action Library Media Services

Good Eats With Alton Brown: Wooded by American Food Series - Closed-captioned. Alton Brown explores ground beef, corn, and pickles. "A Grind is a Terrible Thing to Waste" titles: The Perfect Grind; The Ultimate Patty; Juicy Meatloaf; The Glaze; and Ask Alton. "Ear Apparent" titles: "Amazing" Corn Facts; Boiled, Baked, or Creamed; Corn Bread; Popcorn; and Ask Alton. "American Pickle" titles: The History of Pickling; It All Starts with the Acids; The Infusion

Method; All Salts are Not Created Equal; and Ask Alton. DVD Contains: 1 Disc.

Food; Cookery; Brown, Alton

Alton Brown: Good Eats on the Table Series

For descriptions see individual titles:

Great Main Dishes [598411]

Save Room for Dessert [598413]

Veggies on the Side [598412]

Alton Brown: Kitchen Wisdom From Good Eats Series

For descriptions see individual titles:

Bake It Up [598423]

The Fruit Bowl [598424]

Secrets of Your Kitchen [598425]

American Breakfast

023859 VH

PIMJS 30 min 1988 WWTV

Frugal Gourmet Collection: A Taste of America Series - Jeff Smith showcases breakfast from different regions of the U.S. Recipes include: Biscuits and Gravy, Fried Cornmeal Mush, Grits, Creamed Chipped Beef on Toast, Eggs in Fried Bread, English Muffins with Cheese Sauce, and Bran Muffins the Frugal Way.

Cookery; United States - Social Life and Customs; Food

American Eats: Holiday Foods

597506 VH

MJS 60 min 2008 History Channel

American Eats is the quirky, nostalgic, and often surprising look back at the history, mystery, and technology behind our favorite foods. This episode tells the story of the brilliant ideas, offbeat inventions, and daring innovators who transformed our holiday favorites and the way we eat while helping to define American culture. American Eats is a celebration of the foods we love and the remarkable stories behind them. Covers turkey, stuffing, cranberry sauce, candies, and more.

Food; Food Preparation; Holidays; Food Industry and Trade

Andalucia (Spain) - A Green Heaven on Earth

590142 VH

IMJS 26 min 2001 Landmark Media

Savoring the World Series - Explore the colorful cuisine of this region along with culture and geography. It is the land of flamenco, sherry, and olives. Study guide jacket.

Multicultural Studies; Food; Spain - Social Life and Customs

Annie Funelli and the Funsters Series

For descriptions see individual titles:

Take Care of Your Teeth [593764]

Anorexic Teens

026306 VH

MJS 15 min 1998 New Dimension Media

In the past few years, models as young as 13 have entered the profession. Many young adults attempt to emulate this shape through excessive dieting. Health care professionals are seeing an increase in eating disorders. Many feel this trend will end only when media and glamour industries (fashion, TV, movies) take on a more responsible role in how young women and men are portrayed. Teacher's guide.

Eating Disorders; Anorexia Nervosa; Health Education

Around the World - Healthy Snacks and Easy Meals

592606 KT

IMJS 1999 Sax Arts & Crafts

Set of 4 videos and guide that give history, culture, food preparation techniques, and recipes from four regions of the world. Contains: 4 VHS (Jalapeno Bowl: A Wrap-up of Mexican Food -18:00; North Africa: Crossroads of the Mediterranean - 33:00; Pizza, Pasta, and Panache - 25:00; Chopsticks: An Introduction to Chinese Cooking - 36:00); 1 Teacher's guide.

Food; Mexico - Social Life and Customs; Africa - Social Life and Customs; Multicultural Studies; Italy - Social life and Customs; Cookery; China - Social Life and Customs

The Art of Food Presentation

597293 DV, DM

JS 22 min CA 2007 Films for the Humanities

Closed-captioned. Demonstrates techniques used by professional chefs to create and serve food that pleases the eye as well as the taste buds. Contains: 1 Disc and Teacher's guide folder.

Cookery; Food

Arthur Weighs In

P 13 min CA 2004 WGBH

Educational Foundation

Arthur's Home Video Series - Closed-captioned. Animated. Arthur is shocked to learn that he's gotten "husky-sized". He must choose the right new diet and exercise program. Based on the books of Marc Brown.

Health - Fiction; Exercise; Diet

Arthur's Home Video Series

For descriptions see individual titles:

Arthur Weighs In [595452]

Nutrition

Assessing Value in Products: Food

595113 DV, DM
MJS 38 min 2004 Filmwest Association

The Shopping Bags Series - Two award winning journalists test a variety of food products and share results. Each segment can stand alone. Includes: Bottled Water; Energy Bars; Bread; Olive Oil; Potato Chips; Chocolate; and Coffee. Contains: 1 Disc.

Food Industry and Trade; Food; Consumer Education

Bake It Up

598423 DV
MJSA 64 min CA 2009 Action Library Media Services

Alton Brown: Kitchen Wisdom From Good Eats Series - Closed-captioned. Alton Brown explores using cast iron pans, making crackers, and the versatile popover recipe. "Going Dutch" titles: Sans Electricity; Direct Contact; Ready Anytime; and A Lot to Offer. "Popover Sometime" titles: Core Cuisine; The Right Pan; Yorkshire Pudding; and Dutch Baby. "Flat is Beautiful (Going Crackers)" titles: Tech Support; Rolling Out Dough; Old Man Graham; and Cracker Happy. DVD Contains: 1 Disc.

Food; Cookery; Brown, Alton

Baking Basics: Quick Breads

592598 VH
MJS 15 min 2001 Sax Arts & Crafts 1-2-3 Easy Series - Learn to make muffins, breads, popovers, and biscuits. Covers ingredients and basic techniques. Teacher's guide.

Food; Cookery

Basic Food Safety

024323 VH
MJS 13 min 1996 Educational Video Network
Shares important information about bacteria that can prevent foodborne illness. Teacher's guide.

Food Preparation; Food; Safety Education; Health Education; Germs

Best 10-1/4 Tips for Eating Healthy

595363 VH
JS 19 min 2005 School Company *Healthy Living Series* - Features the new food pyramid. Learn all about making healthy, balanced food choices and enjoying good nutrition.

Nutrition; Diet

Big As Life: Obesity in America

593589 VH
MJS 51 min 2002 Films for the Humanities

Investigates the causes and health implications of obesity in America. Interviews with doctors, scientists, adults, and children deal with weight control, body image, and weight discrimination.

Weight Control; Diet

Bill Nye the Science Guy Series

For descriptions see individual titles:
Digestion [592974]
Digestion [591948]
Nutrition [590836]

Body Atlas: Food Machine

025010 VH
MJSA 30 min 1994 Ambrose Video Publishing Inc.
Looks at the journey of food through the human body.

Nutrition; Nursing; Digestive System; Health Education; Food

Body Atlas Series

For descriptions see individual titles:
The Food Machine [595687]

Body Image for Boys

592772 VH
MJS 18 min CA 2002 Cambridge Educational
Closed-captioned. Explores some of the issues facing young men today as they struggle to define themselves amid the flood of media generated images of male physical perfection. Teacher's guide.

Eating Disorders; Self Esteem; Decision Making

Body Image Obsession

596535 DV
JS 20 min 2006 New Dimension Media
Self Esteem Series - Explores the growing obsession with body image by children and teens. Encourages teens to analyze advertising images and nurture self-esteem by developing strong character rather than surface beauty. Contains: 1 Disc and Teacher's guide jacket.

Eating Disorders; Self Esteem; Character Education; Mass Media

Body Systems

594901 DV
MJS 24 min 2003 Insight Media
Using the dissection of pig organs and extensive graphics and animations, this program explains how four human body systems function and are interrelated. Explores the cardiovascular, respiratory, digestive, and excretory systems. Contains: 1 Disc and In-case teacher's guide.

Human Body; Excretory System; Anatomy, Human; Digestive System; Cardiovascular System; Respiratory System

Body Systems and Health

596470 KT, DV, DM
MJ 80 min CA 2007 Visual Learning Company
Body Systems and Health Series - Closed-captioned. Explores the nature and care of the body's systems including the functions of the major organs, common problems, and things to do to maintain the health of each system. Contains: 4 VHS (Healthy Circulatory and Respiratory, Healthy Skeletal and Muscular Systems, Healthy Digestive and Excretory Systems, Healthy Nervous and Endocrine Systems - 20:00 each); 1 Teacher's guide. DVD contains all titles as well as Optional English subtitles, video index, labeled slides, glossary, video previews, iMovie project, and teacher's guide.

Muscles; Circulatory System; Endocrine System; Skeleton; Anatomy, Human; Respiratory System; Excretory System; Nervous System; Digestive System

Body Systems and Health Series

For descriptions see individual titles:
Body Systems and Health [596470]

Bread Around the World

595997 BB
NP 16 p. 1998 Newbridge Educational Publishing
Pizza, pita, pretzels, rolls...children take a multicultural tour of the breads of the world through rhyming text and photographs. Author: Cynthia Rothman. 1 Big Book, 30 Soft cover books, 1 Teacher's guide.

Multicultural Studies; Food

Bread Comes to Life

595862 VH, DV
PI 22 min CA 2003 Informed Democracy
Closed-captioned. Watch a baker turn a home grown crop of wheat into a homemade loaf of bread. Then see it happen again at a big farm, a giant mill, and a full scale commercial bakery. Narrated in verse by Lily Tomlin with music by George Winston. DVD contains: 1 Disc and both contain in-case teacher's guide.

Wheat; Agriculture; Food

Bread: From Farm to Table

023626 VH
P 17 min 1994 AIMS Multimedia
Takes a tour of the bread-making process, from the time the wheat is planted to the moment the loaf arrives on the kitchen table.

Food; Wheat; Agriculture

Nutrition

Bread Is for Eating

025409 VH
PI 28 min CA 1996 Lancit Media Productions
Reading Rainbow Series - Closed-captioned. Explains the process of making bread from seed to table (sung in English and Spanish). LeVar Burton explores how bread changes in different cultures.

Multicultural Studies; Food; Reading; Language Arts

Breakfast

596371 DV
S 30 min CA 2007 Learning ZoneXpress
Just the Facts Series - Closed-captioned. Chef Jonathan Locke loves breakfast. He demonstrates techniques, discusses nutrition, and shares facts while preparing eggs, smoothies, pancakes, breakfast burritos, and more. Contains: 1 Disc and In-case Teacher's guide.

Food; Diet; Cookery

Breakfast Because

597790 DV, DM
IMJS 25 min CA 2008 Health Edco
Closed-captioned. Four short skits teach the importance of eating a healthy breakfast. Promotes a variety of foods, shows how breakfast choices affect your performance, deciphers nutrition labels, and suggests practical breakfast choices. DVD Contains: 1 Disc, In-case Teacher's guide.

Nutrition; Diet

Breakfast Eats

598421 DV
MJSA 100 min CA 2006 Action Library Media Services
Good Eats With Alton Brown: Wooed by American Food Series - Closed-captioned. Alton Brown explores coffee, eggs, and pancakes. He tells why they are good, how to prepare them, and shares some great recipes. "True Brew I" titles: Wake Up to Roasting; Another Can of Beans; The Art of Brewing; Caffeine Effect; and Ask Alton. "The Egg (Files 1)" titles: Egg Grading; The Legacy of Over Easy Scrambled; Lemon Curd; Boiling; and Ask Alton. "Flap Jack Do It Again" titles: Pancake History; Zen Measures; Griddle Options; Lube, Flip, & Plate; and Ask Alton. DVD Contains: 1 Disc.

Food; Cookery; Brown, Alton; Eggs

Breakfast Eats 2

598417 DV
MJSA 99 min CA 2002 Action Library Media Services
Good Eats With Alton Brown: Marvelous Meals Series - Closed-captioned. Alton Brown explores oats, yogurt, and tea. Learn why they are good, how to prepare them, and great recipes. "Oat Cuisine" titles: Haggis; Pinhead Oats; Slow Cooker; Granola; and Ask Alton. "Yogurt (Good Milk Gone Bad)" titles: A Lesson in

Lactose; Shall We Dance; Shake Your Slurry; Ginger-Lemon Fro Yo; and Ask Alton. "True Brew II (Mr. Tea)" titles: Tea for Two; Full Tea Potential; Iced Tea; The Benefits of Tea; and Ask Alton. DVD Contains: 1 Disc.

Food; Cookery; Brown, Alton

Buy Me that 3!

023646 VH
PIMJS 28 min 1993 Films Incorporated
Helps children learn the secret of the advertising trade and develop a healthy cynicism toward commercials targeted toward kids.

Mass Media; Advertising; Consumer Education; Media Literacy; Health Education; Food

Buying the Basics: Food and Clothing

596177 DV
SA 20 min 2006 C.W. Publications
Buying the Basics Series - Prepare students for getting started on their own. Learn about buying food and clothing, including comparison shopping, unit value, and finding the best bargain. Contains: 1 Disc and Reproducible Activity Units (Buying the Basics).

Clothing and Dress; Consumer Education; Food; Life Skills

Buying the Basics Series

For descriptions see individual titles:
Buying the Basics: Food and Clothing [596177]

Carbs

597605 DV
JS 21 min CA 2009 Learning Seed Co
Elements of Human Nutrition Series - Closed-captioned. Learn about carbohydrates: what they are, why the human body needs them, how the body uses them, healthy sources, and how much is needed. Begin to understand the role of glucose, fructose, sucrose, lactose, and other sugars in the diet. Contains: 1 Disc and Teacher's guide folder.

Food; Diet; Nutrition

Carbs on Trial

594538 VH
MJS 16 min 2005 Learning Zone/Low Fat Express
Explores the controversy about carbohydrates. A judge in the nutrition courtroom hears arguments from both sides. Worksheets.

Nutrition; Diet

Childhood Nutrition: Healthy Habits for Kids (Volume 3)d

596004 DV
PI 9 min 2006 Films for the Humanities

Childhood Nutrition: Preventing Obesity Series - Children learn that healthy eating and an active lifestyle are best for them. Uses the USDA MyPyramid. Contains: 1 Disc and Teacher's guide.

Diet; Nutrition; Weight Control

Childhood Nutrition: Preventing Obesity Series

For descriptions see individual titles:
Childhood Nutrition: Healthy Habits for Kids (Volume 3)d [596004]
Childhood Nutrition: Preventing Obesity (Volumes 1 & 2) [596003]

Childhood Nutrition: Preventing Obesity (Volumes 1 & 2)

596003 DV
SA 38 min 2006 Films Media Group
Childhood Nutrition: Preventing Obesity Series - Two parts explore nutrition strategies for healthy children ages birth to 1 and ages 1-6. Features the USDA MyPyramid. Each part runs about 20 minutes. Contains: 1 Disc and Teacher's guide.

Diet; Parenting; Weight Control; Nutrition

Chinese Cuisine

598388 DV
S 30 min 2009 Culture for Kids
Quintessential Chinese Culture Series - Introduces eight styles of Chinese cuisine, Shandong Cuisine, Guangdong Cuisine, Sichuan Cuisine, Hunan Cuisine, Jiangsu Cuisine, Zhejiang Cuisine, Fujian Cuisine and Anhui Cuisine, showing the culinary art of great chefs and various kinds of delicacies. See how Chinese cuisine creates a special form of communication within the culture. DVD Contains: 1 Disc.

China - Social Life and Customs; Multicultural Studies; Food

Chocolate

594302 VH
PI 10 min 2003 Phoenix Learning Group
Farm to Market Series - See how chocolate begins as cacao beans. Watch the processing of cacao seeds into cocoa and then into delicious chocolate products. Teacher's guide jacket.

Food; Agriculture

Close Up and Very Personal Series

For descriptions see individual titles:
Fruit [024599]

Nutrition

The Colonies

023854 VH
PIMJS 30 min 1988 WWTW
Frugal Gourmet Collection: A Taste of America Series - Jeff Smith examines how the Native American methods of cooking and adapting to the existing harvest of the North American continent influenced the Colonists' preparation of food. Recipes include: Syllabub, Fricassee of Rabbit (chicken), Carrot Pudding, and Indian Pudding.

Food; United States - History - Colonial Period; Cookery; Frontier and Pioneer Life

The Culture of Mexican Food

597528 DV
MJS 30 min 2008 Teacher's Discovery
Moo Culture and Vocab Series - Mexican teen, Esther introduces an American friend, Jason to a variety of food during his visit to Mexico. He tries familiar and not-so-familiar foods on location. In English with some Spanish. Contains: 1 Disc.

Mexico - Social Life and Customs; Food

Dairy

594289 VH
PI 10 min 2002 Phoenix Learning Group
Farm to Market Series - Visit a dairy farm to see how cows are cared for, fed, and milked by machine. See how the milk is processed and transported. Visit a factory to see milk made into cheese. Teacher's guide jacket.

Agriculture; Cows; Milk; Farms; Food

Diet and Weight Management - What Really Works

026980 VH
MJS 30 min 2000 Cambridge Educational
Four teens join a dietitian and a host in an exercise facility. They discuss causes of weight gain and the pros and cons of many popular weight loss methods. Final segment suggests ways to control poor eating habits and to incorporate sensible exercise.

Exercise; Nutrition; Diet; Health Education

Digestion

592974 DV, DM
I 26 min CA 2003 Disney Educational Productions
Bill Nye the Science Guy Series - Closed-captioned. Host Bill Nye explains to viewers how the body's digestive system is like a fine-tuned machine that turns food into energy. Includes interactive quizzes, glossary, chapter search with National Science standards and bonus footage. Contains: 1 Disc.

Digestive System; Human Body

Digestion

I 26 min CA 1994
Bill Nye the Science Guy Series - Closed-captioned. Uses comedy, interviews with scientists, and hands-on experiments to illustrate the process of the digestive system of the human body. Teacher's guide.

Health; Digestive System; Human Body

Digestion and Nutrition

597774 DV
IMJ 13 min 2007 Phoenix Learning Group
Mechanics of Life Series - Explores the function and purpose of the digestive system in humans and other creatures. Contains: 1 Disc.

Human Body; Digestive System; Anatomy, Human; Nutrition

The Digestive and Excretory System

591762 VH
I 15 min 2002 Sunburst Communications
Real World Science IV Series - Explains how our bodies break down food into usable nutrients. Shows how the process of digestion and excretion work. The USDA Food Guide Pyramid is discussed as a good way to follow a healthy diet. Teacher's guide with activity sheets.

Anatomy, Human; Excretory System; Digestive System

Digestive and Excretory Systems

591099 VH, DV
IMJ 23 min CA 2001 Schlessinger Video Productions
Human Body in Action Series - Closed-captioned. In order to be of use to our cells, food needs to be broken down and absorbed into the bloodstream. Waste products and indigestible materials must be removed. Explores both systems. An activity lets kids test the digestive action of acids and enzymes. DVD Contains: 1 Disc with English and Spanish language tracks, Discussion questions and activities, Investigation data sheet, Chapter select, and both DVD and VHS contain in-case teacher's guide.

Anatomy, Human; Digestive System; Excretory System

The Digestive System

022319 VH
MJSA 16 min 1981 Encyclopedia Britannica
Explains the major chemical and mechanical processes by which the digestive system converts food to energy.

Health Education; Digestive System

Digestive System

023408 VH
I 18 min CA 1994 National Geographic Society
Your Body Series - Closed-captioned. Classroom demonstrations, animation, and medical photography illustrate the digestive process and explain the roles of various organs in digestion. Teacher's guide.

Anatomy, Human; Digestive System

Down, Down, Down: The Inside Story of Digestion

021716 VH
PI 15 min 1981 Agency for Instructional Technology
Inside Story with Slim Goodbody Series - Using his body suit, goodbody shows the digestive system and pathway and explains that food must be broken down chemically and physically before our bodies can make use of it.

Digestive System

Dying to Be Thin

051008 VH, PB
JS 60 min CA 2000 WCNY Public Television
Nova Series - A behind the scenes look at laboratories and hospitals where scientists are experimenting with new approaches to eating disorders.

Eating Disorders; Anorexia Nervosa; Bulimia

Early American Cuisine

023853 VH
PIMJS 30 min 1986 WWTW
Frugal Gourmet Collection: A Taste of America Series - Jeff Smith prepares dishes found in a Virginia cookbook dating back to 1824. Recipes include: Matalote, Chicken Pudding, Pickled Oysters, and Celery Sauce.

Virginia; Food; United States - History - Colonial Period; Cookery

Eat Right: 2005 Food Pyramid

596143 DV
JS 24 min CA 2006 Learning Seed Co
Closed-captioned. Explains how and why the USDA revised the food pyramid. Learn how to use the new pyramid to ensure proper health. Contains: 1 Disc and In-case Teacher's guide.

Exercise; Diet; Weight Control; Nutrition

Nutrition

Eat to Win: Nutrition for Athletes

596367 DV
MJS 20 min CA 2006 Learning ZoneXpress
Closed-captioned. Athletes need to include good nutrition in their training program for top performance. Dispels 10 common nutrition myths by explaining what to eat, when, and why, using the USDAs MyPyramid as a guide. Contains: 1 Disc and In-case Teacher's guide.

Nutrition; Athletes; Food

Eat Well! Feel Well!

592946 KT
NP 1992 KidSafety of America
Puppets and children perform songs for good nutrition and exercise. Video gives introductory information along with songs. Audio cassette (for practice) has songs about nutrition on side one and an aerobic workout on side two. Some songs include the Vegetable Rock, Animal Aerobics, and Feeling Good About Myself. Contains: 1 VHS (Eat Well, Feel Well - 40:00), 1 Audio cassette, 1 Teacher's guide book, 1 Teacher's guide song sheet.

Nutrition; Exercise

Eating Disorders

025865 VH
MJS 18 min 1996 Channel One
Teen Issues Series - Interviews with young women and men who are battling eating disorders. Includes signs of the disease, the role of media, and where to turn for help.

Anorexia Nervosa; Health Education; Eating Disorders; Bulimia

Eating Disorders: Inner Voice

590390 VH
MJS 30 min 2000 Cambridge Educational
Four young adults share their stories of physical pain and emotional torment associated with eating disorders. Experts discuss the types of eating disorders, what causes them, and who is at risk.

Anorexia Nervosa; Eating Disorders; Bulimia

Eating Disorders: When Food Hurts

024788 VH
MJS 18 min 1996 AIMS Multimedia
Presents the warning signs, physical dangers, treatment, and hope for recovery for eating disorders.

Anorexia Nervosa; Bulimia; Eating Disorders; Health Education

The Eating Feel Good Movie

021003 VH
P 6 min 1974 Churchill Films
Feel Good/Primary Health Series - Shows children experiencing the joys of eating healthful foods.

Nutrition; Children

Eating Fractions

045043 BB
P 32 p. 1991 Scholastic Inc.
Food is cut into halves, quarters, and thirds to illustrate how parts make a whole. Simple recipes included. Author: Bruce Mc Millan. 1 Big Book, 30 Books, 1 Teachers Guide. Reading level 1, Interest level P-2

Fractions; Mc Millan, Bruce; Mathematics; Food

Eating on the Run the Pyramid Way (Third Edition)

023798 VH
IMJS 15 min 1995 Alfred Higgins Productions
Shows that one can still be well nourished even when eating in a hurry if the basics of the Food Guide Pyramid are followed. Offers hints for easy breakfasts, quick lunches, and healthful snacks.

Health; Nutrition; Food

Eating Right, Day and Night Series

For descriptions see individual titles:
Snack Attack [596017]
What's for Dinner? [596016]

Eggs 101

597083 DV
MJS 28 min 2008 PBS 39 Fort Wayne, Indiana
Teens present a video project on egg production in the United States. Includes information about hens and a history of egg production. They visit animal research experts and an egg farm. Learn how and why the industry has changed. Contains: 1 DVD and Teacher's guide.

Farms; Food; Agriculture; Eggs

Elements of Human Nutrition Series

For descriptions see individual titles:
Carbs [597605]
Fats [597603]
Minerals [597604]
Protein [597606]
Vitamins [597607]
Water [597602]

Ethnic Cooking I

For descriptions see individual titles:
Italian, Mexican, French, Scandinavian, and Chinese Cuisines [596375]

Ethnic Eating Series

For descriptions see individual titles:
Japanese Foods [594544]
Spanish Foods [594543]

Exploring Vegetarianism - a Healthy Alternative

026847 VH
MJS 19 min 1999 Meridian Education Corp
Defines terms such as vegan and ovo-lacto vegetarian, shows nutritious food combinations, and gives sample menus. Teacher's guide.

Vegetables; Nutrition

Farm to Market Series

For descriptions see individual titles:
Chocolate [594302]
Dairy [594289]
Fruit [594292]
Honey [594304]
Nuts [594298]
Poultry and Eggs [594290]
Rice and Corn [594299]
Seafood [594291]
Tropical Fruits [594293]
Wheat [594300]
Wool [594295]

Fast Food Survival Guide

597791 DV
MJS 22 min CA 2005 Health Edco
Closed-captioned. Examines the role of fast food in today's economy and culture and shows how fast food can become a part of a sensible eating plan. Contains: 1 disc and Teacher's guide folder.

Food; Diet; Nutrition

Fat and Muscle Kit

596187 KT
IMJS 2006 Health Edco
Realistic, weighted, soft models duplicate the look, texture, and density of one pound and 5 pounds of both fat and muscle. Demonstrate the differences and illustrate the need for healthy exercise and diet. Contains: 2 Globes of fat in sectioned, zippered carrying case; 2 Muscle masses in sectioned, zippered carrying case; 2 labeled display forms (one for each); and 1 Booklet (Nutrition Basics).

Muscles; Nutrition; Anatomy, Human; Exercise

Fats

597603 DV
JS 21 min CA 2009 Learning Seed Co
Elements of Human Nutrition Series - Closed-captioned. Lipids or fats are a nutrient group vital to the human body. Learn about their functions, sources, positive and negative effects, as well as how they relate to vitamins, hormones, energy, and the nervous system. Contains: 1 Disc and Teacher's guide folder.

Food; Diet; Nutrition

Nutrition

Fear of Fat: Dieting and Eating Disorders

023229 VH

IMJS 28 min 1987 Churchill Films

Takes a critical look at how food can become a preoccupation that can lead to eating disorders when coupled with other psychological problems.

Eating Disorders; Nutrition; Food; Diet

A Feast for One's Eyes

596250 DV

IM 23 min CA 2006 Film Ideas Inc

My Brand New Life Series - Closed captioned. Series features children from around the world who swap places. In this episode Peter, from the Squamish Reservation trades places with Abdul from a Muslim family in Vancouver. Each learns much about the other's very different life. Both prepare a special dish of their culture and learn to make a new meal with their hosts. Contains: 1 Disc.

Indians of North America; Muslims; Food; Multicultural Studies; Canada - Social Life and Customs

Feel Good/Primary Health Series

For descriptions see individual titles:

The Eating Feel Good Movie [021003]

The Fight to Be Fit

595700 VH

IMJ 30 min 2006 Nickelodeon

Nick News: Special Edition Series - President Bill Clinton hosts this forum on why kids should care about being fit and healthy and how they can start making changes for the better.

Nutrition; Exercise; Health Education (Elementary)

Flat Out Tasty

598414 DV

MJSA 104 min CA 2006 Action Library Media Services

Good Eats with Alton Brown: All in a Day's Eatn' Series - Closed-captioned. Alton Brown explores flattened meats, covering the hows and whys, and including delicious recipes. "Flat is Beautiful Episode II" titles: Surface to Mass Ratio; Hammer Time; Turkey Piccata & Herb Butter; Chicken Kiev; and Ask Alton. "Flat is Beautiful III" titles: Flounder; Baked Stuffed Flounder; Oil Pouched Flounder; Flounder Salad; and Ask Alton. "Cubing a Round" titles: The Perfect Cube; Country Style Steak & Swiss Steak; Chicken Fried Steak; Making Gravy; and ask Alton. DVD Contains: 1 Disc.

Food; Cookery; Brown, Alton

Food: A Multicultural Feast

025964 VH

IMJS 20 min CA 1998 Learning Seed Co

Closed-captioned. Shows how eating habits and food choices vary from culture to culture and explores the origins of many of our foods. Teacher's guide.

Multicultural Studies; Food

Food Additives (Revised Edition)

596888 DV

MJS 24 min CA 2008 Learning Seed Co

Closed-captioned. Takes a look at the many additives used to flavor, color, and preserve our food. Cover the most common additives, why they are used, possible dangers, and ways to be aware of your food additive intake. Contains: 1 Disc and Teacher's guide.

Food; Nutrition

Food and Digestion

597227 VH, DV, DM

I 14 min CA 2008 Visual Learning Company

Closed-captioned. Explores the functions of the digestive system and the importance of food and nutrients to a body. Includes six groups of nutrients and the importance of healthy eating. Contains: 1 Disc, both DVD and VHS contain Teacher's guide folder.

Nutrition; Digestive System; Anatomy, Human; Food

Food and Nutrition #1

593588 VH

P 17 min CA 2000 100% Educational Video

Health Collection Series - Closed-captioned. Introduce students to the concepts of healthy eating and a balanced diet. This program, based on the USDA food guide pyramid, encourages healthy eating habits in young children. Learn about the main nutrients in food, how to choose healthy snacks, how to tell if food is high in fat, and how to find "hidden" sugars in food. Teacher's guide jacket.

Nutrition; Food

Food...Early Choices

041090 KT

PI 2000

Provides variety of opportunities to teach young children about food and good eating habits. Contains 5 Books: Parent Materials, Teacher's guide, Where and How We Get Our Food, Program Overview booklet, and Song book with record; Floor Mat; Poster; 25 Food Cards (4 food pictures on each card); 22 Learning Activity Cards; 2 Decks of Food Cards (#1-36 red set and #1-36 blue set); and 1 Puppet: Chef Combo.

Food; Health Education; Nutrition

Food Fights and Rights: The Food Pyramid

595358 VH

JS 15 min 2005 School Company

Women and Men: Learning Skills Not Roles Series - Explores the roles of men, women, and children in deciding what to eat and how to make healthy choices. Includes food pyramid and information on serving size. Teacher's guide.

Nutrition; Gender Issues; Diet

Food Groupie Early Nutrition Education Program

041292 KT

P

1992

Encourages students to eat a variety of foods from the five USDA approved food groups by offering a variety of visual and hands-on activities.

Includes: 5 Food Groupie Plush Characters (Orange, Broccoli, Milk, Peanut, and Bread); 3 Video Tapes (The Food Groupies Are Here, The Discovery, and the Food Groupie Mission); 1 Audio Tape (What's a Food Groupie); 1 Book: WHAT'S A FOOD GROUPIE/by Mary Kolton - Mabil and Joey go grocery shopping with mom and meet the Food Groupies at the store. They teach the children about good eating habits and show how different foods help their bodies); 2 Stickers activity sheets; Poster; Mobile; Folder with parent's letters in Spanish; and Teacher's Guide.

Nutrition; Food; Health Education

Food Into Fuel: Our Digestive System

023526 VH

IMJ 22 min 1992 Rainbow Educational Video

Human Body Series - Explains the process by which large molecules of nutrients are broken down into smaller nutrients for use by our bodies. Also explains how proteins, carbohydrates, and fats are digested differently. Teacher's guide.

Digestive System; Food; Nutrition

The Food Machine

JS 25 min CA 2002 Ambrose Video Publishing Inc.

Body Atlas Series - Closed-captioned. Computer graphics and microphotography display the workings of our digestive system and explores how it affects our daily lives. Contains: 1 Disc and Teacher's guide.

Digestive System; Human Body; Anatomy, Human

Nutrition

Food Pyramid

041536 KT
PI 1999 United States Dept. of Agriculture
Teach children to make nutritious food choices. Eating the right foods and getting enough physical exercise are essential to having good health. Students get a hands-on learning experience with different food groups, serving sizes for each food group, and the importance of physical activity on a daily basis. Students also add and subtract fractions as they calculate how much of various food groups they need to meet the recommendations. Contents: 1 Felt food pyramid, 98 Felt food pieces, 32 plastic food pieces, 7 Felt exercise poses, 1 Felt food chart, and Teacher's guide with lessons.

Food; Exercise; Nutrition; Health

Food Pyramid

025530 VH
P 20 min CA 1998 National Geographic Society
Closed-captioned. In this funny and informative presentation, students learn to use the food pyramid to ensure well-rounded nutrition. Teacher's guide.

Health Education; Food; Nutrition

Food Pyramid Kit (Revised)

041563 KT
PIMJS 2009 NASCO International Inc
Clear plastic food pyramid and realistic models of food in suggested serving sizes helps teach nutrition. Contains: 1 MyPyramid plexi-glass display case (6 pieces), 1 Exercise figure, 1 Storage suit case, 42 Food pieces each with nutrition card, 1 Poster, 10 (2-piece screw sets), 1 Assembly sheet.

Nutrition; Food

Foods that Heal

024322 VH
MJS 15 min 1996 Educational Video Network
Offers information as to which foods provide the body with valuable vitamins, minerals, and proteins, as well as which specific ones aid in the prevention of diseases. Teacher's guide.

Health Education; Food; Diet; Nutrition

French and Italian Breads

023826 VH
PIMJS 30 min 1986 WWTV
Frugal Gourmet Collection: International Cooking Series - Jeff Smith discusses the history of bread and shows how to make French and Italian varieties using shortcuts.

Cookery, International; Food; France; Italy; Multicultural Studies

Frugal Gourmet Collection: A Taste of America

For descriptions see individual titles:
American Breakfast [023859]
The Colonies [023854]
Early American Cuisine [023853]

Frugal Gourmet Collection: International Cooking

For descriptions see individual titles:
French and Italian Breads [023826]
The Polish Kitchen [023827]

Fruit

024599 VH
P 34 min NNAR 1995 Stage Fright Productions
Close Up and Very Personal Series - Non-narrated. A discovery tour of the six major fruit groups.

Nutrition; Fruit; Food

Fruit

594292 VH
PI 10 min 2003 Phoenix Learning Group
Farm to Market Series - Visit a variety of farms to see how different fruits are grown, harvested, and prepared for market. Also shows how fruits are preserved, including canning and drying. Teacher's guide jacket.

Food; Agriculture; Fruit

The Fruit Bowl

598424 DV
MJS 67 min CA 2009 Action Library Media Services
Alton Brown: Kitchen Wisdom From Good Eats Series - Closed-captioned. Alton Brown explores oranges, blueberries, and cranberries. He tells why they are good, how to prepare them, and shares some great recipes. "Orange Aid" titles: Itchy & Twitchy; Marmalade; and Love Triangle. "Kinda Blue (Blueberry)" titles: Time Machine; Dry Team; Pie Workstation; and Antioxidants. "Cran Opening" titles: Super Foods; Cranberry Cocktail; Medicinal Berries; and Halfway Happy. DVD Contains: 1 Disc.

Food; Cookery; Fruit; Brown, Alton

Global Eating: Learning From Other Cultures

596134 VH
MJS 22 min CA 2003 Learning Seed Co
Closed-captioned. Some countries share our love of eating but manage to avoid our epidemic of obesity. By studying how they eat, we can gain useful information. Explores Mediterranean, Mexican, Japanese, and Chinese food. In-case Teacher's guide.

Food Habits; Nutrition; Food

Going to the Dentist

596243 BD
NP 2005 Lakeshore Learning Materials
1 Book: GOING TO THE DENTIST/by Anne Civardi, illustrated by Stephen Cartwright. Interactive materials to help kids learn about going to the dentist. 1 Dental X-ray; 1 Dental bib; 1 Neck clip; 1 Mouth mirror; 3 Photo/discussion questions cards; 1 Activities sheet; and 1 Puppet: Dentist.

Dentists; Nutrition and Dental Health; Teeth

Good Eats with Alton Brown: All in a Day's Eatin' Series

For descriptions see individual titles:
Flat Out Tasty [598414]
Morning Munchables [598415]
Tasty Toppings [598416]

Good Eats With Alton Brown: Marvelous Meals Series

For descriptions see individual titles:
Breakfast Eats 2 [598417]
Tossed Around [598418]
Veggie Eats [598419]

Good Eats With Alton Brown: Wooed by American Food Series

For descriptions see individual titles:
All American Greats [598420]
Breakfast Eats [598421]
Super Sweets 2 [598422]

The Good Food Diner

024224 VH
I 14 min 1994 Markay Enterprises Corp
Explains the importance of eating balanced and healthy meals to maintain energy. Looks at the digestive system and how it works. visits the produce section of a grocery store to find out how to choose good vegetables.

Health Education; Nutrition; Food; Diet

Goofy Over Dental Health

023132 VH
P 13 min 1991 Walt Disney
Goofy Over Health Series - After he has neglected to brush his teeth one night, eight-year-old Kevin finds himself magically transported to his dentist's office. Goofy and Kevin's dentist, Dr. Molars discuss the subject of teeth and how to properly care for them. Dr. Molars also teaches Kevin and Goofy that diet is important for sound dental health.

Teeth; Nutrition; Dentistry; Health; Diet

Goofy Over Health Series

For descriptions see individual titles:
Goofy Over Dental Health [023132]

Nutrition

Great Main Dishes

598411 DV
MJSA 84 min CA 2008 Action
Library Media Services

Alton Brown: Good Eats on the Table Series - Closed-captioned. Alton Brown explores three main dishes in depth - the meat pie, crown roast, and a whole fish. "Oh My, Meat Pie" titles: Fleet Street Pie Ship; Perfect Potatoes & Prepping the Pie; Completing Shepherd's Pie & Minced Meat Filling; and The Family Dough & Wrapping Up the Mince Meat. "The Alton Crown Affair" titles: A Dish to Inspire Desire; Prepping the Rack; Crowning the Roast; and A Capital Gain, Indeed. "Fishing Whole" titles: Fishophobia; Infusing Herbal Goodness; Planking Trout; and Smelt Good. DVD Contains: 1 Disc.

Food; Cookery; Brown, Alton

Gregory the Terrible Eater

594983 BB
P 36 p. 1980 Childcraft Education
Corp

A very picky eater, Gregory the Goat refuses the usual goat diet of shoes and tin cans, in favor of fruits, vegetables, eggs, and orange juice. Author: Mitchell Sharmat. 1 Big Book, 30 Books. Reading Level 2.8, Interest Level K-3

Goats - Fiction; Diet; Nutrition;
Sharmat, Mitchell

Gregory the Terrible Eater

041352 KT
PI 1984 GPN Educational Media

An integrated curriculum package that investigates the eating habits of people and animals. Contains 1 Book: GREGORY THE TERRIBLE EATER/ by Mitchell Sharmat - A very picky eater, Gregory the goat refuses the usual goat diet staples of shoes and tin cans in favor of fruits, vegetables, eggs, and orange juice; 1 Take-apart wooden sandwich; 1 VHS - Gregory, the Terrible Eater (28:52); Shoelaces; 2 Recipe/sandwich shop booklets; and 1 Curriculum Guide in a lunch box.

Mathematics; Recycling; Nutrition;
Measurement; Sharmat, Mitchell

Gregory the Terrible Eater

020324 VH, DV
P 30 min CA 1983 Lancit Media
Productions

Reading Rainbow Series - Closed-captioned. Presents a reading of the book GREGORY, THE TERRIBLE EATER, by Mitchell Sharmat. Host LeVar Burton visits a zoo to find out some surprising facts about the eating habits of goats and other animals. DVD contains: 1 Disc and both contains Teacher's guide.

Children's Films; Diet; Zoo Animals
- Fiction; Goats - Fiction

Grocery Shopping Challenge

598185 DV
MJS 13 min CA 2009 Follett Library
Resources

Closed-captioned. Two students take the same list to the grocery store and see who gets the best nutrition, value, and price for eight common grocery items. They learn some of the tricks stores use to get you to spend more. DVD Contains: 1 Disc, In-case Teacher's guide.

Consumer Education; Shopping;
Food

Growing Vegetable Soup

045083 BB
P 40 p. 1987 Scholastic Inc.

A father and child grow vegetables and then make them into soup. Author/Illustrator: Lois Ehlert. 1 Big Book, 30 Books, 1 Teacher's guide, 1 Audio cassette. Reading level 2.0, Interest level P-3

Food; Plants; Vegetables; Ehlert,
Lois

Growing Vegetable Soup

042652 BD
P 2000 Childcraft Education Corp

1 Book: GROWING VEGETABLE SOUP/written and illustrated by Lois Ehlert. A father and child grow vegetables and then make them into soup. Contains: 8 vegetables: tomato, carrot, onion, cucumber, pepper, celery, corn, and peas; 1 bowl; 1 spoon; 1 cloth sack; and 1 Teacher's guide.

Ehlert, Lois; Food; Vegetables;
Plants

Health and Nutrition

591098 VH, DV
IMJ 23 min CA 2001 Schlessinger
Video Productions

Human Body in Action Series - Closed-captioned. Includes a rundown of essential nutrients for people. Stresses the importance of a balanced diet and exercise to maintaining good health. An activity lets kids measure the energy stored in different foods. DVD Contains: 1 Disc with English and Spanish language tracks, Discussion questions and activities, Investigation data sheet, Chapter select, and both DVD and VHS contain in-case teacher's guide.

Anatomy, Human; Exercise;
Nutrition

Health and Nutrition Kit

592709 KT
NP 2002 Delta Education Inc

Pre-Kindergarten Discovery Kit Series - Multi-disciplinary kit for young children. Hands-on exploration for a thematic unit exploring health and nutrition. Contains: Discovery guide, 2 Food charts, 1 Pattern sheet, 1 Poster, 1 Reflex hammer, 1 Sponge set (8 shapes), 1 Stethoscope, 1 X-ray, 1 Food source (copy #1-Cow, copy #2-Hamburger on a bun), 1 Instruction sheet, in a plastic storage tub.

Health Education (Elementary);
Nutrition

Health Collection Series

For descriptions see individual titles:
Food and Nutrition #1 [593588]

Health for Children Series

For descriptions see individual titles:
Nutrition [595082]

Healthy Fun

023211 VH
P 15 min 1993 Rainbow Educational
Video

My Body My Buddy Series - Includes information on food, growth, exercise, sports, dancing, and safety in play. Teacher's guide.

Physical Fitness; Food; Health
Education; Nutrition; Safety
Education

Healthy Habits

023212 VH
P 15 min 1993 Rainbow Educational
Video

My Body My Buddy Series - Encourages developing healthy habits such as staying clean, eating good foods, exercising, getting enough rest, and staying safe. Teacher's guide.

Nutrition; Physical Fitness; Health
Education; Food

Healthy Living Series

For descriptions see individual titles:
Best 10-1/4 Tips for Eating Healthy
[595363]

Healthy Teeth

023032 VH
PI 10 min 1992 AIMS Multimedia

Primary Health Series - Inventor and artist Leonardo da Vinci gives two modern-day youngsters a thorough lesson on tooth care, complete with magical drawings.

Dentists; Nutrition; Health
Education; Teeth

Herbs

592601 VH
MJS 31 min 2001 Sax Arts & Crafts

1-2-3 Easy Series - A tour of the world of herbs. Includes history, varieties, and recipes. Teacher's guide.

Cookery; Food

Honey

594304 VH
PI 10 min 2002 Phoenix Learning
Group

Farm to Market Series - Learn about bee behavior, beekeeping, and honey harvest and packaging. Teacher's guide jacket.

Agriculture; Bees; Food

Nutrition

How Much Should I Eat?

596145 DV
MJS 21 min CA 2007 Learning Seed Co
Closed-captioned. Helps students develop portion awareness and learn to replace "super size it" with "intell-size it". Contains: 1 Disc and Teacher's guide.

Nutrition; Weight Control; Diet

How to Make an Apple Pie and See the World

024393 VH
P 30 min CA 1995 GPN
Educational Media
Reading Rainbow Series - Closed-captioned. The desire of a young girl to make a simple apple pie results in a global jaunt as she gathers the ingredients for her pie. Later LaVar uses science to unravel some of the secrets of cooking.

Language Arts; Cookery - Fiction; Reading; Food

Human Body

592954 KT, DV, DM
IMJ 80 min CA 2003 Visual Learning Company
Life Science - Human Body Series - Closed-captioned. A four part unit of study on the human body. Designed for middle school students. Each lesson covers two body systems and includes video footage, teacher's guide, and student activity and assessment masters. Kit contains 4 VHS (Bones and Muscles, Circulation and Respiration, Digestion and Excretion, and Nervous and Endocrine Systems - 20:00 each); a 30-page teacher's guide and student activity and assessment masters. The DVD contains same as kit (teacher and student guides are on the DVD) plus optional English subtitles, video index, animations, 70 labeled slides, glossary, iMovie project allowing students to create movies, on 1 Disc.

Skeleton; Muscles; Human Body; Nervous System; Digestive System; Excretory System; Anatomy, Human; Respiratory System; Cardiovascular System; Endocrine System

Human Body for Children Series

For descriptions see individual titles:
All About Nutrition and Exercise [591089]

Human Body in Action Series

For descriptions see individual titles:
Digestive and Excretory Systems [591099]
Health and Nutrition [591098]

Human Body Series

For descriptions see individual titles:
Food Into Fuel: Our Digestive System [023526]

I Know a Smart Woman

597148 BD
NPI 2007 Childcraft Education Corp
Smart Woman eats healthy food from the food groups in this cumulative song. Contains 1 Booklet/created by the Center for Instructional Support: I KNOW A SMART WOMAN; 1 Puppet: Smart Woman; 10 Food choices (banana, carrot, fish, broccoli, slice of cheese, strawberry, peach, carton of milk, ear of corn, and box of bran flakes); 1 CD (I Know a Smart Woman).

Diet; Nutrition

Inside Story with Slim Goodbody Series

For descriptions see individual titles:
Down, Down, Down: The Inside Story of Digestion [021716]

Italian, Mexican, French, Scandinavian, and Chinese Cuisines

596375 DV
JS 80 min CA 2006 Learning ZoneXpress
Ethnic Cooking I Series - Set of 5 short programs, each exploring the cuisine and cultural influences of a different country. Includes the country's location, eating patterns, common foods, and step-by-step preparation of recipes. Contains: 1 Disc and 1 Teacher's guide.

China - Social Life and Customs;
Italy - Social life and Customs;
Food Preparation; France - Social Life and Customs; Food; Mexico - Social Life and Customs

Janey Junkfood's Fresh Adventure

023263 VH
PI 28 min 1992 Foodplay & WLVT-TV
Offers students practical ways to improve their eating habits. Targets the major nutrition concerns affecting kids and teaches them the consumer skills they need to make sense of today's confusing marketplace. Teacher's guide.

Diet; Food; Health Education; Nutrition

Japanese Foods

594544 VH
IMJS 13 min 2004 Learning Zone/Low Fat Express
Ethnic Eating Series - Chef Andrew presents the rich cultural history of Japan's food, visits a Japanese restaurant, and shares food terms and eating etiquette. Worksheets.

Japan - Social Life and Customs; Cookery, International; Food

Johnny Junkfood in the 21st Century

597431 DV
MJS 20 min 2006 VEA Productions, Inc.
Animated. Johnny Junkfood and his family learn about good food choices and health through their daily adventures. Explores factors that influence food choices. Johnny joins the TV show "Eating Yourself to Death." Contains: 1 Disc.

Weight Control; Nutrition; Diet

Junk Food Film

020352 VH
PI 11 min 1976 Sandler Institutional Films
Uses animation to explore the adventures of Harold, a compulsive junk food eater. Shows how, after being warned by his friends that his eating habits will get him into trouble, Harold becomes hopelessly trapped in Junk Food Land.

Food Habits; Diet; Nutrition; Food, Junk

Junk Food Wars

595285 DV
JS 30 min 2005 Cambridge Educational
Students learn the importance of making healthy decisions about the food they eat. Explains food labels, metabolism, the consequences of obesity, and how to avoid excess sugar and fats. Describes methods that manufacturers use to sell us foods that are not healthy. Contains: 1 Disc and Teacher's guide.

Food; Nutrition; Diet

Just the Facts Series

For descriptions see individual titles:
Breakfast [596371]
Superfoods [596372]

Kids in the Garden Series

For descriptions see individual titles:
Kids in the Garden: Veggies [597558]

Kids in the Garden: Veggies

597558 DV
PI 6 min CA 2008 Film Ideas Inc
Kids in the Garden Series - Closed-captioned. Learn all about vegetables, the different parts of plants that we eat. Vegetables have different growing requirements. Learn to make a vegetable garden in a box. Contains: 1 Disc and In-case Instructional guide.

Plants; Nutrition; Gardening; Vegetables

Nutrition

Kyushu - Japan's Southern Bounty

591060 VH
IMJ 26 min 2001 Landmark Media
Savoring the World Series - Explores the sights, sounds, and tastes of this region of Japan. Highlights include a tea ceremony, Geisha folk songs, and a Shinto harvest celebration. Film guide jacket.

Food; Japan - Social Life and Customs; Multicultural Studies

Life Science - Human Body Series

For descriptions see individual titles:
Human Body [592954]

Look Before You Eat

595702 VH
IMJ 30 min 2006 Nickelodeon
Nick News: Special Edition Series - Host Linda Ellerbee shares knowledge and tools to help children make healthier eating choices, including kid-friendly recipes demonstrated by Chef Emeril Lagasse.

Nutrition; Health Education; Food Habits

Losers Winners

595703 VH
IMJ 30 min 2006 Nickelodeon
Nick News: Special Edition Series - Follows three overweight kids on a supervised three-month program of exercise and good dietary habits.

Nutrition; Diet; Exercise; Health Education

The Luck of the Loch Ness Monster: A Tale of Picky Eating

597734 DV
NPI 13 min 2008 Perma-Bound
Iconographic. A young girl's picky eating habits transform a small sea worm into the giant Loch Ness Monster. Includes facts about the biology of picky eating and the possible benefits. Includes a conversation with the author. Written and narrated by the author: A.W. Flaherty. Contains: 1 Disc and Teacher's guide jacket.

Diet; Flaherty, A.W.

The Lunch Lady's Guide to the Food Pyramid

597188 DV
I 18 min CA 2006 Mazzarella Brothers Production Inc.
Closed-captioned. The Lunch Lady shows kids how to whip up nutritious breakfast, lunch, and dinner specials using the new pyramid and understand the balance between food, snacks, and physical activity. Contains: 1 Disc.

Diet; Weight Control; Exercise; Nutrition

Magic School Bus for Lunch

024290 VH
P 30 min CA 1995 Scholastic Inc.
Magic School Bus Series - Closed-captioned. Arnold does not have to go on a field trip, but when he accidentally swallows his miniature classmates, he becomes the field trip! Better than an action park, Arnold's digestive system is full of twists and turns, and surprises.

Digestive System; Health Education

Magic School Bus: Human Body

597062 DV
PI 80 min CA 2005 Library Video Company
Magic School Bus Series - Closed-captioned. Three Magic School Bus adventures: For Lunch - Arnold accidentally swallows the Magic School Bus and his classmates learn all about the digestive system. Inside Ralphie - The class takes an exciting trip through Ralphie's blood stream when he gets sick; Flexes Its Muscles - The Ralphiebot Robot helps the class learn about bones, joints, and muscles. Chaptered with human body bonus features. Contains: 1 Disc.

Skeleton; Anatomy, Human; Immune System; Digestive System; Blood; Muscles; Cardiovascular System

Magic School Bus Series

For descriptions see individual titles:
Magic School Bus for Lunch [024290]
Magic School Bus: Human Body [597062]

Meal Appeal: Quick Garnishes and Food Presentation

592599 VH
IMJS 18 min 2000 Sax Arts & Crafts
1-2-3 Easy Series - Learn skills and techniques for making food more attractive and fun. Teacher's guide.

Food; Cookery

Meal Planning for Teens

592600 VH
MJS 18 min 2001 Sax Arts & Crafts
1-2-3 Easy Series - Shows the basics of food presentation and how to plan menus with a variety of flavors, colors, textures, and shapes. Teacher's guide.

Cookery; Nutrition; Food

Mechanics of Life Series

For descriptions see individual titles:
Digestion and Nutrition [597774]

The Milk Makers

045010 BB
P 32 p. 1985 Scholastic Inc.
Shows the complete journey that milk takes from the farm to the supermarket. Author: Gail Gibbons. 1 Big Book, 30 Books, 1 Audio cassette (The Milk Makers), 1 Teacher's Guide. Reading level 4.1, Interest level K-3

Gibbons, Gail; Farm Life; Cows; Animals; Food; Milk

Minerals

597604 DV
JS 27 min CA 2009 Learning Seed Co
Elements of Human Nutrition Series - Closed-captioned. Learn all about the importance of minerals in the human body including how they function and in what foods they can be found. Contains: 1 Disc and Teacher's guide folder.

Nutrition; Diet; Food

Moo Culture and Vocab Series

For descriptions see individual titles:
The Culture of Mexican Food [597528]

Morning Munchables

598415 DV
MJSA 105 min CA 2005 Action Library Media Services
Good Eats with Alton Brown: All in a Day's Eatin' Series - Closed-captioned. Alton Brown makes special breakfasts - crepes, waffles, and buns. "Crepe Expectations" titles: Crepe Batter; Cooking & Storing; Filling; Wrapping It Up; and Ask Alton. "The Waffle Truth" titles: More Outside Than Inside; The Right Iron; Oil or Spray; Chocolate Waffles; and Ask Alton. "House of the Rising Bun" titles: Aroma Memory; Filling & Rolling; Citrus Ginger Ring; Monkey Bread; and Ask Alton. DVD Contains: 1 Disc.

Food; Cookery; Brown, Alton

My Body My Buddy Series

For descriptions see individual titles:
Healthy Fun [023211]
Healthy Habits [023212]

My Brand New Life Series

For descriptions see individual titles:
A Feast for One's Eyes [596250]

My Teeth

593606 VH
NP 15 min 2003 Landmark Media
Professor Iris Series - Puppets discuss the names and functions of our teeth plus cavities, dentists, and dental care. Teacher's guide jacket.

Nutrition and Dental Health; Teeth

Nutrition

MyPyramid K-2: Choosing Nutritious Food and Healthy Activities

597075 DV
P 21 min 2007 100% Educational Video

Children learn about nutritious food, healthy activities, and appropriate serving size. They select a healthy menu and learn about activities that will be fueled by their food. Contains: 1 Disc and Teacher's guide jacket.

Nutrition; Food; Health

National Geographic Windows on Literacy Series

For descriptions see individual titles:
This Food Grows Here [593669]

New Dietary Guidelines: What You Need to Know

595190 DV
MJS 20 min CA 2005 Human Relations Media

Closed-captioned. Our government has issued new dietary and exercise guidelines to help teens be as healthy as possible. Learn how and why these guidelines have changed. Contains: 1 Disc and 1 Teacher's Resource guide.

Nutrition; Exercise; Diet

The New Food Pyramid

595502 DV
JS 21 min 2006 Meridian Education Corp

Explains the new USDA food and exercise guidance system called "MyPyramid" which emphasizes a more individualized approach to improving diet and overall physical fitness. Contains: 1 Disc, Teacher's guide.

Nutrition; Health; Food

The New Food Pyramid: It's All About You

595658 VH, DV
IMJ 23 min 2006 New Dimension Media

Teens explain the new food pyramid stressing that diet and exercise are the keys to looking and feeling good. Explores the concepts that changed this guide to healthy living. DVD Contains: 1 Disc, both contain Teacher's guide.

Health; Food; Nutrition

New Food Trends: A Case Study in Product Development

596857 DV
MJS 27 min 2006 Video Education America

Food industry experts explore current trends and what influences the development of new food products, especially in restaurants. Includes how consumers influence product development. Contains: 1 Disc and Teacher's guide.

Food Industry and Trade; Cookery; Food

Nick News: Special Edition Series

For descriptions see individual titles:
The Fight to Be Fit [595700]
Look Before You Eat [595702]
Losers Winners [595703]

Nova Series

For descriptions see individual titles:
Dying to Be Thin [051008]
The Universe Within [592149]

Nutrients: Their Interactions

596278 DV
S 21 min CA 2006 Films for the Humanities

Closed-captioned. Takes a scientific look at dietary nutrients, explaining what they are, why we need them, and how they work with each other to produce energy, stimulate growth, repair and maintain hard and soft tissues, and regulate bodily processes. Metabolism, key vitamins and minerals, dietary fiber, and recommended daily allowances are only a few of the topics covered. Impact of nutritional deficiencies on short- and long-term health is also discussed. Contains: 1 Disc and Teacher's guide.

Health; Food; Diet; Nutrition

Nutrition

596465 VH, DV, DM
I 14 min CA 2006 Visual Learning Company

Closed-captioned. Learn why it is important to fuel the body with the right kinds of food in the proper amounts. Highlights current USDA nutritional guidelines for healthy eating habits and the new food pyramid. DVD contains optional English subtitles, video index, labeled slides, glossary, and video previews. Both contain Teacher's guide.

Nutrition

Nutrition

595082 VH
PI 23 min CA 2005 Schlessinger Video Productions

Health for Children Series - Closed-captioned. Explore food groups, healthy food handling, and reading labels to make the best food choices. Consider balance, moderation, culture, and food fads to create healthy habits. Teacher's guide.

Food Habits; Food Handling; Nutrition

Nutrition

I 26 min CA 2000 Disney Educational Productions

Bill Nye the Science Guy Series - Bill Nye tells what kinds of nutrients are in each kind of food and what foods are best for healthy kids. Study guide jacket.

Nutrition

Nutrition and the New Food Pyramid

597076 DV
I 18 min 2007 100% Educational Video

Students learn to choose the right foods and learn the effects these choices have on their bodies. Contains: 1 Disc and Teacher's guide jacket.

Health; Nutrition; Food

Nutrition and You

596467 KT, DV, DM
MJ CA 2007 Visual Learning Company

Nutrition and You Series - Closed-captioned. Four interactive twenty-minute videos cover the topic of nutrition in depth, from digestion and essential nutrients to the food pyramid, exercise, weight, and avoiding harmful substances. Contains: 4 VHS (Nutrition Basics, Balanced Diet, Healthy Eating Habits, A Healthy Body - 20:00 each); 1 Teacher's guide. DVD contains all titles as well as Optional English subtitles, video index, labeled slides, glossary, video previews, iMovie project, and teacher's guide.

Food Habits; Diet; Nutrition; Exercise; Digestive System

Nutrition and You Series

For descriptions see individual titles:
Nutrition and You [596467]

Nutrition Basics: Why Food Matters

596142 DV
MJS 19 min CA 2006 Learning Seed Co

Closed-captioned. We eat to obtain four basics of life...water, energy, protein, vitamins and minerals. Learn how food works and how and why to choose carefully. Contains: 1 Disc and In-case Teacher's guide.

Food; Nutrition

Nutrition Kit

595630 KT
NP 2005 School Speciality Inc.

This kit helps students learn about the new food pyramid and how to be healthy eaters. Contains: 1 Rainbow colored pyramid pocket chart with 150 Food/water photo cards and 35 text cards; 62 Pieces of food; 2 Teacher guides (1 Pocket Chart Activity book and 1 Food Pyramid Learning Resource booklet); 1 Food Group Bingo game (4 Bingo cards, 36 Markers, 1 Spinner, 1 Game instruction booklet, Bingo chips).

Food; Nutrition

Nutrition

Nuts

594298 VH
PI 10 min 2003 Phoenix Learning Group

Farm to Market Series - Almonds, walnuts, pistachios, pecans, and macadamia nuts are grown and harvested in different ways. Follow the nuts from orchard to market. Teacher's guide jacket.

Agriculture; Food

Oaxaca (Mexico) - The Land of the Seven Sauces

591059 VH
IMJ 26 min 2001 Landmark Media
Savoring the World Series - Explores the sights, traditions, and foods of this area on the Pacific coast of southern Mexico. Highlights include the ruins of Monet Alban, coffee plantations, and fishing. Film guide jacket.

Mexico - Social Life and Customs; Food; Multicultural Studies

The Olympics

041328 KT
PIMJS 1996 Social Issues Resources Inc.

A series of 4 sets (8 cards in each) of photo essays documenting the history, heroes, and challenges of the Olympic Games: (a) Olympic Time Capsule; (b) Olympic Games; (c) Olympic Challenge; and (d) Olympic Heroes with study guide.

Sports; Olympic Games; Athletes; Nutrition

Pepin's Health and Wellness Series

For descriptions see individual titles:
Adventures of Pepin and Gordon Ham [024662]

The Polish Kitchen

023827 VH
PIMJS 30 min 1986 WWTV

Frugal Gourmet Collection: International Cooking Series - Jeff Smith examines a number of traditional Polish recipes that he learned while visiting Chicago's Polish neighborhoods and restaurants.

Multicultural Studies; Poland; Cookery, International; Food

Portion Control: Seeing the Healthy Way to Eat

594600 VH
MJS 23 min 2004 Human Relations Media

Teaches teens to choose the right food portions for their body type. Shows the difference between super-sized portions and nutritionally correct portions with visuals and easy to understand analogies. Includes practical hints for dining out.

Nutrition; Weight Control; Diet; Food

Portion Distortion: Seeing the Healthy Way to Eat

594784 VH
I 19 min 2004 Human Relations Media

Teaches children how to choose the right food portions and to avoid "supersizing" at fast food restaurants. Uses common, easy to understand, examples and practical tips for healthy eating. Teacher's guide.

Diet; Nutrition; Weight Control; Food

Portion Size Me

595954 DV
JS 25 min CA 2006 Library Video Company

Closed-captioned. A study of healthy fast food choices. Two students make healthy choices in portions suitable to their body types for a month at 10 fast food restaurants and gas stations. Both lost weight and lowered cholesterol. Contains: 1 Disc and 1 Teacher's worksheets with test questions and answers.

Diet; Weight Control; Food; Nutrition

Portion Size Me, Too

595955 DV
JS 25 min CA 2006 Library Video Company

Closed-captioned. Two students ate fast food for a month but make healthier choices with portions suitable to their body types. Both lost weight and lowered cholesterol. See step-by-step how they did it. Contains: 1 Disc and 1 Teacher's worksheets with test questions and answers.

Diet; Food; Weight Control; Nutrition

Poultry and Eggs

594290 VH
PI 10 min 2003 Phoenix Learning Group

Farm to Market Series - Follow eggs from hen house to supermarket. Visit several poultry farms, including a turkey farm and ostrich farm to see how the birds are raised. Teacher's guide jacket.

Agriculture; Chickens; Food; Eggs

Pre-Kindergarten Discovery Kit Series

For descriptions see individual titles:
Health and Nutrition Kit [592709]

Primary Health Series

For descriptions see individual titles:
Healthy Teeth [023032]

Professor Iris Series

For descriptions see individual titles:
My Teeth [593606]
Why Do We Eat? [593607]

Project Nutrition for Life

597398 DV
IMJ 15 min CA 2008 Learning ZoneXpress

Closed-captioned. Middle school students learn about making healthy food choices. They understand the food pyramid and use food labels to help them create their school project. Contains: 1 Disc and In-case Teacher's guide.

Food; Health; Nutrition

Protein

597606 DV
JS 21 min CA 2009 Learning Seed Co

Elements of Human Nutrition Series - Closed-captioned. Learn what a protein is and the foods that provide it, how our bodies process protein, what makes quality protein, and the recommended intakes of this essential nutrient. Contains: 1 Disc and Teacher's guide folder.

Food; Diet; Nutrition

Quintessential Chinese Culture Series

For descriptions see individual titles:
Chinese Cuisine [598388]

Read Before You Eat! A Food Package Quiz

025680 VH
MJSA 20 min CA 1996 Learning Seed Co

Closed-captioned. Learn some of the fine points of reading food labels. Teacher's guide.

Consumer Education; Shopping; Food

Reading and Understanding the New Food Label

596203 DV
MJS 19 min 2005 Films Media Group

Listing the amount of trans fat will be required in 2006. Guides viewers through every section of the Nutrition Facts label on food packaging. Portion sizes shown. Contains: 1 Disc.

Food; Nutrition

Reading Rainbow Series

For descriptions see individual titles:
Bread Is for Eating [025409]
Gregory the Terrible Eater [020324]
How to Make an Apple Pie and See the World [024393]

Nutrition

Real Food: The Cost of Convenience

597393 DV
MJS 24 min CA 2008 Learning Seed Co

Closed-captioned. Follows the history of our post-World War II move to convenience, showing how much we pay in dollars and nutrition when we buy processed foods. Promotes food purchases of local, fresh, and raw products. Contains: 1 Disc.

Nutrition; Cookery; Finance, Personal; Consumer Education

Real World Science IV Series

For descriptions see individual titles:
The Digestive and Excretory System [591762]

Red Riding Hood and the Well-Fed Wolf

023232 VH
IMJ 16 min 1990 Churchill Films
The traditional Little Red Riding Hood story with a twist! Red, along with some very articulate foods which appear from her bottomless basket, explains about the food groups and why the body needs them.

Food; Health; Diet; Nutrition

Rice and Corn

594299 VH
PI 10 min 2003 Phoenix Learning Group

Farm to Market Series - Rice and corn are the two most important food crops in the world. See them grown and harvested. Ride a rice-seeding plane. Learn how these crops have alternative uses such as rice straw and fuel. Teacher's guide jacket.

Agriculture; Rice; Food; Corn

Save Room for Dessert

598413 DV
MJSA 84 min CA 2008 Action Library Media Services

Alton Brown: Good Eats on the Table Series - Closed-captioned. Alton Brown explores cooking baklava, marshmallows, and cupcakes in depth. "Switched on Baklava" titles: Phyllo Do's and Don'ts; Nutty Mix & Rose Water; Formula for Success; and A Delicious Piece of History. "Pull the Magic Mallow" titles: Behold the Marshmallow; Respect the Syrup; Popular Treats; and Food for the Gods. "Honey I Shrank the Cake" titles: It's the Mixing That Matters; Chemical Coaxing; Next Batch, Chocolate; and A Good Frosting. DVD Contains: 1 Disc.

Food; Cookery; Brown, Alton

Savoring the World Series

For descriptions see individual titles:
Andalucia (Spain) - A Green Heaven on Earth [590142]

Kyushu - Japan's Southern Bounty [591060]

Oaxaca (Mexico) - The Land of the Seven Sauces [591059]

Scientific American Frontiers Series

For descriptions see individual titles:
About All You Can Eat - Show 502 [023652]

Seafood

594291 VH
PI 10 min 2003 Phoenix Learning Group

Farm to Market Series - Learn how different types of seafood are caught in the ocean or raised by aquaculture. Visit a Japanese fish market where unique sorts of seafood are bought and sold. Teacher's guide jacket.

Food; Agriculture; Fishes

Secrets of Your Kitchen

598425 DV
64 min CA 2009 Action Library Media Services

Alton Brown: Kitchen Wisdom From Good Eats Series - Closed-captioned. Alton Brown shares techniques on how to use your freezer for food preservation. He looks at how and why to use different oils. Finally, he explores molasses. "Frozen Catch" titles: Frozen Garbage Can; Enzyme Trouble; Electronic Thermostat; and Garden Fresh. "There Will be Oil" titles: No Dinosaur Stuff; Properties of Oil; Oil Storage; and Real Life Spills. "Pantry Raid X (Dark Side of the Cane)" titles: Squeaky Clean; Wet Ingredients; Whisked Away; and Reduce Marinade. DVD Contains: 1 Disc.

Food; Cookery; Brown, Alton

See Inside Anatomical Model Series

For descriptions see individual titles:
The Stomach [041518]

Seed to Table: Farming at Mount Vernon

596613 VH

KEM 30 min 2007 Fairfax Network
This program will provide students with the opportunity to learn more about George Washington as a farmer and a businessman. Students will also learn about how a farm works; how farm resources are managed; how the foods we eat are produced; and how simple machinery works. In addition, the program will provide students with information about the operation of a water-powered gristmill, the jobs that exist at a farm and mill, and the importance of animals to farming.

Machinery; Farm Life; Plantation Life; Farms; Food; Washington, George

Self Esteem Series

For descriptions see individual titles:
Body Image Obsession [596535]

The Shopping Bags Series

For descriptions see individual titles:
Assessing Value in Products: Food [595113]

Snack Attack

596017 DV
JS 22 min CA 2006 Films Media Group

Eating Right, Day and Night Series - Closed-captioned. Filmed at a high school that has implemented a healthy food vending program. Shows that although junk food is tasty and easily available, it is not healthy. Learn to use food labels, the MyPyramid website, and smart choices to build a healthy snack counter attack. Contains: 1 Disc and Teacher's guide.

Nutrition; Food; Diet

Spanish Foods

594543 VH
IMJS 17 min 2004 Learning Zone/ Low Fat Express

Ethnic Eating Series - Chef Andrew tours a Spanish tapas restaurant and gives students the basics of Spanish ingredients, tapas and regional dishes, as well as Spain's history and culture. Worksheet.

Food; Cookery, International; Spain - Social Life and Customs

The Stomach

041518 KT
MJS 2000

See Inside Anatomical Model Series - Detailed 3D model displays the inner workings of the stomach. Includes card with key anatomical parts labeled. Contains: 1 Model of stomach.

Digestive System; Anatomy, Human; Human Body

Super Size Me (Education Edition)

595376 DV
MJS 100 min CA 2004 Library Video Company

Closed-captioned. Morgan Spurlock subjected himself to a "McDonald's only" diet. His documentary covers corporate responsibility, nutritional education, and more. Explores the fast food supersize phenomenon. This educationally enhanced version has edited content and lesson plans. Contains: 1 Disc and Curriculum Connections booklet.

Nutrition; Diet

Super Sweets 2

598422 DV
MJSA 90 min CA 2006 Action Library Media Services

Good Eats With Alton Brown: Wooded by American Food Series - Closed-captioned. Alton Brown explores cocoa, cheesecake, and Angel Food cake. He gives background, tells how to prepare them, and shares some great recipes. "Art of Darkness II (Cocoa)" titles: Coco Carl's; Cocoa History & the Brownie; Syrup & Hot Cocoa; Bitter Sweet Finale; and Ask Alton. "Let Them Eat Foam" titles: The Ingredients; Bowls & Foam; Tube Pan; A Divine Device; and Ask Alton. "The Trouble With Cheesecake" titles:

Nutrition

Pan Perfection, the Crust & Filling; Baking; Plating & Finishing; and Ask Alton. DVD Contains: 1 Disc.

Food; Cookery; Brown, Alton

Superfoods

596372 DV
S 17 min CA 2007 Learning ZoneXpress

Just the Facts Series - Closed-captioned. Chef Jonathan Locke presents nutrient-dense foods prepared in delicious recipes. Includes avocado, oats, blueberries, salmon, dark chocolate, and more. Contains: 1 Disc and In-case recipe sheet.

Nutrition; Diet; Cookery; Food

Supermarket Persuasion: What Marketers Know

025280 DV
MJS 24 min 2003 Learning ZoneXpress

Illustrates how supermarkets, by their displays and placement of items for sale, attempt to control and guide consumer behavior. Learn the 17 "rules marketers know" that work in most supermarkets. Contains: 1 Disc and In-case Teacher's guide.

Food Industry and Trade; Food; Economics

Systems of the Body: Digestion

597479 DV
MJS 16 min CA 2007 Human Relations Media

Closed-captioned. Take a 3-D animation and live-action tour of the digestive system as a boy finds himself in a digital environment exploring his body. Goes from ingestion to elimination, explaining the biological and biochemical processes along the way. Contains: 1 Disc and Teacher's guide folder.

Human Body; Anatomy, Human; Digestive System

Take Care of Your Teeth

593764 VH
NP 19 min CA 2003 Rainbow Educational Video

Annie Funelli and the Funsters Series - Closed-captioned. Annie and the Funsters learn to protect their teeth from injury and to keep them clean and healthy. Includes a visit to the dentist. Teacher's guide.

Nutrition and Dental Health; Teeth

Tasty Toppings

598416 DV
MJSA 101 min CA 2004 Action Library Media Services

Good Eats with Alton Brown: All in a Day's Eat-in' Series - Closed-captioned. Alton Brown explores food toppings sharing the mysteries of mayonnaise, making cream sauce, hollandaise sauce, and when, why, and how butter can be used. "Tasty Toppings" titles: Mayo Clinic; Hittin' the Sauce; The Case for Butter; and Ask Alton. DVD Contains: 1 Disc.

Food; Cookery; Brown, Alton

Teen Issues Series

For descriptions see individual titles:
Eating Disorders [025865]

Teen Nutrition: What's the Big Debate?

597049 DV
MJS 26 min CA 2007 Learning ZoneXpress

Closed-captioned. Teens plan for a debate on healthy eating, A nutritionist gives advice and information on food choices, and activities are shared. Contains: 1 Disc and In-case Teacher's guide.

Exercise; Nutrition; Diet; Food

Test Your Fast Food Knowledge

598451 DV
MJS 28 min CA 2010 Human Relations Media

Closed-captioned. Teens learn to make smarter and healthier fast food decisions. They examine the calorie counts and nutritional breakdowns of typical menu items to make smart choices. DVD Contains: 1 Disc, Teacher's guide folder with blackline masters.

Diet; Nutrition; Food

This Food Grows Here

593669 BB
NP 2004 National Geographic Society

National Geographic Windows on Literacy Series - Shows the different types of plants that foods grow on. Uses predictable, repetitive sentences. Author: Zoe Sharp. 1 Big Book, 30 Books, 1 Teacher's guide. Reading level 1.

Growth (Plants); Plants; Food

This Is Your Life

026338 VH
JS 54 min 1999 Food Play Productions

Humorous, live-theater production to help teens build a positive body image and improve eating and exercise habits. Three sections cover body image, nutrition, and advertising. Activity guide.

Consumer Education; Substance Abuse; Nutrition; Health Education

To the Max: Understanding the New Diet and Exercise Guidelines

595191 DV
IM 16 min CA 2005 Human Relations Media

Closed-captioned. Introduces the concept of calories and how foods provide them. Using the government's new food pyramid called MyPyramid, children learn about the types of food they should eat and the benefits of exercise and an active lifestyle. Contains: 1 Disc and 1 Teacher's Resource guide.

Diet; Nutrition; Exercise

To the Max: Understanding the New Dietary and Exercise Guide

592696 VH
IM 16 min CA 2005 Human Relations Media

Closed-captioned. Introduces the concept of calories and how foods provide them. Using the government's new food pyramid called MyPyramid, children learn about the types of food they should eat and the benefits of exercise and an active lifestyle. 1 Teacher's Resource guide.

Diet; Nutrition; Exercise

Tossed Around

598418 DV
MJSA 99 min CA 2002 Action Library Media Services

Good Eats with Alton Brown: Marvelous Meals Series - Closed-captioned. Alton Brown explores salad, coleslaw, and potatoes. He tells why they are good, how to prepare them, and shares some great recipes. "Salad Daze" titles: Field of Greens; The Zen of the Vin; Hail Caesar; Serving; and Ask Alton. "Salad Daze II (The Long Arm of the Slaw)" titles: Talking Slaw; Shredding; Great Grater; Demand Slaw; and Ask Alton. "This Spud's For You Too" titles: Biggest Fan; Potato Salad; Spuds Mackenzie; Always Good Eats; and Ask Alton. DVD Contains: 1 Disc.

Food; Cookery; Brown, Alton; Vegetables

A Tour of a Mexican Food Store

594545 VH
MJS 12 min 2002 Learning Zone/Low Fat Express

A Tour of Ethnic Food Stores Series - Chef Andrew introduces the basic ingredients and interesting products used in Mexican food while visiting the Mercado. Worksheet.

Food; Cookery, International; Mexico

A Tour of an Italian Food Store

594546 VH
MJS 23 min 2002 Learning Zone/Low Fat Express

A Tour of Ethnic Food Stores Series - Chef Andrew introduces the basic ingredients and interesting products used in the food in Italy. He looks at olive oil, vinegar, cheese, seasonings, pasta, and more while touring an Italian market. Worksheet.

Italy - Social life and Customs; Food; Cookery, International

A Tour of Ethnic Food Stores Series

For descriptions see individual titles:

A Tour of a Mexican Food Store [594545]

A Tour of an Italian Food Store [594546]

Nutrition

Tropical Fruits

594293 VH
PI 10 min 2003 Phoenix Learning Group
Farm to Market Series - Takes viewers to the tropics to show how bananas, papayas, pineapples, and coconuts are grown, harvested, and transported to market. Teacher's guide jacket.
Fruit; Food; Agriculture

The Universe Within

592149 DV
IJS 60 min CA 1992 WGBH Educational Foundation
Nova Series - Closed-captioned. Using microphotography and the bodies of three Olympic medalists, the program looks at the circulatory system, the digestive system, and the reproductive system. "Stars" Mike Powell, Bonnie Blair, and Karen Hatchett. Contains: 1 Disc and includes chapter search.
Circulatory System; Human Reproduction; Athletes; Digestive System

Universe Within - Captioned Version

024745 VH
IJS 60 min CA 1995 NOVA
Closed-captioned. Using microphotography and the bodies of three Olympic medalists, the program looks at the circulatory system, the digestive system, and the reproductive system. "Stars" Mike Powell, Bonnie Blair, and Karen Hatchett.
Athletes; Digestive System; Reproduction; Circulatory System

The Universe Within - Non Captioned Version

023905 VH
IJS 60 min 1995 NOVA
Using microphotography and the bodies of three Olympic medalists, the program looks at the circulatory system, the digestive system, and the reproductive system. "Stars" Mike Powell, Bonnie Blair, and Karen Hatchett.
Reproduction; Athletes; Digestive System; Circulatory System

Value Shopping: Stretch Your Grocery Dollar

025685 VH
JSA 21 min CA 1996 Learning Seed Co
Closed-captioned. Examines shopping styles and points out the myths in buying convenience and health foods, sale and name brand items, or using coupons. Teaches the best ways to save money. Teacher's guide.
Food; Shopping; Consumer Education; Budgets

Veggie Eats

598419 DV
MJSA 98 min CA 2002 Action Library Media Services
Good Eats With Alton Brown: Marvelous Meals Series - Closed-captioned. Alton Brown explores the tomato, eggplant, and artichokes. He tells why they are good, how to prepare them, and shares some great recipes. "Tomato Envy" titles: Getting Ripe; Stuffed Tomatoes; Baked Tomato Sauce; TBL Panzanella; and Ask Alton. "Deep Purple" titles: Baba Ghanoush; A Botanical Sponge; Eggplant Pasta; Conclusions; and Ask Alton. "Artichokes (The Choke's On You)" titles: Artichoke Basics; Digging In; Straight to the Heart; Herb Oil; and Ask Alton. DVD Contains: 1 Disc.
Food; Cookery; Brown, Alton; Vegetables

Veggies on the Side

598412 DV
MJSA 68 min CA 2008 Action Library Media Services
Alton Brown: Good Eats on the Table Series - Closed-captioned. Alton Brown explores the vegetables broccoli, brussels sprouts, and celery - describing their uses and sharing recipes. "Ain't Broccoli, Don't Fix It" titles: Little Arms of Italy; Funky Fresh Flavor; Battling Bitterness; and Vindicated at Last. "A Cabbage Sprouts in Brussels" titles: An Odious Reputation; Sprouts to the Party; Rounding Off the Edges; and A Taste of Brussels. "Celeryman" titles: Versatile Vegetation; Pureed to Perfection; A Mighty Seed; and An Herb, a Spice, and Everything Nice. DVD Contains: 1 Disc.
Food; Cookery; Brown, Alton

Visualize Your Serving Size

594818 KT
PIMJS 2004 Health Edco
Teaches food portion awareness by relating actual serving sizes to everyday objects. Contains: 1 Cookie/yo-yo; 1 Fish/check book; 1 Fruit/baseball; 1 Steak/deck of cards; 1 Pancake/compact disc; 1 Pasta/computer mouse; 1 Cheese/domino; 1 Butter/dice; 1 Peanut butter/film cartridge; 1 Broccoli/light bulb; stored in wooden suitcase.
Food; Nutrition; Diet; Weight Control

Vitamins

597607 DV
JS 25 min CA 2009 Learning Seed Co
Elements of Human Nutrition Series - Closed-captioned. Learn what vitamins are and how they keep us healthy, the best ways to get needed vitamins, the dangers of "overdosing" and shortages, and ways vitamins are used. Contains: 1 Disc and Teacher's guide folder.
Diet; Vitamins; Food; Nutrition

Water

597602 DV
JS 30 min CA 2009 Learning Seed Co
Elements of Human Nutrition Series - Closed-captioned. Water is the most important nutrient for every form of life on Earth. Learn how it functions in the human body, how much we need in different situations, and sources of water. Contains: 1 Disc and Teacher's guide folder.
Water; Diet; Nutrition

What Are Nutrients?

024325 VH
JS 14 min 1996 Educational Video Network
Follows the USDA's food guide pyramid in explaining nutrients and their role in the human body. Teacher's guide.
Health Education; Nutrition; Diet; Food

What is a Calorie?

594843 VH
MJS 17 min CA 2005 Sax Arts & Crafts
Closed-captioned. Students will learn the basics in an entertaining manner. See how much energy a calorie contains, how to count calories, and how they cause weight gain and loss. Teacher's guide.
Nutrition; Diet; Weight Control

What's for Dinner?

596016 DV
JS 21 min CA 2006 Films Media Group
Eating Right, Day and Night Series - Closed-captioned. Explores how and why to eat a nutritious dinner, why it's important not to skip meals, how to improve the nutrition in meals, and ways to squeeze a healthy dinner into a busy lifestyle. Contains: 1 Disc and Teacher's guide.
Food; Nutrition

What's to Eat? Food Pyramid Game Show

595659 VH, DV, DM
P 17 min 2006 New Dimension Media
Uses a game show format to introduce the concepts behind the new age-appropriate food pyramid, MyPyramid for Kids. DVD Contains: 1 Disc, both contain Teacher's guide.
Nutrition; Health; Food

Wheat

594300 VH
PI 10 min 2002 Phoenix Learning Group
Farm to Market Series - Learn how wheat is grown, harvested, and processed into flour. Watch wheat products made at the pasta factory, bakery, and fortune cookie factory. Teacher's guide jacket.
Food; Wheat; Agriculture

Nutrition

Why Do We Eat?

593607 VH

NP 15 min 2003 Landmark Media
Professor Iris Series - Puppets explore some of the things we eat and how they help us stay healthy and strong. Teacher's guide jacket.

Nutrition; Food

Why Series

For descriptions see individual titles:

Why We Eat What We Eat:

Understanding Food Choices
[597399]

Why We Eat What We Eat: Understanding Food Choices

597399 DV

MJS 14 min CA 2005 Learning
ZoneXpress

Why Series - Closed-captioned. Teens explore the many reasons why people have different tastes in food, learning how heritage, culture, health, advertising, geography, and emotion affects their choices. Contains: 1 Disc and In-case Teacher's guide.

Community Life; United States -
Social Life and Customs; Food
Habits; Food

Willard Scott's Taste of Puerto Rico

026818 VH

JSA 50 min 1997 Fisher/Merlis TV
Inc

Willard Scott explores the food and culture of Puerto Rico and finds a blend of native Indian, European, African, Cuban, and United States flavors in a relaxed atmosphere. He also visits sights and attractions dating back to the 16th century.

Puerto Rico; Food

Women and Men: Learning Skills Not Roles Series

For descriptions see individual titles:

Food Fights and Rights: The Food
Pyramid [595358]

Wool

594295 VH

PI 10 min 2003 Phoenix Learning
Group

Farm to Market Series - Watch as sheep and angora goats are sheared. Follow the wool as it is sorted, carded, stretched, spun, and woven into fabric on a loom. Teacher's guide jacket.

Wool; Sheep; Agriculture; Food

Yoko

593018 BD

NP 1998

3 Books: YOKO/by Rosemary Wells - When Yoko brings sushi to school for lunch, her classmates make fun of what she eats...until one of them tries it for himself. FIRST BOOK OF SUSHI/by Amy Wilson Sanger - Teaches young children all about Japanese cuisine with rhyme. SUSHI FOR KIDS/by Kaoru Ono - Atshushi loves to eat sushi more than anything else. Follow him as he goes on a grand sushi tour that begins at his neighborhood sushi shop and takes him to Tokyo's famous Tsukiji Fish Market. Japanese food sets contain: 11 Sushi rolls, 3 each Sushi (mackerel, octopus, shrimp), 2 Wasabi, 3 Pieces of ginger, 3 Carrot flowers, 3 Salmon roe hardrolls, 3 Serving Trays, 12 Rookie Chopstix, and 4 Teacher's guides (3 Japanese Food Set, 1 Everything You Ever Wanted to Know About Chopsticks).

Japanese Americans; Multicultural
Studies; Children's Literature; Food;
Wells, Rosemary

Young and Overweight: Helping Yourself Change

596107 DV

MJS 20 min CA 2005 InJoy Videos
Closed-captioned. Designed for young people who are already overweight. It gives them the tools they need to make lifestyle changes that will help them get to a healthy weight. Contains: 1 Disc.

Diet; Exercise; Nutrition; Weight
Control

Your Body Series

For descriptions see individual titles:
Digestive System [023408]

Your Nutrition Style: Making the Pyramid Personal

596146 DV

MJS 24 min CA 2006 Learning
Seed Co

Closed-captioned. Four teens get a nutrition makeover. All four fall into common nutrition traps. Learn how each style could cause problems and how to adjust eating patterns to match the USDA dietary guidelines. Contains: 1 Disc and In-case Teacher's guide.

Weight Control; Diet; Nutrition;
Exercise