

Healthy Active Living Resources
Nutrition and Exercise
Bruce Grey Catholic District School Board
September 2009

Primary Resources

D0106H FIT KIDS CLASSROOM WORKOUT DVD

Re-energize your students with these fun, contemporary dance routines! Can be used in any school space, anytime, any day to invigorate and motivate your students. Get students excited about being physically active and provide an ideal break from the day's routines. It can also be used as a warm-up to other physical activity. The program includes four 5-minute and two 10-minute workouts, plus a brief "healthy message" at the end of each exercise segment. Each classroom workout teaches moves from a different genre:

- * Hip & Happening Cardio Funk
- * Drum Beating, Foot Stomping African
- * Shimmy, Shaking & Loving Latin
- * Heart Pounding, Arms Pumping Aerobic Dance

Instructor Judy Notte is a certified fitness professional with the American Council on Exercise (ACE) and a three-star presenter with the International Dance Exercise Association (IDEA). She is also a full-time elementary school teacher in Vancouver, British Columbia. Notte has made presentations on youth fitness and wellness at international conferences and published articles in IDEA Source, IDEA Today, and The Runner. Notte has been recognized as a Nike Fitness Athlete and as a Rick Hansen Role Model. Includes Teacher's Guide

P, J, I 050 Min. DVD 2006

Healthy Active Living,
Physical Education, Physical Fitness

D0169 DANCING IN YOUR CHAIR: HIP HOP

Here's exercise that's funky and fun, and no one has to leave their seat to get into it! An exciting, all-original soundtrack, innovative choreography and dynamic dancers deliver a rhythmic workout that energizes and inspires. Try these one-minute activities to perk up your students - and help build strength, flexibility and endurance.

P, J, I, S 025 Min. DVD 2007

Healthy Active Living
Dance
Fitness and Exercise

D0207 JOHNNY JUNK FOOD IN THE 21ST CENTURY

This program updates the popular animated Johnny Junk food to the year 2006. We follow Johnny and his family through their humorous daily adventures and learn along the way about good food choices and health.

P, J, I 030 Min. DVD 2007

Healthy Active Living
Nutrition, Health, Food and Nutrition

D0344 NUTRITION AND THE NEW FOOD PYRAMID

For Josh, 'dinner' will never be the same! In this engaging production children learn the importance of making good food choices for health, growth, and energy. Specific nutrients; proteins, carbohydrates, fats, minerals, vitamins, and fibers are all presented and discussed in a memorable way. Students are introduced to the new individualized food guide MyPyramid, and will learn how to read and apply this tool to their lives.

P, J 18 Min. DVD 2007
Health and Active Living, Health, Guidance, Nutrition
Teacher's Guide

D0345 MY PYRAMID:CHOOSING NUTRITIOUS FOOD AND HEALTHY ACTIVITIES

What is Food? Drawing on prior knowledge our young nutritionist leads kids on an exploration of nutritious foods, healthy activities and appropriate serving sizes. They'll learn to classify and compare foods by nutritional value and food group. Students will prepare attractive examples of healthy meals and snacks and practice making healthy choices when eating out! Label reading skills are introduced so, after viewing, students will be 'certified hidden fat and sugar detectives.' The new food guide, MyPyramid, comes alive with animated elements that children will remember and apply in habits for a healthy lifestyle.

P 21 Min. DVD 2007
Healthy Active Living, Health, Guidance, Nutrition
Teacher's Guide

K0168 HEALTH AND YOUR BODY

This unit describes to children how the body functions and what they can do to maintain good health. Children also learn how other people - parents, doctors, and dentists - can help them to stay healthy or get better if they're sick or hurt. Although this resource is dated, the short cartoon segments (on video) could be useful in delivering the following lessons: 1. Take care of your teeth; 2. The voice box; 3. Where does food go?; 4. Tell us how you feel!; 5. When you get hurt; 6. Visiting the doctor.

P Res. Kit 1972
Health/Safety
Healthy Active Living, Health
The Most Important Person - SERIES

K0169 NUTRITION

The importance of good eating habits in maintaining health and energy is introduced to young viewers. A series of amusing scenarios stimulate the child's curiosity about the wide variety of different foods available while encouraging experimentation with new taste experiences. Although this resource is dated, the short cartoon segments (on video) could be useful in delivering the following messages: 1. Tasting party; 2. Foods around us; 3. What's for breakfast?; 4. Have a snack!

P Res. Kit 1979
Health/Safety
Healthy Active Living, Nutrition /The Most Important Person...SERIES

K0395 HEALTHY HABITS FOR LIFE: THE ABC'S OF HYGIENE

What information do young kids need to keep their bodies clean and healthy? This upbeat video gives a step-by-step demonstration of proper body hygiene. Includes teacher's guide. Available in VHS or DVD. Please specify preferred format when ordering.

P 018 Min. KIT 2005

Healthy Active Living

Healthy Living - Personal Safety and Injury Prevention

Health, Guidance

Healthy Habits for Life - SERIES

V0021 ALL ABOUT YOU - PROGRAM 5-6

This video contains the following two videos: What's Your Fuel, It's What You Eat. For descriptions of each program, please see the individual title.

P 030 Min. Video

Health/Safety

Human Body

Life Systems - Characteristics and Needs of Living Things

Energy and Control - Energy in Our Lives

All About You - SERIES

V0022 ALL ABOUT YOU - PROGRAMS 7-8

This video contains the following two programs: Good Mouthkeeping, What Are You Made Of?. For a description of each program, please see the individual title.

P 030 Min. Video

Health/Safety

Human Body

Life Systems - Characteristics and Needs of Living Things

All About You - SERIES

V2197H A HEALTHY HEART

Ralphie decides to give his report to the class about how to keep a heart strong and healthy... much to Ben's dismay! The video familiarizes children with the concepts of what the heart is, what it means to us, and how to take care of it. The new Food Pyramid is utilized as the video focuses on the roles of nutrition, exercise, and non-smoking.

P, J 012 Min. Video 1993

Health/Safety, Physical Education

Healthy Living - Healthy Eating

Science, Life Systems - Human Organ Systems

Characteristics and Needs of Living Things

V2559H BE CLEAN, BE HEALTHY

This video will show children why and how they should stay clean. How germs can make children sick is explained in a clear and non-threatening way. The video highlights the basics of grooming, and also presents valuable dental hygiene skills. Proper brushing and flossing techniques are fully demonstrated, and regular trips to the dentist are encouraged. Includes a

teacher's guide and activity sheets.

P 012 Min. Video 2000

Health/Safety

Healthy Active Living - Healthy Eating

Healthy Living - Personal Safety and Injury Prevention

V2560H BE SAFE AROUND FOOD

Teaches children in a fun but effective way about the basics of food safety. Very basic food safety techniques are presented as children are shown working in the kitchen with their families. Children will learn it is important to wash their hands before they handle or eat food, that they should wash or peel fruits and vegetables; and that they should keep kitchen counters clean by keeping their belongings off of them. Teacher's guide and activity sheets are included.

P 012 Min. Video 2000

Health/Safety

Healthy Living - Personal Safety and Injury Prevention

Science - Life Systems - Characteristics and Needs of Living Things

V2729H GERMS AND DISEASE

Through live action and colourful animation, this program shows what bacteria and viruses are, and how they enter the body. Explains that not all germs are harmful, but those that are can cause various illnesses. Students learn about common childhood diseases, viruses, and why vaccinations can play an important role in prevention. Also covers cleanliness and antibiotics. Includes Teacher's guide and activity sheets.

P 013 Min. Video 1999

Health and Safety

Healthy Living - Personal Safety and Injury Prevention

V2770 EVERYBODY NEEDS FOOD

There are many differences between people throughout the world, yet every person has the same requirements for his or her survival. This video informs students about the human requirement for nourishment. Students will also learn how food is grown, the food pyramid, and many of the different forms of food that exist.

P, J 018 Min. Video 1998

Science, Health and Safety

Life Systems - Characteristics and Needs of Living Things

Life Systems - Growth and Changes in Plants

Healthy Living - Healthy Eating

Social Studies - Canada and World Connections - Local Community (personal needs)

V2884 PRIMARY RAINY DAY P.E.

After the students receive a brief lesson on safety in the classroom, the narrator instructs them on the different activities presented in the video, including the warm-up/workout activities and the rhythm activities. As the exciting exercises are explained, film of other students performing the activities is shown to provide visual examples. Includes a variety of songs including Hand Jive, Macarena, and Chicken Dance, as well as the use of Lemmi sticks.

P, J 020 Min. Video
Physical Education, Music
Healthy Living - Personal Safety and Injury Prevention

V3259 GOOFY'S HYGIENE GAME

Using clips from classic Disney cartoons in conjunction with the Hygiene Game, Goofy entertains while he reinforces clean habits such as bathing, grooming, dental care, clean clothes, and blowing your nose.

P 012 Min. Video 1987
Health/Safety
Human Body
Life Systems - Characteristics and Needs of Living Things
Healthy Living - Personal Safety and Injury Prevention

Junior/Intermediate Resources

D0344 NUTRITION AND THE NEW FOOD PYRAMID

For Josh, 'dinner' will never be the same! In this engaging production children learn the importance of making good food choices for health, growth, and energy. Specific nutrients; proteins, carbohydrates, fats, minerals, vitamins, and fibers are all presented and discussed in a memorable way. Students are introduced to the new individualized food guide MyPyramid, and will learn how to read and apply this tool to their lives.

P, J 18 Min. DVD 2007
Health and Active Living, Health, Guidance, Nutrition
Teacher's Guide

D0105H WHAT'S FOR DINNER?

Dinner used to be a time to sit down to a wholesome, home-cooked meal a rarity today! This video shows how a nutritious dinner can improve physical and mental performance and help control weight. After pointing out some alarming health trends, the program shows why it is important to not skip meals, and explains how to increase consumption of high-fiber, high-protein, low-fat, low-cholesterol foods through a range of strategies including better communication with adults, smart snacking, nutrition-label awareness, and helpful guidelines found at www.mypyramid.gov. Tips on ways to squeeze a nutritious dinner into a super-busy lifestyle are also featured.

J, I, S 021 Min. DVD 2006
Health, Healthy Active Living
Food and Nutrition

D0127H MIRROR, MIRROR

Magazines, television, Hollywood - they have set the new standards in body image for many girls, but this skewed view of beauty has led to body image distortions. Mirror, Mirror examines the seriousness of this topic, as well as how it starts, where it leads, and why girls seem to be

more affected than boys.

J, I, S 023 Min. DVD 2007

Guidance, Healthy Active Living

Character Education, Body Image

Connect with Kids - SERIES

D0169 DANCING IN YOUR CHAIR: HIP HOP

Here's exercise that's funky and fun, and no one has to leave their seat to get into it! An exciting, all-original soundtrack, innovative choreography and dynamic dancers deliver a rhythmic workout that energizes and inspires. Try these one-minute activities to perk up your students - and help build strength, flexibility and endurance.

P, J, I, S 025 Min. DVD 2007

Healthy Active Living

Dance

Fitness and Exercise

D0199 DANCE COMPOSITION SERIES - HIP HOP

This fun and engaging program will guide students through the first steps of creating a Hip Hop dance routine. Basic moves such as running steps, electric slides and side steps are all demonstrated, and the vibrant visual interaction is sure to enthrall students of all ages. The importance of the warm up and warm down when participating in physical is also emphasized in this entertaining program.

J, I, S 024 Min. DVD 2007

Healthy Active Living

Dance, Hip Hop

D0200 DANCE COMPOSITION SERIES - TAP

Tap dancing is a popular dance style all around the world. This audible style of dance comes from the tapping sound made when the metal discs on the soles of the shoes hit a hard surface. The dancer is a percussive instrument, as the feet tap out intricate and lively rhythms. This program is an introduction to simple tap steps which promote a sense of co-ordination and rhythm. By following the simple step instructions, students can gain an experience and understanding of the fundamentals of tap dancing movements.

J, I, S 020 Min. DVD 2007

Healthy Active Living

Dance

D0207 JOHNNY JUNK FOOD IN THE 21ST CENTURY

This program updates the popular animated Johnny Junk food to the year 2006. We follow Johnny and his family through their humorous daily adventures and learn along the way about good food choices and health.

P, J, I 030 Min. DVD 2007

Healthy Active Living

Nutrition, Health, Food and Nutrition

D0282 FUN CLASSROOM FITNESS ROUTINES AGES 10-14

Fun Classroom Fitness Routines: Ages 10 to 14, will keep kids active and moving in a way that's appropriate for their ages and interests. This DVD was created to be used in a classroom--with no need for extensive equipment or instruction time. Students watch the DVD and follow along with award-winning educator and host Carol Scaini as she demonstrates each exercise routine. The DVD contains five ready-to-go fitness routines lasting 10 minutes each, plus a 7-minute warm-up and stretch routine. Each routine requires minimal prep time, and teachers can vary the routines to keep kids interested and having fun. The DVD includes printable PDF documents that contain descriptions of each exercise along with tips on presenting and managing those activities.

J, I 17 Min. DVD 2007

Exercise, Healthy Active Living, Media Literacy, Teaching, Education

K0396 GOOD HYGIENE (GRADES 3-6)

Show kids that good hygiene is in their control. Program discusses how to keep skin, hair, and teeth in tip-top shape. Illustrates the importance of diet, exercise and sleep in maintaining good hygiene. Includes teacher's guide. Available on VHS or DVD. Please specify preferred format when ordering.

J 012 Min. KIT 2006

Healthy Active Living, Personal Safety and Injury Prevention
Guidance, Health
Healthy Me II - SERIES

K0397 HAVING A POSITIVE BODY IMAGE

Alerts youngsters to the dangers of comparing their own bodies to those of the models and sports figures they see in the media, saying that much of what they see is not "real". Explains the concept of body "type" and the importance of eating a healthy diet and exercising to feel good about their bodies. Includes teacher's guide. Also available on DVD. Please specify preferred format when ordering.

J 011 Min. KIT 2006

Healthy Active Living, Personal Safety and Injury Prevention
Guidance, Health
Healthy Me II - SERIES

K0398 GOOD HYGIENE (GRADES 5-9)

At a "Special Day for Teens" Melissa, Ryan and their friends learn about good hygiene. This program shows young teens the importance of showering to remove germs and body odour, and keeping hair skin, teeth and nails in tip-top condition. Includes teacher's guide. Available on VHS and DVD. Please specify preferred format when ordering.

J, I, S 015 Min. KIT 2006

Healthy Active Living, Personal Safety and Injury Prevention
Guidance, Health
Healthy Teens - SERIES

K0399 NUTRITION AND EXERCISE

Two young instructors at the local fitness center, explain to Molly, Steve and their middle school friends why proper nutrition and exercise are so important to good health. Includes teacher's guide. Available on VHS or DVD. Please specify preferred format when ordering.

J, I, S 015 Min. KIT 2006

Healthy Active Living, Personal Safety and Injury Prevention

Guidance, Health

Healthy Teens - SERIES

V1437 THE GOOD FOOD DINER

"The Good Food Diner" reflects the newly released Canada's Food Guide to Healthy Eating. Students learn that eating well helps them feel better. The video includes a trip to the supermarket and a brief tour of the digestive system. Reference is made the naturally occurring differences in body shapes and sizes, encouraging a positive self-image and self-esteem.

J 014 Min. Video 1993

Health/Safety, Home Economics

Healthy Active Living - Healthy Eating, Growth and Development, Nutrition

Science, Life Systems - Human Organ Systems

V1688 GIRL STUFF

It's exciting when a girl's body begins to mature into a woman's. Here are all the things a girl needs to know about how to take care of her blossoming body, including tips about hygiene and menstruation. It's a complete guide to what all these changes mean, and how to feel comfortable with what lies ahead.

J, I 018 Min. Video 1993

Family Life

Sex Education

Healthy Living - Growth and Development

V2465 NUTRITION: EAT AND BE HEALTHY

Explains the concepts of healthy eating using the Food Pyramid and offers practical advice on how to use it everyday.

J, I, S 018 Min. Video

Health/Safety

Healthy Living - Healthy Eating

Science, Life Systems - Human Organ Systems

V3257 BREAKFAST: THE MOST IMPORTANT MEAL OF THE DAY

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.

J, I, S 019 Min. Video 2000

Healthy Living - Healthy Eating

Food and Nutrition, Science, Life Systems, Human Organ Systems, Cells, Tissues.

V3258 LET'S DO LUNCH

Grab your students' attention with Let's Do Lunch and show them why that second meal of the day is vital to their health and academic performance. Covers childhood obesity and related conditions, the basics of balanced nutrition, good and bad cholesterol and different types of fat, and how to start making healthier food choices. Dieticians and an athletic trainer add their stamp of authority, while savvy teens offer quick, easy, healthy, and delicious lunch and snack ideas. Break the fast food, junk food, no food habit!

J, I, S 026 Min. Video 2000

Healthy Living - Healthy Eating

Food and Nutrition

Science, Life Systems, Human Organ Systems

Cells, Tissues, Organs and Systems

V3425 EVERYBODY DANCE

10 popular dances guaranteed to appeal to the young - and the young at heart. Easy, step-by-step demonstrations of the more complicated routines make learning the dances a snap! Dances include: Everybody Dance Now; YMCA; Shout; La Bamba; The Loco-Motion; At the Hop; Achy Breaky Heart; Electric Boogie (Electric Slide); Mashed Potato; Hot, Hot, Hot. Includes guide.

J, I 035 Min. Video 1999

Dance, Healthy Active Living, Physical Education

Music, Art

V3426 ALL TIME FAVORITE DANCES

This great collection of dances you can do without partners is great for anytime you need a little exercise and a lot of fun! Each dance has a detailed, step by step demonstration followed by "the party"...Our group of dance enthusiasts demonstrate how easy and hilarious the fun can be!

Dances include: The Twist; Bunny Hop; Alley Cat; Hokey Pokey; Virginia Reel; Hora; Conga; Chicken; Limbo Rock; Mexican Hat Dance and more. Includes guide.

J, I 035 Min. Video 1999

Dance, Healthy Active Living, Physical Education

Music, Art

V3700H EATING WELL WITH CANADA'S FOOD GUIDE

This new Canadian production gives you information on what each of the arcs in the rainbow represent, food portion sizes, what food labels tell you and the importance of a healthy diet and daily exercise. Our three hosts, Janaye, John and Tara give students important tips on how to make informative and healthy choices when it comes to everyday eating habits. You learn about the different types of fats, whole grains, the importance of fruits and vegetables, and what to look for in the grocery store. The program also covers the First nations Food Guide, and the importance of ethnic foods. Includes guide.

J, I, S 022 Min. Video 2007

Healthy Active Living

Health, Food & Nutrition

Intermediate/Senior Resources

D0006 DYING TO BE THIN

Introduces you to students, ballet dancers, fashion models and other young women who are seeking recovery or have conquered eating disorders such as anorexia nervosa and bulimia. You'll discover how leading eating disorder specialists are making dramatic advances in the diagnosis and treatment of these two devastating diseases. Special DVD features include printable materials for educators.

J, I, S 060 Min. DVD 2004

Healthy Active Living

Healthy Eating, Nutrition

Guidance, Dance

D0271H STRAIGHT TALK: THE TRUTH ABOUT STD'S

STDs are a big problem for teens. This total curriculum package teaches teens that STDs are still here and still dangerous. Using a health clinic setting, teens present "peer to peer" information on the six most common STDs today: HPV (genital warts), Chlamydia, HIV, Gonorrhea, Herpes and Hepatitis B. Students will learn the symptoms and complications of each disease as well as the latest treatment options, including a new vaccine for HPV. Students will also understand how to prevent these infections by being informed and practicing safe sex. Program presents a strong message that abstinence is the only 100% guaranteed safeguard.

Includes: DVD, teacher's resource book and student handouts with pre/post test.

I, S 18 Min. DVD 2009

Healthy Active Living, Health, Health Care, Sex Education, Aids, Medical Technologies

D0272H THE FIVE ESSENTIAL HABITS OF HEALTHY TEENS

All teens will benefit from learning these five "essential habits" based on recent wellness studies from top-ranking universities. 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. We learn that eating a nutritious diet can be fast and easy; that exercise can come from dancing, bike riding or just about any activity. We 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, this program will motivate students and set the foundation for life-long good health.

Includes: video, teacher's resource book and student handouts with pre/post test

I, S DVD 2008

Healthy Active Living, Healthy Eating, Nutrition, Food and Nutrition, Physical Education

D0297 OBESITY AND HEALTH

In our looks-obsessed society, lots of people think that being overweight is simply an appearance issue. Obesity issues go way beyond the ones we usually hear about, like diabetes and heart disease. Being overweight can also affect a person's joints, breathing, sleep, mood and energy levels. Being overweight can impact a person's entire quality of life. Hear from Real Teens as

V1955H FALLING FOR FITNESS

Examines the state of recreational sports in America today. Students in health classes and fitness or sports programs learn from the experts. Injury-reduction techniques are stressed. The high-tech world of biomechanics is explored. State of the art sports medicine facilities and procedures are shown and explained. Finally, students are taught injury avoidance and how to make wise decisions on personal fitness and recreational sports.

I, S Video 1993
Health/Safety, Physical Education
Healthy Living - Personal Safety and Injury Prevention

V1961 SLIM HOPES: ADVERTISING AND THE OBSESSION WITH THINNESS

Jean Kilbourne is the creator of the award winning film Still Killing Us Softly and a popular lecturer on college campuses. Using examples of over 120 ads from magazines and TV, Slim Hopes offers a new way to think about demoralizing and life-threatening eating disorders such as anorexia and bulimia. There are seven segments including: Impossible Beauty, The Waif Look, Constructed Bodies, Food and Sex, Food and Control, The Weight Loss Industry, Freeing Imaginations.

S 030 Min. Video 1994
Health/Safety, Media Literacy, Religion
Healthy Living - Healthy Eating, Body Image

V2134H BEYOND THE LOOKING GLASS: SELF-ESTEEM AND BODY IMAGE

The video and Resource Guide are designed to challenge students to examine their lives, to think about who they are, how they feel, and what they can do to feel good about themselves. They should understand the benefits of high self-esteem and how one's body image is an important part of self-esteem. Students should also understand that media images are received and processed differently by males and females because of different societal expectations on each gender.

I 028 Min. VIDEO 1994
Family Life, Personal Development
Values
Healthy Living - Healthy Eating, Growth and Development

V2329H FOOD SAFETY CAN BE FUN!

This video is an episode from the CBC series "Street Cents". The teacher's guide which accompanies the video provides a range of hands-on activities for students, promoting the safe handling of food for healthy lifestyles and the reduction of food borne illnesses.

I 030 Min. Video 1996
Environmental Studies, Health/Safety, Home Economics, Science
Healthy Living - Personal Safety and Injury Prevention
Agriculture

V2377H SNACKS: A CONSUMER'S GUIDE

Viewers learn how to apply basic nutrition to snack foods.

I, S 023 Min. Video 1997
Health/Safety, Healthy Living, Healthy Eating

V2522 YOU ARE THE WEIGHTLIFTER

This video teaches safe and effective lifting methods. French version is included as well.

S, A Video
Health/Safety, Professional Development
Healthy Living - Personal Safety and Injury Prevention

V2956 KILLING US SOFTLY 3: ADVERTISING'S IMAGE OF WOMEN WITH JEAN KILBOURNE

Jean Kilbourne's pioneering work helped develop and popularize the study of gender representation in advertising. Her award-winning films Killing Us Softly(1979) (order #02082) and Still Killing Us Softly(1987) have influenced millions of college and high school students across two generations and on an international scale. In this important new film, Kilbourne reviews if and how the image of women in advertising has changed over the last 20 years. With wit and warmth, Kilbourne uses over 160 ads and commercials to critique advertising's image of women. By fostering creative and productive dialogue, she invites viewers to look at familiar images in a new way that moves and empowers them to take action. For more Jean Kilbourne see V1961 - Slim Hopes: Advertising and the Obsession with Thinness.

I, S 034 Min. Video 2000
Media Literacy, Marketing, Women's Issues, Healthy Active Living, Eating, and Growth

V2969 BUFFED: THE NEW AESTHETIC

Host Dominic Patten finds out if the muscular look of Britney Spears and Jennifer Lopez, is really that good for you.

I, S 005 Min. Video 2001
Healthy Active Living
Media Literacy
Guidance, Family Life
Twenty First Century - SERIES

V2970 BODY IMAGE FOR BOYS

As the idealized male physique continues to be hyped in movies, on TV, in magazines, and on billboards, a rapidly growing number of men are becoming obsessed with appearance. Each year alone, they spend billions on gym memberships and home exercise equipment - and women are no longer alone in battling anorexia and body dysmorphic disorder. This topical program explores some of the issues facing young men today as they struggle to define themselves amidst the flood of media-generated images of male physical perfection.

I, S 018 Min. Video 2002
Media Literacy
Healthy Active Living - Healthy Eating, Growth and Development
Guidance

V3019 BEYOND NUTRITION: EATING FOR HEALTH

Welcome to the world of designer foods - of nutraceuticals and functional foods. It's a world where the grocery store becomes a pharmacy. Scientists have long known that eating lots of fruits and vegetables cuts the risk of cancer. Only recently did they discover hundreds of disease

fighting ingredients called phytochemicals. Research suggests they can slow or stop the growth of tumors, reduce the risk of heart disease, prevent macular degeneration, cut the risk of strokes, and even slow aging. And this discovery comes from thousands of scientists worldwide working independently. Show your students how their everyday eating habits can have a profound effect on long term health. Learning about calories, fat, and vitamins is just the beginning. Guide included.

I, S 022 Min. Video 1999
Food and Nutrition
Healthy Living - Healthy Eating
Science - Life Systems - Human Organ Systems
Life Systems - Cells, Tissues, Organs and Systems

V3176 PERFORMANCE: EPISODE 7 - FUELING THE BODY

Everybody knows that an Olympic victory can bring in millions of dollars. But "Big Sports" don't just mean Big Business; they also mean Big Science. A high-tech, highly entertaining series, PERFORMANCE goes behind the scenes to explore the science and technology that make athletic achievement possible. Episode 7 - Fueling the Body. Twenty years ago, no one paid much attention to what they ate. But in an era where winning and losing is measured by milliseconds, many athletes are now turning to the science of nutrition to make the difference. Recommended for PSE 4U1.

I, S 052 Min. Video 2003
Healthy Active Living - Healthy Eating
Athletes, Nutrition
Performance - SERIES

V3177 PERFORMANCE: EPISODE 12 - TRAINING AN ATHLETE

Everybody knows that an Olympic victory can bring in millions of dollars. But "Big Sports" don't just mean Big Business; they also mean Big Science. A high-tech, highly entertaining series, PERFORMANCE goes behind the scenes to explore the science and technology that make athletic achievement possible. Episode 12 - Training an Athlete. More and more, an elite athlete doesn't just have a coach: he is surrounded by a team of professional trainers, scientists and some very sophisticated technologies, all focused on his success. Recommended for PSE 4U1.

I, S 052 Min. Video 2003
Healthy Active Living
Athletes, Nutrition
Performance - SERIES

V3285 EATING DISORDERS / STEROIDS

The Teen Files Flipped Series is a reality-based program sure to keep your students riveted to their seats and provoke many thoughtful and insightful discussions. In this episode, Kelli, convinced she's too fat to get a dancing job, obsesses over every bite of food, until she steps into another dancer's shoes for a day and discovers the potentially fatal consequences of anorexia. Dan believes steroids will help him build muscle and ensure his football career, but a day as an NFL wannabe teaches him they're more likely to destroy his career - and his life.

I, S 021 Min. Video 2003

Healthy Active Living, Nutrition
Guidance
The Teen Files Flipped - SERIES

V3315H F.A.P. - NUTRITION AND SPORT

The basis of good nutrition is balance: our intake needs to be balanced with our needs. Physical exercise increases the need for all the essential nutrients, particularly energy-giving fuels and water. In developing a nutritional plan, we need to be aware of the composition of different foods, and the demands placed on our bodies by different types of exercise. If we choose to use nutritional supplements, it's important to understand the potential pros and cons. Includes: The balanced diet & the athlete; Fluids and Hydration; Energy: Carbohydrate, fat, protein; The glycaemic index; Eating for recovery; Supplements; Case study of an endurance athlete.

I, S 031 Min. Video 2004

Healthy Active Living
Health and Physical Education, Nutrition
Factors Affecting Performance - SERIES

V3316H F.A.P. - ENERGY SYSTEMS

In every active sport, an athlete's ability to meet their energy requirements has a major impact on performance. Our working muscles get their energy from the breakdown of ATP. The anaerobic and aerobic energy systems provide energy for the resynthesis, and identifies the key features of the different energy systems. Various sports are used to illustrate the way the energy systems are used under different conditions. Topics covered include: Where does energy come from?; The ATP-CP energy system; The lactic acid system; The aerobic energy system; The interplay of energy systems.

I, S 018 Min. Video 2004

Healthy Active Living
Health and Physical Education, Nutrition
Factors Affecting Performance - SERIES

V3317H F.A.P. - SKILL ACQUISITION PART 1

An in-depth look at how skills are acquired by athletes; Discussions on the Definition of skill; the learning cycle of skill acquisition and what each stage means for the learner; A breakdown of the various characteristics of the learner, such as age, motivation, fitness levels, confidence, environmental factors and ability.

I, S 024 Min. Video 2004

Healthy Active Living
Health and Physical Education
Factors Affecting Performance - SERIES

V3318H F.A.P. - SKILL ACQUISITION PART 2

Following on from Part 1 (V3317H), this program covers more on: The Learning Environment; Knowledge of Feedback, Knowledge of performance and knowledge of results; Stages of Skill Acquisition; and the various Learning Curves. Features coaches from team sports and individual sports offering their practical perspectives.

I, S 030 Min. Video 2004
Healthy Active Living
Health and Physical Education
Factors Affecting Performance - SERIES

V3530 SHREDDED

By the time boys hit puberty, they've been bombarded with thousands of images showing the male body as muscled and devoid of fat. And as their own bodies change, boys realize that muscles don't just pop off their frames naturally. For some boys this leads to anxiety and an obsessive desire to change their image. Shredded is about a group of teenage boys who want to transform their bodies so they become "shredded" like the muscle-filled bodies of their media heroes. The film reveals the risks they're willing to take to achieve the ideal male shape, exploring supplement use and the temptations of steroids. With complete frankness, the boys relate their experience, desires and motivations to the audience, who must draw their own conclusions. This documentary is designed to provoke discussion among teenagers - both boys and girls - about body image and where lines should be drawn between healthy and dangerous behaviour.

I, S 022 Min. Video 2005
Healthy Active Living, Steroids
Substance Use and Abuse, Physical Education
Guidance, Personal Safety and Injury Prevention
Body Image

V3535 GROWING UP CANADIAN: PLAY

Canada's biggest playground, winter, leads the way as we look at a century of play for Canadian kids. In the beginning you made your own gear and toys, but some store-bought things were irresistible. What Canadian girls, in her time, didn't want an Eaton's Beauty doll or a Barbara Ann Scott doll? And what boy, swept up in a cowboy craze, didn't die to have a Gene Autry gun or a Lash LaRue whip? Throughout the century, adults helped to organize clubs, camps and playgrounds - often with the intent of steering children away from trouble. In the end, getting away from adults and crossing forbidden borders have always been a part of the fun. PLAY is one of a 6-part series that explores the myths and realities of Canadian childhood through family life, school, work, play, health and the media. The series marks the contribution of childhood and youth experience in defining Canada as it grew into full nationhood in the 20th century.

I, S 047 Min. Video 2005
Canada, History
Family Studies, Physical Education
Health, Healthy Active Living, Consumer Studies
Canadian History in the 20th Century
Growing Up Canadian - SERIES

V3647H FIT FOR LIFE...EAT SMART AND EXERCISE

In this program, which stresses a healthy lifestyle instead of dieting, four teen reporters check out the Serving Sizes on some drink labels and discover they are not realistic, realizing that "We've been tricked!" They set out to help viewers make healthy and tasty eating choices for home,

school, snacks, and even at fast food restaurants. Starting with easy-to-use tips about how to read labels, especially the “Nutrition Facts”, their surprising discoveries include: “How much sugar is in a can of non-diet soda?” (Answer: 10 - 13 teaspoons); and “How much fat is in a 5oz bag of chips?” (The equivalent of 12 1/2 parts of margarine). The program also addresses the importance of exercise, exploring ways that teens -- and anyone else -- can fit at least a daily hour of exercise into a packed schedule, such as using the 20 minutes of commercials in an hour TV program.

J, I, S 030 Min. Video 2006

Healthy Active Living, Health

Food and Nutrition

Physical Education/ In the Mix-SERIES

V3713H ANALYZING MEDIA INFLUENCES

Whether we realize it or not, the media exert tremendous influence over how we look, what we wear, the foods we eat, and even our self-image. Explore how advertising manipulates teens' perceptions, and discover how they can make better-informed choices and develop more realistic expectations. Includes guide.

J, I, S 028 Min. Video 2007

Media Literacy, Media Studies

Advertising, Marketing

Health, Body Image