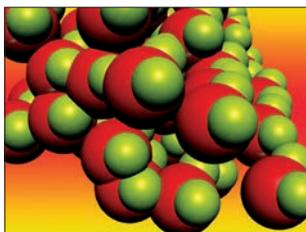
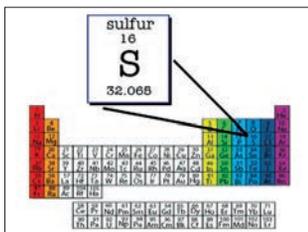
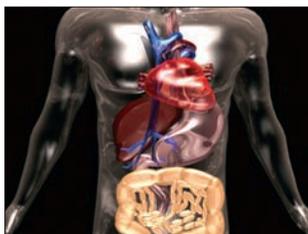


## DVDs



5 DVDs

### A Closer Look At Nutrition Set

**Gr. 9-12** This five-part series is designed to help students better understand the individual components to overall nutrition and health. *Carbohydrates* explores the different categories of carbohydrates and where we get them in our diet. *Fats and Lipids* identifies good fats versus bad fats to help students better understand the role of fat in their diets. *Metabolism and Energy* explains the components of metabolism, including anabolism, catabolism, and latent heat in phase changes. *Proteins and Amino Acids* examines the role proteins play in the body and how they help maintain proper nutrition as well as sources of protein found in the diet. *Vitamins, Minerals, and Water* demonstrates the importance of the various vitamins and minerals needed for proper nutrition as well as the consequences of deficiencies and toxicities. Each DVD is 15-19 minutes. ©2010. Sh. wt. 0.63 lbs.

**WA29616H** 5 DVDs — \$479.95

### Nutrition Starts Here: Smart Eating on a Budget

**Gr. 6+** Develop healthy eating habits that will last a lifetime as you learn about nutritious food choices and healthy eating strategies. Discover how cooking and eating healthy food can be fun, delicious, and cost effective. Topics include slow cooker meals, portion sizes, label reading, and whole grains. 19 minutes. ©2015. Sh. wt. 0.31 lbs.

**WA33307H** DVD — \$79.95

### Color Power: Fruit & Vegetables

**Gr. 5+** When it comes to fruits and vegetables, more is better. Discover all about the power of fruits and vegetables in four short segments that discuss the importance of eating fruits and vegetables, daily requirements, what counts as a serving, ways to encourage eating more fruits and vegetables, selection, and basic preparation methods. 20 minutes. ©2014. Sh. wt. 0.25 lbs.

**WA32241H** DVD — \$79.95

### When Food Is the Enemy: Eating Disorders

**Gr. 7-12** This DVD takes a candid look at all the major eating disorders and their symptoms, including anorexia, bulimia, and binge eating. Eating disorders cover a wide diversity of eating problems, from starvation diets to individuals who are obese. The key to this topic is the underlying emotional problems that affect the way these victims perceive themselves. This

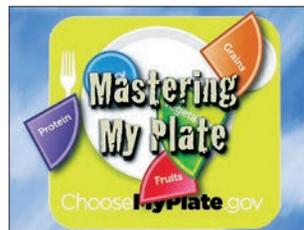
type of dysfunction may have serious life-threatening complications and can be difficult to treat. However, experts and patients provide insights into the causes and current methods of treatment. An excellent overview of a hidden yet growing problem. 25 minutes. ©1996. Sh. wt. 0.31 lbs.

**WA27279H** DVD — \$99.95

Nasco is proud to be a USDA Strategic Partner.



4 DVDs



### Best 7¼ Tips for Health & Nutrition DVD Series

**Gr. 6-12** Snappy, crisp, and fast-paced, these productions capture the importance and national urgency of our status of health and nutritional habits. Record numbers of children, teens, and adults are engaging in unhealthy behaviors and poor nutrition. People need concise, reliable, and interesting concepts and consequen-

views with experts in the fields of regional and public health, nutrition services and dietitian services. Specific tips are made that can be easily incorporated into any lifestyle. Four DVDs include: *Choose MyPlate*, *Nutrition and Nutrients*, *Making Healthy Food Choices*, and *Portion Control*. ©2011. Sh. wt. 0.81 lbs.

**WA29562H** 4 DVDs — \$129.95



### MyPlate Dietary Guidelines: Create a Great Plate

**Gr. 6+** The MyPlate Dietary Guidelines DVD is based on the USDA's MyPlate campaign. The DVD shows teens what healthy eating looks like, and demonstrates how to make at least half your grains whole, vary your veggies, focus on fruits, get your calcium-rich foods, and go lean with protein. Additional teaching materials available online. 20 minutes. ©2012. Sh. wt. 0.31 lbs.

**WA29629H** DVD — \$79.95



### Nourishing Healthy Preschoolers: A Guide to MyPlate Nutrition

**Gr. 7+** Parents and caregivers play a key role in developing children's eating habits. Using the USDA's guidelines, see how meals can include a variety of nutritious foods, how to determine appropriate portion sizes, how to make snacks healthy, and how to encourage physical activity. This program also addresses common concerns

about sugar, fat, and picky eaters and shows how even busy families can eat healthy. 27 minutes. ©2012. Sh. wt. 0.25 lbs.

**WA29668H** DVD — \$109.00



### Added Sugars: The Bitter Truth

**Gr. 6+** Sugar is sweet, but its effect on the body can leave a bitter taste in your mouth. Learn how added sugars differ from natural sugars and how those extra calories convert into fat molecules, plus the dangers of too much sugar in your bloodstream. Find out where those extra sugars hide in your diet and how to reduce daily intake. 17 minutes. ©2013. Sh. wt. 0.25 lbs.

**WA31931H** DVD — \$79.00



### The Skinny on Solid Fats

**Gr. 6+** Learn about the different types of fat and why solid fats are harmful to your health and waistline! Learn the difference between LDL and HDL. Discover how fats affect cholesterol, where they hide in food, and how to reduce consumption. 17 minutes. ©2013. Sh. wt. 0.31 lbs.

**WA31932H** DVD — \$79.00