



Eating Smart! MyPlate and Dietary Guidelines

Gr. 6+ Looks at the key messages in the USDA's 2010 Dietary Guidelines with a focus on the MyPlate tool and concepts such as nutrient-density and balancing calories. Presents a practical overview of the basic concepts of healthy eating. Learn about the guidelines' three main recommendations. See how MyPlate helps build meals that include nutritious and filling

choices from all the food groups. Discover how eating smart and regular physical activity work together to provide a lifetime of good health. Includes a free downloadable educator's resource guide. 30 minutes. ©2012. Sh. wt. 0.31 lbs. **WA30106H DVD — \$109.00**



Amazing Grains

Gr. 7-12 Grains are the "staff of life." This DVD is a quick trip through the world of grains from staples such as rice, wheat, and corn to lesser-known grains such as buckwheat, kasha, and quinoa. Shows what grain is, why it's so good to eat, where it comes from, and how it gets from the field to the table. 20 minutes. ©1999. Sh. wt. 0.31 lbs.

WA27297H DVD — \$98.95



Breakfast Because

Gr. 4+ Explore why breakfast is so important! Engaging and creatively written, this DVD emphasizes the benefits of breakfast for great physical and mental performance. The DVD is divided into units appropriate for all ages. Includes segments on breakfast facts, how body parts come alive with the need for breakfast, great breakfast ideas, how to read the nutrition label, and more. 25 minutes. ©2009. Sh. wt. 0.38 lbs. **WA27579H DVD — \$99.00**



Diet: A Look at Processed Food, Nutrition, and Obesity in the 20th Century

Gr. 7+ Attitudes about the industrialization of food have changed greatly over the past several decades. This DVD traces the rise and fall of processed food, from promising a cure for malnourishment to eventually being linked to obesity, heart disease, and cancer. Using the BBC's archival

footage, the program also reviews 20th century theories about the cause of obesity, and the diets and "miracle cures" designed to combat weight gain. Only available in the U.S. 52 minutes. ©2010. Sh. wt. 0.31 lbs.

WA29597H DVD — \$169.95



Real Life Teens: Obesity & Health

Gr. 8-12 In our looks-obsessed society, lots of people think that being overweight is simply an appearance issue, but obesity issues go way beyond that. Being overweight can also affect a person's joints, breathing, sleep, mood, energy levels,

and their entire quality of life. DVD covers subjects such as why teens become overweight, how teens can avoid being obese, health issues surrounding being overweight, how depression and anxiety add to obesity, what outside influences can lead to obesity, changing attitudes toward body image, and more. 18 minutes. ©2008. Sh. wt. 0.31 lbs.

WA28036H DVD — \$64.95



Healthy Eating on a Budget

Gr. 6+ Learn how to plan meals, shop, and cook on a budget — without sacrificing your health! This informative DVD reviews the basics of healthy nutrition and gives tips on how to feed a family plenty of fruits, vegetables, and whole grains, while minimizing saturated and trans-fat. 20 minutes. ©2011. Sh. wt. 0.44 lbs.

WA29352H DVD — \$119.00



Get Wise to Portion Size

Gr. 6+ Over the past few decades, there has been a steady growth in the portion sizes we're served. While many Americans have grown accustomed to oversized portions, these super-sized portions have brought rising rates of overweight and obesity. Learn more about why portion size matters and how to eat the right amount for you. Short segments and an interview with a registered dietitian explain

the issues with portion sizes, including Portion Distortion is Everywhere, Why Portion Size Matters, Portion Size Wise Tips for Eating Out, and Portion Size Wise Tips for Eating at Home. 18 minutes. ©2014. Sh. wt. 0.25 lbs.

WA32845H DVD — \$79.95



Portion Control: Seeing the Healthy Way to Eat

Gr. 6+ Teach teens how to choose the right food portions for their body type and metabolism and visualize these portions in memorable ways. Teens will learn how to correctly measure food portions using everyday analogies. Also provides practical tips on checking labels, ordering small or medium sizes at restaurants, taking

home leftovers, sharing meals, and starting with smaller amounts on dinner plates. Includes 20-minute program, video, plus teacher's resource book, student handouts, and pre/post tests in digital format. ©2005. Sh. wt. 2.50 lbs.

WA24139H DVD — \$99.95



Think Before You Drink: Sugar Shockers™ & Beverage Tips

Gr. 5+ Beverages are the single largest source of calories in the average American diet, and their contribution often goes unnoticed. Discover the best beverage bets and learn more about how to make healthy choices through 5-minute video segments including Sugar Shockers: A Sour Choice, Sports Drinks and Performance, Water That Isn't H₂O, Energy Drinks and Caffeine, and

Healthy Beverages = Healthy You. 20 minutes. Sh. wt. 0.25 lbs.

WA32240H DVD — \$79.95



Obesity in a Bottle

Gr. 10+ The beverage choices you make have the potential to greatly affect your health — for better or for worse. Fast-paced, teen-friendly format covers the effect of beverages on weight gain, beverage size, a comparison of sports and energy drinks, a nutritional breakdown of popular beverages, and the benefits of drinking water. Make healthy choices that will help you feel and look great. Includes

facts and figures and is content rich. Additional teaching materials available online. 20 minutes. ©2006. Sh. wt. 0.38 lbs.

WA25320H DVD — \$79.95