

DVDs



8 DVDs & CD-ROM!

Includes CD-ROM with teacher's guides, notes, games, and more!

Standard Deviants Nutrition Superpack Teaching System

Gr. 7-12 So many choices, but eating is more than just consuming delicious foods — it's essential. This system gets down to the fruits and nuts of the vitamins, minerals, and water needed to make our bodies work. Teens will understand the importance of the choices they make to maintain a healthy, strong lifestyle and what makes up the perfect plate. Lesson-based modules let you zero in on the specific areas you want to target. The eight DVD modules include *Intro: Cells and Macronutrients*; *What Your Body Does with Food*; *The Food Spectrum*; *Micronutrients: Vitamins, Minerals, and Water*; *Preventing Nutritional Disorders*; *Eating in Context*; *Where Does Your Food Come From?*; and *The Savvy Eater*. Also includes CD-ROM containing teacher's guides, classroom notes, quizzes, games, and graphic organizers. 208 minutes. ©2011. Sh. wt. 2.25 lbs.

SB44879H 8 DVDs and 1 CD-ROM — **\$359.95**

SYSTEM REQUIREMENTS: Windows® 98 or higher, 128 MB RAM; Macintosh® OS X® or higher, 128 MB RAM.



Nutrition and Weight Management

Gr. 7-12 There's no end to the number of "miracle" diets advertised on TV. Combat their deceiving influence with this informative DVD, which illustrates what's really needed to reach and maintain a healthy weight — commitment, discipline, and attention to dietary details. Learn about BMI, the risks of obesity, healthy eating and exercise strategies, and the benefits of vitamins,

minerals, and proper hydration. 30 minutes. ©2011. Sh. wt. 0.31 lbs.

WA29598H DVD — **\$99.95**



Get off the SoFAS! Avoiding Solid Fats & Added Sugars

Gr. 6+ Learn why SoFAS don't belong in the kitchen! Viewers learn what solid fats and added sugars have in common, and why nutritional guidelines say to avoid these calorie nightmares. But are other fats and sugars really any different? They are! This program explains the why, what, and

how of it all. Educator's resource guide available online. 36 minutes. ©2012. Sh. wt. 0.25 lbs.

WA30089H DVD — **\$139.95**



Pass (on) the Salt: Shaking the Habit

Gr. 6+ You hardly touch the salt shaker, so you can't eat too much salt, right? Wrong. Teach students to detect sodium in foods and how to reduce their intake. When one-third of Americans have hypertension, the USDA's new sodium guideline is not to be taken lightly. Educator's resource guide available online. 20 minutes. ©2012. Sh. wt. 0.25 lbs.

WA30090H DVD — **\$99.50**



Recovering: Anorexia Nervosa and Bulimia Nervosa

Gr. 7+ Eating disorders anorexia nervosa and bulimia nervosa afflict people of all ages and race, especially young women, and are serious medical conditions that can be deadly if left untreated. Join documentary filmmaker and host Larkin McPhee (*Dying to Be Thin*) as she uncovers the challenges of coping with an eating disorder. Meet some experts and people in recovery who offer an honest appraisal of their struggles to overcome their eating disorders. Topics and themes discussed include who is at risk, what sustains an eating disorder, why eating disorders are dangerous, and how eating disorders are treated. 27 minutes. ©2012. Sh. wt. 0.25 lbs.

WA30163H DVD — **\$79.95**



Nutrition and Eating Disorders

Gr. 7-12 Whether they're viewed from a behavioral standpoint or from a profound psychological perspective, one thing is clear — eating disorders stress the body's systems and put individuals at increased risk for disease, infertility, organ failure, and death. This DVD pinpoints the dangers of anorexia, bulimia, binge eating, and other eating disorders, exploring their possible causes as well as ways to overcome them.

30 minutes. ©2011. Sh. wt. 0.31 lbs.

WA29600H DVD — **\$99.95**



Food Allergies

Gr. 5+ What is the difference between a food allergy and a food sensitivity? Why do some schools have peanut-free zones? What is celiac disease? Are some people sensitive to food dyes? Join in a discussion of food issues with an allergy expert as well as real people who live with food sensitivities and life-threatening food allergies every day. Learn the steps you can take whether you have an allergy, work with food, or know someone with an allergy. A little knowledge can prevent some big problems. Additional teaching materials available online. 20 minutes. ©2012. Sh. wt. 0.31 lbs.

WA29787H DVD — **\$49.95**



Nutrition Labels: Reading Between the Lines

Gr. 6+ The USDA guidelines are shifting all eyes to Nutrition Facts labels. Whether you're explaining trans fat or how to balance calories, this DVD supports your efforts! Students learn the meaning of each item on the nutrition facts labels, how to use daily values, and how to interpret label health claims. Free downloadable educator's resource guide. 21 minutes. ©2012. Sh. wt. 0.25 lbs.

WA30097H DVD — **\$99.00**

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