

WASHINGTON STATE DAIRY COUNCIL HEALTH & NUTRITION VIDEOS FOR LOAN

Free VHS videos for loan in Washington State only.

AGRICULTURE/DAIRY

Make Mine Milk (1993)
Gr. 3-5 30 minutes V-89 (3)

Reviews various topics: dairy farming, milk production, transportation, processing, nutrition, and science facts in a lively format. Integrates information into geography, science, art, and mathematics. Contains short segments to tailor lesson plans.

Moo 2 You (1999)
Gr. K-4 14 minutes V-135 (4)

Join substitute teacher Ms. Moo for a fun learning experience about life on a dairy farm. Learn where milk comes from, how cheese is made and about Milk Group foods and how they keep bones and teeth healthy and strong.

Vrrooommmm... Dairy Farming for Kids (1996)
Gr. K-6 30 minutes V-500 (3)

Join Farmer Bill in this award winning video. Visit a modern family farm and follow the milk production and learn how it is processed into cheese.

ATHLETICS

Sports and Nutrition:

The Winning Combination (1997)
Gr. 6-12 18 minutes V-104 (3)

Three athletes and a dietitian interact among footage of athletic events. Shows how to eat right while in training, before competition, and during the event. Discusses carbohydrate loading and who will benefit from it, and the safe way to gain or lose weight. Reviews importance of fluids and which sports drinks are effective. Also shares information on supplements.

Winning Sports Nutrition II (1993)
Gr. 6-12 35 minutes V-144 (1)

Sports Nutritionists, professional athletes, coaches, and trainers provide tips on how to eat and drink for peak performance. Includes information on supplements, dehydration, fast food, snacks, and meal planning.

BODY IMAGE

BodyTalk 1: Teens Talk About Their Bodies, Eating Disorders, and Activism (1994)
Gr. 6-12 28 minutes V-503 (3)

Award-winning video on body esteem for teen audiences. Youth from diverse backgrounds discuss the messages they receive from media, family and friends about their bodies. The video focuses on their healing as well as their struggles.

BodyTalk 2: It's a New Language (1994)
Gr. 2-6 20 minutes V-504 (3)

Focuses on age-specific body esteem issues, including puberty, dieting, teasing and trying to fit in. Emphasizes what the children do to stay strong and fight their way through confusing societal messages.

BodyTalk 3: My Special Body (1994)
Gr. 1-4 20 minutes V-505 (3)

Teaches children that health can come at any size, to eat when they are hungry and stop when they are full, and to move because it feels good. Participants talk about being teased because of how they look, solutions for those situations, why eating healthy food is beneficial, and why exercise is fun.

Eating Disorders:

The Inner Voice (2000)
Gr. 7-12 30 minutes V-138 (3)

Dispelling the myth that eating disorders are about the desire to be thin. Four gender and ethnically diverse young adults share their stories of physical pain and emotional turmoil associated with their eating disorders. Experts describe types of eating disorders, causes, risks, effects and treatment.

Understanding Anorexia and Bulimia (2003)
Gr. 6-12 20 minutes V-502 (3)

Viewers hear from several real teens who have successfully overcome their own eating disorders. The warning signs, symptoms and health risks of both are explained in a way that young viewers will comprehend. Developing realistic expectations and goals are discussed.

BODY IMAGE

CONTINUED

When Food Is An Obsession (1994)
Gr. 8-12 29 minutes V-137 (3)

Sheds light on why teens are prone to starve and abuse their bodies in order to achieve a “perfect” body image. The program ends with prevention techniques to help teens accept their bodies

CALCIUM/OSTEOPOROSIS

(A) Crash Course on Calcium (1997)
Gr. 7-12 22 minutes V-102 (2)

Three students investigate why so many famous people are wearing milk mustaches. They interview sports trainers, dietitians, doctors, athletes, and celebrities to discuss the importance of calcium and exercise on bone health. Discusses calcium requirements for teens along with tips to meet these requirements.

Build Better Bones Now (1995)
Gr. 6-12 16 minutes V-190 (3)

Teenagers in a park see an old woman with osteoporosis. One teen challenges the others to learn more about osteoporosis. Humorous news anchor discusses osteoporosis with a doctor and visits a grocery store and restaurant. Provides tips on how to boost calcium intake. A very entertaining video.

Osteoporosis Prevention:

Food & Fitness for Strong Bones (1998)
Gr. 9-Adult 15 minutes V-80 (2)

A very informative video on osteoporosis prevention and treatment. Topics covered include risk factors and causes of osteoporosis, diet and exercise guidelines, and current drug therapies.

EARLY CHILDHOOD

Choosing Foods with Jack the Apple (1999)
Gr. K-2 11 minutes V-501 (3)

This video teaches young children the benefits of healthy snacking. It features Jack the Apple, animated character who visits a family that is having a birthday party and teaches them important eating habits. Entertaining and instructive songs are used to enhance the children’s vocabulary and cognitive skills.

Early Childhood: Nutrition (2000)
Gr. 9-Adult 27 minutes V-152 (3)

Viewers explore the distinct nutritional needs of children during four stages: birth-3 months, 4-12 months, 1-3 years and 4-6 years. Active children, parents and caregivers illustrate ways to incorporate healthy eating habits into our daily lives.

Getting Active with Jack the Apple (1999)
Gr. PreK-1 11 minutes V-156 (3)

Dancing, stretching and playing are all shown as great ways to develop fine and gross motor skills. Offers suggestions for fun physical activities that children can do with their parents at home.

GENERAL NUTRITION

Exploring the New Food Pyramid (2005)
*Gr. 8-Adult 16 minutes **NEW** V-509 (3)*

Video tours the new MyPyramid, explaining each section by utilizing colorful food images and graphics. Explains the new dietary guidance to educate yourself or your students on eating a healthy diet. Includes why different food groups occupy new places in the new MyPyramid symbol and how nutrient density plays a role.

Food, Health and Exercise (2003)
Gr. 7-Adult 23 minutes V-506 (3)

A registered dietitian delivers clear and concise tips on how viewers can improve their health by eating smaller portions, choosing healthier foods and exercising more. Viewers will learn the basics of nutrition and label reading skills.

Nutrition Throughout the Life Cycle (1992)
Jr. High-Adult 18 minutes V-194 (4)

A fast paced, clear, accurate survey of nutritional needs through all stages of life including pregnancy, infancy, childhood, adolescence, adulthood, and older adulthood. Provides a basic, thorough introduction to the importance of nutrition in each of these phases.

Portion Distortion:

See the Healthy Way to Eat (2004)
Gr. 3-6 18 minutes V-507 (3)

This program teaches children how to choose the right food portions and to avoid “supersizing”. This video gives kids practical tips on eating healthy portions, checking labels, etc. The goal of this program is to teach children how to correctly visualize food portions using real life, easy-to-understand examples.

Reading and Understanding the Food Label (2005)
*Gr. (9-Adult) 15 minutes **NEW** V-508 (3)*

Confused about how to read a food label? In 2006, food manufacturers are required to have trans-fats on the food label of all products. The new food label is taught with clear and easy tips to help consumers understand all the components of the new food label.

STUDENTS: GRADES K-12

Bill Nye, The Science Guy: Bones & Muscles (1995)

Gr. 3-Adult 25 minutes V-187 (3)

Bill Nye, the Science Guy, does his thing making “bones and muscles” incredibly fun! Short clips of music, created “advertisements,” real photography, animation, science experiments, and more teach the basics of how bones and muscles work together to make us move. Includes facts and information on anatomy and human development. Fun indeed!

Bill Nye, The Science Guy: Digestion (1995)

Gr. 3-Adult 25 minutes V-192 (3)

Bill Nye, the Science Guy, entertains while explaining digestion. Small segments, humor, hip music, great sound effects, and wit are used to hold viewers’ attention. “Food is Fuel” is reinforced along with introduction of technical scientific terms (such as peristalsis, pyloric valve, chyme and more). Different locations such as the zoo, science lab, food bank, restaurant, and “MTV” are used to explain concepts of digestion.

Bill Nye, The Science Guy: Nutrition (1995)

Gr. 3-Adult 25 minutes V-188 (4)

Bill Nye, the Science Guy, introduces nutrition in his creative way. Short segments are used to explain carbohydrates, proteins, fats, vitamins, minerals, and calories. Music, humor, and nostalgic video clips are used to stimulate interest. Concepts covered include food fuel, breakfast, the nutrition facts label, fiber, empty calories, and cultural food practices of Native Americans from the Northwest. An upbeat and fun look at nutrition.

Breakfast: Most Important Meal of the Day (2003)

Gr. 4-8 20 minutes **NEW** V-801 (2)

This video brings home the importance of the day’s first meal by exploring the numerous mental and physical benefits of a nutritious breakfast. Viewers will understand the relationship between eating and metabolism, specifically between breakfast and blood sugar levels. Breakfast equals greater physical stamina and better concentration!

Eat A Good & Healthy Breakfast Every Day! (1994)

Gr. K-5 15 minutes V-88 (2)

Characters from the Nickelodeon hit show *Weinerville* become involved in a caper that involves breakfast. The importance of everyone eating a healthy breakfast every day is emphasized while the familiar TV characters describe variety, the Five Food Groups, and the effects of NOT eating breakfast on learning. Entertaining and lively!

Fad Versus Fit (1992)

Gr. 7-12 30 minutes V-198 (3)

Compares the long and short term damaging effects of fad diets with the benefits of a healthy eating plan with regular exercise. High School setting.

(The) Good Food Diner (1992)

Gr. 2-5 15 minutes V-86 (2)

Multi-cultural grade school children express how eating well makes them feel better, have more energy, and look healthier. Lively music and songs accompany the group while they discuss breakfast, nutritious snack choices, and lunch ideas kids can prepare themselves. Symptoms of hunger are discussed along with different body shapes. The group visits a grocery store and learns about carbohydrates, fiber, and briefly covers the digestive system. Very positive and upbeat!

Food Smarts: MyPyramid for Kids (2006)

Gr. K-5 10 minutes **NEW** V-823 (2)

Join a group of campers as they discover the importance of eating right. Using the USDA MyPyramid food guidelines, they learn why some foods are better than others, see how exercise is an important part of any healthful eating plan, and what to do when a particular food makes them groan “yuck!”

MyPyramid Pass It On! (2005)

Gr. 6-Adult 16 minutes **NEW** V-611 (2)

Teens discover how the USDA’s MyPyramid “Steps to a Healthier You” shows them how to eat for energy, control their calories and add physical activity to their daily routine. A fast-moving overview to help teens balance healthy eating with physical activity for a lifetime of good health habits.

WEIGHT MANAGEMENT

Maintaining a Healthy Weight (1999)

Gr. 8-12 28 minutes V-79 (2)

An upbeat video that entertains as well as informs. Discusses four main factors to achieving and maintaining a healthy weight--good nutrition, regular physical activity, positive thinking, and effective coping techniques. Also addresses the health hazards of obesity, fad dieting and eating disorders.

Obesity in a Bottle (2006)

Gr. 5-12 21 minutes **NEW** V-802 (2)

A registered dietitian presents; the effects of beverages on weight gain, beverage size, the dangers of both regular and diet sodas, a comparison of sports and energy drinks. Includes a nutritional breakdown of other popular beverages and the benefits of drinking water.

WEIGHT MANAGEMENT CONTINUED

Popular Diet Fads

(1996)

Gr. 6-Adult 15 minutes

V-203 (2)

Viewers will become aware that most “diet miracles” are more hype than help. Covers thigh cream, chromium picolinate, and others. Great discussion starter.

NEW indicates that a video is a recent addition to the Washington State Dairy Council video library.

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