

## Eating Disorders and Body Image

### All About Health & Hygiene

013241 DV  
PI 23 min CA 2006 Library Video Company  
*Human Body for Children Series* - Explains the importance of hygiene to staying healthy. Highlights the importance of daily routines such as washing hands, brushing teeth, covering mouth to cough or sneeze, using antiseptic on cuts, and visiting the doctor for check-ups as preventive medical care. Emphasizes that eating a balanced diet, drinking water, exercising, and getting adequate sleep guarantee a healthy body. (613.4)

Spanish language materials–Bilingual; Eating Disorders and Body Image; Human anatomy; Alcohol and Drinking; Microorganisms; Antibiotics; Science–Study and teaching; Bacteria; Health education; Communicable diseases; Life sciences; Immune system; Human biology; Children–Health and hygiene; Vaccines

### All About Nutrition & Exercise

013209 DV  
PI 23 min CA 2006 Library Video Company  
*Human Body for Children Series* - Explains the importance of a balanced diet for the human body to stay healthy. Describes the idea of the food pyramid, types of foods and intake needed by the body daily to stay healthy. Key nutrients, fats, proteins, vitamins, minerals, and water are explained. Demonstrates the conversion of carbohydrates into energy, necessary to maintain the body's functions, and the importance of burning extra calories to keep body in shape. Also discusses the problems of unbalanced diet, overeating, lack of exercise. (613.7/1)

Life sciences; Diet; Exercise; Physical fitness; Nutrition; Health education; Human biology; Science–Study and teaching; Eating Disorders and Body Image; Spanish language materials–Bilingual; Human anatomy

### All Jacked Up

012990 DV  
IJS 114 min 2008 Faerie Films, LLC  
Portrait of four teenagers who discover the truth about their obsessive, addictive, and emotion-fueled eating habits. All this brought on by their parents, schools, and our abusive food system that profits from them with no regard to their well-being. The documentary features interviews with both top health and nutrition experts as well as real teenagers as they share their traumatic experiences with living on junk food. The program reveals the truth behind food corporations including the use of manipulative marketing practices, the ingredients used in many processed

foods like high fructose corn syrup that accelerates obesity and diabetes in children, how junk foods break up families, cause depression and even suicidal tendencies. Viewers are challenged to come to grips with their harmful lifestyles and what their unhealthy future holds. This frank and witty look at what is going on inside the bodies, hearts and minds of the teen generation is a wake up call to stand up and demand change. Includes graphic scenes of animals being processed that may not be appropriate for younger students.

Mental Health Month (May); Health; Eating Disorders and Body Image; Food habits; Health education; Food–Composition; Nutrition; Food; Teenagers–Health and hygiene; Health & Safety

### Bill Nye the Science Guy

*For descriptions see individual titles:*  
Digestion (Bill Nye) [013321]  
Nutrition (Bill Nye) [013364]

### Body systems and health

*For descriptions see individual titles:*  
Body Systems and Health Series [013096]

### Body Systems and Health Series

013096 DV  
IJ 80 min 2008 Visual Learning Company  
*Body systems and health Series* - Introduces the components and physiology of body systems. Also investigates problems such as high blood pressure, heart disease, asthma, bone fractures, arthritis, heartburn, stomach and colon cancer, kidney stones, stroke, concussion that can arise in these systems with an emphasis on the importance of maintaining a healthy body through diet and exercise. (613.2)

Health; Respiratory system; Muscular system; Endocrine glands; Cardiovascular system; Digestive system; Human skeleton; Life sciences–Study and teaching; Human biology; Body, Human–Physiology; Nervous system; Exercise; Biology–Study and teaching; Physical fitness; Circulatory system; Eating Disorders and Body Image; Weight control; Excretory system

### Digestion (Bill Nye)

013321 DV  
IJ 23 min CA 1993 Disney Educational Productions  
*Bill Nye the Science Guy Series* - Examines the process of human digestion, illustrating how the body's digestive system transforms food into energy. Identifies the digestive organs, what their functions are, and demonstrates the process of digestion using a steam engine that runs on cornflakes. Also explains the nutritional composition of food and

how proper nutrition provides the body with essential nutrients. (612.3)

Nutrition; Science; Biology; Digestive system; Stomach–Anatomy; Human physiology; Science–Experiments; Body, Human; Digestion; Spanish language materials–Bilingual; Life sciences; Human anatomy; Eating Disorders and Body Image; Food–Composition; Digestive organs

### Digestion (HRM)

012420 DV  
IJS 17 min CA 2007 Human Relations Media  
*Systems of the body Series* - Examines the anatomy and physiology of the digestive system. Follows the journey of food through the digestive system, showing how the carbohydrates, proteins and fats become building blocks that support the body's constant need to make new cells and repair old ones. Shows how nutrients are absorbed, and how waste materials are removed from the body. Uses scientific names for parts and processes of the digestive system. Explains that gastrointestinal problems are often caused from overeating or poor nutrition. (612.3)

Human Relations Media DVDs; Digestive system; Human physiology; Human biology; Body, Human; Digestion; Biology–Study and teaching; Gastrointestinal system; Eating Disorders and Body Image; Life sciences–Study and teaching

### Eat Right! 2005 Food Pyramid

011879 DV  
IJS 20 min 2005 ALA convention  
With the new 2005 USDA dietary guidelines and revised food pyramid. The new pyramid suggests four to six servings daily of both fruits and vegetables and makes it clear that does not mean apples, iceberg lettuce and french fries. It points out that not all carbs are the same and suggests at least three servings of whole grains daily. The guidelines recognize that not all carbs, fats, and sugars are the same. Viewers learn how to tell the "good guys" from the "bad guys." The DVD includes bonus print material including a copy of the 80 page Dietary Guidelines for Americans 2005 and "MyPyramid for Educators," a detailed report on how to put the new pyramid into practice. A printed teachers' guide is also included.

Health & Safety; Nutrition; Eating Disorders and Body Image

### Elementary Science

*For descriptions see individual titles:*  
Nutrition (Visual Learning) [013094]

### The Eyes of Nye

*For descriptions see individual titles:*  
Genetically Modified Foods : Benefits and Risks [012403]

### **Fat: What No One is Telling You**

013240 DV

JSA 90 min CA 2007 PBS

Explains the human psychological responses to food, in light of new scientific knowledge and insights into hunger, eating, and metabolic operation. Social, cultural and media factors (external) such as food advertisements silently pressure people to follow behavior such as having oversized restaurant portions which make fighting body fat buildup very difficult. Demonstrates through narratives in real life where Americans reflect upon the biological barriers, cultural habits, and economic realities contributing to their struggle to get fit. (616.3/98)

Body image; Food Pyramid and Healty Eating; Obesity; Obesity–Psychological aspects; Obesity–Health aspects; Eating Disorders and Body Image; Health; Weight loss–Psychological aspects; Behavior modification; Nutrition; Obesity–Social aspects; Overweight persons

### **\* The Five Essential Habits of Healthy Teens**

013922 DV

JS 17 min CA 2009 Human Relations Media

Viewers follow Dr. Mohr, a Registered Dietitian and Board Certified Specialist in Sports Dietetics, as he explores the five essential habits that promote health: eating a nutritious diet, starting each day with breakfast, exercising daily, getting enough sleep and staying drug-free. Dr. Mohr follows real teens as they demonstrate each of the five strategies. Teens learn that eating a nutritious diet can be fast and easy; that exercise can come from dancing, bike riding or just about any activity. Next, viewers visit a sleep lab to learn the consequences of poor sleep habits. Finally, Dr. Mohr moderates a teen forum focused on how substance abuse and smoking impact health. Filled with helpful hints, easy recipes and lots of encouragement, the program motivates students to set the foundation for life-long good health. (613)

Nutrition; Smoking and Tobacco; Counseling in secondary education; Teenagers–Conduct of life; Counseling in middle school education; Eating Disorders and Body Image; Human Relations Media DVDs; Drug and Substance Abuse; Exercise; Substance abuse–Prevention; Health

### **Food From A to Z: R is for Rice**

004540 VH, 16, DV

I 14 min 1986 ESEA Chapter 2

The program begins with a history of rice as a staple food, and explains that rice traditionally has been grown in areas of Asia where the monsoons provide lots of water. It then shows

### **Eating Disorders and Body Image**

methods of cultivating rice by hand in various different countries, and identifies the steps of planting, harvesting, threshing, husking, etc. This is followed by a section showing mechanized rice growing and scientific cultivation in the U.S. Rice is shown to be nutritious. There are many delicious ethnic dishes made with it. Since rice has been an important food world-wide for thousands of years, many ancient cultures considered it a sacred gift of the gods.

Eating Disorders and Body Image; Botany; Nutrition; Social studies

### **Food, Health and Exercise : Putting it Together**

013188 DV

JS 24 min CA 2002 Human Relations Media

Explains how poor eating and exercise has become a huge problem for youth. Particularly focuses on adolescents who are overweight or obese. Suggests the importance of eating smaller portions, choosing healthier foods, exercising regularly, and knowing nutrition. Includes interviews with teenagers and nutritional experts to elaborate the challenges of sustaining diet and exercise routine, understanding the food pyramid, and reading food labels. (613)

Food–Labeling; Junk food; Human Relations Media DVDs; Physical education and training; Teenagers–Nutrition; Diet; Health education; Food–Caloric content; Physical fitness; Exercise; Food–Composition; Life sciences; Obesity in adolescence–Prevention; Nutrition; Eating Disorders and Body Image

### **Foodessence**

For descriptions see individual titles:  
Foodessence: Vegetarism [011128]

### **Foodessence: Vegetarism**

011128 DV

JS 20 min 1998 TV Ontario

*Foodessence Series* - This program provides a basic introduction to vegetarianism and the various reasons for choosing a vegetarian diet - health, humane, and environmental. Experts discuss the reality that meat has not been not a major part of our diet throughout history.

Nutrition; Eating Disorders and Body Image; Anthropology

### **Genetically Modified Foods : Benefits and Risks**

012403 DV

IJS 25 min CA 2005 Disney Educational Productions

*The Eyes of Nye Series* - Bill Nye considers the benefits and risks of genetically modified foods. Nye explores the use of genetic engineering in agriculture and identifies a variety of foods that contain genetically modified organisms. He talks with wheat

breeders who discuss the benefits of hybrid food crops, with researchers who study organic and pesticide-free crops and with corporations engaged in agricultural biotechnology and the use of GMO's. Teachers find that this is really an important topic today and that many don't realize how many products we eat are genetically modified - shows pros and cons. (664)

Genetic engineering–Risk assessment; Biology; Genetically modified organisms; Eating Disorders and Body Image; Genetically modified foods; Food–Biotechnology; Food crops–Genetic aspects; Hybridization; Science; Biotechnology; Agricultural biotechnology; Life sciences

### **\* Health and Growth**

013833 DV

PI 18 min CA 2006 Library Video Company

*Science clips for children Series* - Teaches that all babies need to eat right to stay healthy, even parrots and penguins. Viewers discover how physical features change as we grow and that everyone needs to exercise to become strong. X-ray photography goes inside the human body while animations illustrate various animal needs and how illnesses like asthma can be helped with medicine. (613 HEA)

Human body; Eating Disorders and Body Image; Health education; Life sciences–Study and teaching; Physical fitness; Growth; Exercise; Science–Study and teaching; Spanish language materials–Bilingual; Nutrition

### **Health and Nutrition**

013222 DV

IJ 23 min CA 2005 Library Video Company

*Human Body in Action Series* - Explains how eating the right type of food is critical to overall health, because of its impact on cell-building, human senses, and feelings. Discusses essential nutrients, including carbohydrates, fats, proteins, vitamins, minerals, and water. Stresses the importance of a balanced diet demonstrated by a presentation of the Food Guide Pyramid and a segment on the importance of exercise for maintaining good health. Includes an interview with a nutrition expert and a fun hands-on activities involving measuring and comparing the amount of energy stored in different foods. (613)

Health education; Eating Disorders and Body Image; Nutrition; Science–Study and teaching; Spanish language materials–Bilingual; Food–Composition; Physical fitness; Life sciences–Study and teaching

## Eating Disorders and Body Image

### \* Health and the Human Body

013832 DV  
IJ 26 min CA 2006 Library Video Company  
*Science clips for students Series* - Asks how people get energy and stay healthy. Investigates how the systems with the human body work together to allow us to move, grow, learn and fight disease. Observes the structure and function of these systems and how they interact. With captivating animations and film footage, students discover the importance of food and fitness. A laboratory experiment illustrates how microscopic bacteria and other organisms fell right at home in and on the human body. (613)

Bacteria; Life sciences—Study and teaching; Growth; Nutrition; Spanish language materials—Bilingual; Eating Disorders and Body Image; Physical fitness; Science—Study and teaching; Health education; Exercise; Human body

### Health for children

*For descriptions see individual titles:*  
Nutrition (Schlessinger) [013201]  
Personal Health and Hygiene [013200]

### Human Body for Children

*For descriptions see individual titles:*  
All About Health & Hygiene [013241]  
All About Nutrition & Exercise [013209]

### Human Body in Action

*For descriptions see individual titles:*  
Health and Nutrition [013222]

### Losing It

011385 DV  
S 60 min 2004 PBS Video  
*Scientific American Frontiers Series* - Sequel to the popular "Frontiers" episode "Fat and Happy," this program tackles the problem of losing weight and keeping it off. From the Scientific American Frontiers series with Alan Alda.

Eating Disorders and Body Image;  
Nutrition; Health & Safety

### The New Dietary Guidelines : What You Need to Know

013190 DV  
IJS 24 min CA 2005 Human Relations Media  
Introduces the new USDA dietary guidelines to replace the present food pyramid. Explains the importance of developing a healthy lifestyle with nutrition and exercise. Encourages the adoption of the new dietary pyramid and underlines the importance of staying within calorie limits to one's energy needs and activity and choosing healthier foods. Explains how obesity is a consequence of the intake of higher calories than the body needs to burn energy, hence gaining weight. It also provides suggestions for losing weight. (613.2)

Food—Caloric content; Health education; Weight loss; Life sciences; Diet—United States; Eating Disorders and Body Image; Physical fitness; Obesity—Prevention; Nutritional counseling; Nutrition—United States; Human Relations Media DVDs; Nutrition policy—United States; Teenagers—Nutrition

### The New Food Pyramid: It's All About You!

011952 DV  
PIJ 23 min 2005 New Dimension Media  
The program explains the Food Pyramid introduced in 2005 by the USDA and shows how it can be used to control weight, stay healthy and be active. It features teenage hosts, easy-to-understand graphics, segments devoted to each food group and dramatized vignettes in which two teenagers adopt good eating habits, and learn how to fit the right food and exercise into their daily lives.

Nutrition; Physical Education;  
Eating Disorders and Body Image;  
Health & Safety

### Nutrition and you

*For descriptions see individual titles:*  
Nutrition and You Series [013095]

### Nutrition and You Series

013095 DV  
IJ 80 min 2007 Visual Learning Company  
*Nutrition and you Series* - Part 1 highlights the six major essential nutrients including: carbohydrates, proteins, fats, vitamins, minerals, and water. In part 2 the USDA food pyramid is illustrated through vivid graphics, emphasizing each of the five major food groups. Part 3 stresses the fundamental skills needed to plan, select, and prepare foods that make up a healthy diet. Part 4 addresses a number of health issues including types of foods to avoid, healthy body weight, harmful substances, and the importance of regular exercise. Each segment is followed by a 10-question quiz. (613.2)

Health education; Food habits;  
Eating Disorders and Body Image;  
Diet; Exercise; Nutrition; Food

### Nutrition (Bill Nye)

013364 DV  
IJ 23 min CA 1995 Disney Educational Productions  
*Bill Nye the Science Guy Series* - Explains the importance of nutrition, describing how food provides the energy which the body needs. Examines composition of food, identifying the essential vitamins and minerals. Describes the body's use of carbohydrates, proteins, and fats and explains the measurement of calories. Introduces the food pyramid and daily nutritional values and emphatically demonstrates the importance of

balanced diet for maintaining overall health. (613.2)

Science; Minerals in human nutrition; Proteins in human nutrition; Diet; Eating Disorders and Body Image; Health education; Nutrition; Carbohydrates in human nutrition; Life sciences; Food—Composition; Nutrition—Requirements; Food—Analysis; Biology; Spanish language materials—Bilingual; Vitamins in human nutrition; Food—Caloric content

### \* Nutrition Myths and Facts

013917 DV  
JS 23 min CA 2009 Human Relations Media  
Debunks the top ten nutrition myths and offers solid facts about a nutritious diet. By using a mix of real person interviews, humorous fake commercials, and interviews with registered dietitians in a food lab, teaches how to read and understand food labels, why there is no magic potion for losing weight, tasty alternatives to junk food, and how teens can eat healthier and be happier with their own bodies. Teens learn that skipping meals is a sure fire way to gain unwanted pounds, and how even a moderate amount of exercise can make a huge difference in their overall health and well being. (612.3)

Teenagers—Conduct of life; Dietary supplements; Human Relations Media DVDs; Weight control; Food—Labeling; Health; Eating Disorders and Body Image; Nutrition; Alcohol and Drinking

### Nutrition (Schlessinger)

013201 DV  
PI 23 min CA 2005 Library Video Company  
*Health for children Series* - Explains the basic values of nutrition for the body. It demonstrates how the human body utilizes the food intake for energy and life. It also explores the various food groups, their nutrient components, and underscores the importance of healthy food for the body. (613.2)

Eating Disorders and Body Image;  
Safety education; Spanish language materials—Bilingual;  
Nutrition; Health education; Food handling—Safety measures

### Nutrition (Visual Learning)

013094 DV  
PI 16 min 2006 Visual Learning Company  
*Elementary Science Series* - Defines what nutrition is and explains how foods effect the body. Introduces the food pyramid, identifying the major food groups, their nutritional values and recommended daily allowances. Explains the importance of carbohydrates, proteins, fats, vitamins and minerals in human nutrition. Also emphasizes the importance of water

## Eating Disorders and Body Image

intake and exercise in addition to maintaining a balanced diet. Concludes with a 5-question video quiz. (613.2)

Health education; Food portions; Eating Disorders and Body Image; Food-Composition; Life sciences; Science-Study and teaching; Diet; Nutrition-Requirements

### The Organwise Guys

Series with lovable puppets playing internal organs. In fun stories full of laughs, the Organwise Guys give young students the real inside scoop with health facts on how to stay healthy from the inside out.

Eating Disorders and Body Image

### Breakfast Skippin' Blues

012807 DV

P 17 min 2005 The OrganWise Guys, Inc.

In this program Sir Rebrum (the brain), Madame Muscle and Pepto are having a hard time remembering their lines in a school play. Young students are supposed to guess what they forgot that morning.

Eating Disorders and Body Image; Health education; Nutrition; Human biology; Health & Safety; Health behavior in children; Health

### Personal Health and Hygiene

013200 DV

PI 23 min CA 2005 Library Video Company

*Health for children Series* - Explores and highlights the importance of personal hygiene which includes brushing teeth, bathing, and adequate skin care. It also stresses benefits of adequate sleep, a nutritious diet, and regular exercise.

Children-Health and hygiene; Eating Disorders and Body Image; Health education; Spanish language materials

### \* Portion Control : Seeing the Healthy Way to Eat

013918 DV

JSA 23 min CA 2005 Human Relations Media

Discusses the issue of portion control in relation to teenage nutrition. Explains how to choose the right serving sizes for body type and metabolism. Explores the popular culture surrounding fast foods and supersized portions which has become a major factor in today's teenage obesity epidemic. Identifies obesity-related diseases that include diabetes, high blood pressure, high cholesterol, depression, and heart disease. Provides mental and visual tips for measuring balanced portions at each meal and explains how to read food labels to determine nutritional values. (613.2)

Life sciences; Food-Caloric content; Food-Analysis; Counseling in middle school education; Convenience foods-Health aspects; Americans-Food-Health aspects; Teenagers-Health and hygiene; Teenagers-Nutrition; Mental Health Month (May); Diet; Health education; Food portions; Cholesterol; Nutrition; Eating Disorders and Body Image; Obesity-Prevention; Counseling in secondary education; Human Relations Media DVDs

### Portion Distortion : Seeing the Healthy Way to Eat

013189 DV

IJS 18 min CA 2005 Human Relations Media

Educates students about the right food portion for body type and metabolism, as food portions tend to be larger than what is required for a healthy diet. Oversize portions can lead to obesity and weight-related problems, including diabetes. Demonstrates how to properly measure food portions, using helpful analogies to illustrate normal portion sizes that support proper nutrition. Also emphasizes checking food labels and starting with smaller amounts at meals. (613.2)

Eating Disorders and Body Image; Life sciences; Nutrition; Food portions; Food-Caloric content; Health education; Cholesterol; Counseling in elementary education; Diet; Food-Analysis; Children-Nutrition; Obesity-Prevention; Youth-Health and hygiene; Children-Food-Health aspects; Human Relations Media DVDs; Convenience foods-Health aspects

### Rx for Survival : A Global Health Challenge

012137 DV

SA 336 min CA 2005 WGBH

Asks why it has taken so long to avert a health crisis that has been preventable for decades and what it will take to get the benefits of medical science and the strategies of disease prevention to all the world's people. Filmed in over twenty countries, looks closely at the most critical health threats facing the world today. (614.4)

AIDS (Disease)-Treatment; Epidemics-History; Plague-Transmission; Poor-Medical care; Center for Disease Control; Animals-Infancy; Fishes; Hemorrhagic fever; Water; Spanish language materials; Science-Study and teaching (Primary); Boats; Pathogenic microorganisms; Malaria-Prevention; Medical virology; Antibiotics in agriculture; Drug resistance in microorganisms; Immunology; Virus diseases-Cross-cultural studies; Matter-Properties; Ebola virus disease-Africa; Virus diseases-Immunological aspects; Early childhood education; Microbiology; Smallpox-Prevention; Communicable diseases; Ocean; World Health Organization.-Dept. of Communicable Disease Surveillan; Viral vaccines; Eating Disorders and Body Image; Influenza-Research-Russia; Drug and Substance Abuse; Antibiotics in animal nutrition; Tuberculosis-Prevention; Developing countries-Health aspects; Floating bodies; HIV infections-Developing countries; World health; Medicine-Research; Insects as carriers of disease; Yellow fever; Penicillin-History; AIDS (Disease)-Cross-cultural studies; Sexually transmitted diseases; Virus diseases-Transmission; Rivers; Diseases-History; Parasites-Identification; Viruses-Identification; Social studies; Ducks

### Say Know to Diets

013191 DV

IJS 22 min CA 2008 Human Relations Media

Explains that commercial diet plans are myths whose claims are not verifiable. An anorexic teen reveals how her self-image was affected by pencil-thin models and actresses advertised by the media, prompting her to try a series of diets. A registered dietician demonstrates the importance of good nutrition, moderate portions of nutritious food, and daily physical activity as ways to good health and weight-loss. Program concludes different body types exist and stresses the importance of maintaining a healthy body rather than seeking the unattainable "perfect" body object representation of media. (613.2/5)

Body image in adolescence; Counseling in middle school education; Human Relations Media DVDs; Reducing diets; Counseling in secondary education; Weight control; Media literacy; Eating Disorders and Body Image; Food Pyramid and Healthy Eating; Mass media and teenagers; Nutrition; Advertising and youth; Mental Health Month (May); Health; Family life education; Anorexia nervosa-Personal narratives

## Eating Disorders and Body Image

### Science clips for children

For descriptions see individual titles:  
Health and Growth [013833]

### Science clips for students

For descriptions see individual titles:  
Health and the Human Body  
[013832]

### Scientific American Frontiers

For descriptions see individual titles:  
Losing It [011385]

### Supersize Me

011462 DV  
JS 100 min CA 2004 Amazon.com  
Filmmaker Morgan Spurlock - winner of Best Director at the Sundance Festival - subjects himself to a 30-day "McDonald's only" diet committing to always take the "supersize" portion whenever he is asked as he places his order (hence the film's title). Entertaining as it is unsettling, the documentary investigates corporate responsibility, nutritional education, school lunch programs and how many Americans are eating themselves sick. The DVD includes interviews with Morgan Spurlock and with Eric Schlosser, the author of "Fast Food Nation," and other special features. Closed-captioned; choice of Spanish subtitles. PG 13

Health & Safety; Nutrition; Feature films; Foreign Language: Spanish; Eating Disorders and Body Image

### Systems of the body

For descriptions see individual titles:  
Digestion (HRM) [012420]

### \* To the max : understanding the new diet and exercise guidelines

013915 DV  
PI 16 min CA 2006 Human Relations Media

Describes the health benefits of a balanced diet and daily exercise. Introduces children to the new USDA dietary guidelines, discussing basic information about proper nutrition, calories, and food labeling. Follows a typical fifth grade student through his day of fast food, too much television and video games and little exercise to illustrate how poor eating and exercise habits can lead to childhood obesity and an unhealthy lifestyle. (613.2)

Diet—United States; Health education; Obesity—Prevention; Eating Disorders and Body Image; Children—Nutrition; Nutrition policy—United States; Physical fitness; Exercise; Life sciences; Food—Labeling; Nutritional counseling; Nutrition—United States; Human Relations Media DVDs; Food—Caloric content

### \* Total Health : Becoming Physically Fit

013916 DV  
JS 86 min 2002 Human Relations Media

Describes and illustrates the five main components of physical fitness. Part one examines body composition, discussing healthy ranges of body fat, proper nutrition, and the importance of muscle flexibility and daily exercise. Part two focuses on muscle strength and physical endurance and demonstrates the importance of strength training for overall fitness and performance. Part three looks at the cardiovascular system and ways to promote cardiovascular fitness. Explains the importance of exercising the heart and lungs using some form of daily aerobic activity. Also emphasizes stretching exercises to prevent injuries. (613)

Metabolism; Nutrition; Muscle strength; Human Relations Media DVDs; Exercise; Aerobic exercises; Physical fitness; Body weight; Eating Disorders and Body Image; Stretching exercises; Human physiology; Cardiovascular fitness; Movement education; Sports injuries—Prevention; Physical education and training; Body composition; Joints—Range of motion; Health education; Diet; Muscles—Physiology

### \* What You Eat...It's Up to You

013975 DV  
P NCES

This award-winning program teaches children the importance of the food groups for good health. (362.29/9)

Nutrition/Diet-Child development; Nutrition/Diet-Nutrition and Food; Nutrition and Food-Nutrition and Food; Nutrition/Diet-Body Image; Nutritional counseling; Food; Eating Disorders and Body Image; Food Pyramid and Healthy Eating; Food habits; Nutrition

### \* What's On Your Plate? A Film About Kids and Food Politics

014337 DV  
PIJ 76 min CA 2009 Bullfrog Films

A provocative documentary about two eleven-year-old students in New York City exploring their place in the food chain. Sadie and Safiyah talk to food activists, farmers, and storekeepers as they follow the food they eat from where and how it's cultivated to how far it travels to their plate. In addition to supermarkets, fast food chains, and school lunch rooms, the girls visit farms and greenmarkets and look at community-supported agriculture programs. They discover the benefits of these programs for the environment, for local farmers, and lower-income urban families. Teachers have loved this film, calling it engaging, informative, with good pacing and integration of elements. It

also inspires projects, discussions, and debate.

Farm produce; School environment; Food habits; Food service; Food; Environmental Aspects; Food supply; Environmentalists—Field work; Environmental education; Eating Disorders and Body Image; Environmental policy; Organic farming

### What's to Eat?: Food Pyramid Game Show

012312 DV  
P 17 min CA 2006 New Dimension Media/Questar

Face-paced game show for 4-8 year olds, introduces the New Food Pyramid. Comprised of six rounds (plus a Super Bonus Round) that each feature questions, examples, and food challenges related to every segment of the new food pyramid and its six categories: Grains, Vegetables, Fruits, Milk Products, Meat & Beans and Oils (or fat). Students are given points for correctly answering food facts and understanding the amounts involved in 2 ounces, 4 ounces etc. Each food group is briefly introduced then food facts are reinforced in game show questions and follow-up activities that isolate weights and measures. Concludes with Bonus Questions related to the importance of physical activity as well as healthy food habits. Teachers find that the fast-paced program is presented in a very engaging format and holds young students' (gr. 2 - 4) attention very well. (612.3)

Food—Composition; Eating Disorders and Body Image; Nutrition; Health & Safety; Food habits; Health education; Measurement; Mathematics—Study and teaching

### Your Nutrition Style: Personalizing the Pyramid

011880 DV  
JS 24 min 2006 Learning Seed

The program explains how to adjust eating patterns to match the USDA dietary guidelines of the food pyramid. Four young adults get a "nutritional makeover" after falling into common nutrition and lifestyle traps such as consuming too much of the same, fast food, pizza, soft drinks, snacks and a sedentary life style. Dietary guidelines include: aiming for a healthy weight; being physically active; using the food pyramid; eating whole grain daily; choosing a variety of fruits and vegetables; keeping food safe; limiting saturated fat, trans fats and cholesterol; limiting foods with little or no added sugar; eating less sodium. With a printed study guide.

Eating Disorders and Body Image; Health & Safety; Nutrition