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Prepared by M. Bowyer. Revised by Anne Freeth-Prud'homme.

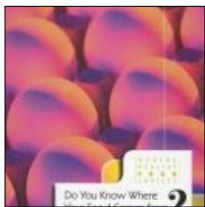
The book cover is a direct link to the item. Double click on the link. Select "request" under the graphic. Log into the catalogue. Selecting "I want to request the title for a specific date range" allows you to choose the dates you want the item.

### SEARCH TERMS

**Keywords:** Health  
Exercise  
Fitness  
Food habits

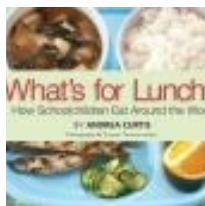
**Subject Headings:** Nutrition  
Diabetes in children  
Obesity in children  
Food composition  
Health Education

### BOOKS FOR STUDENTS



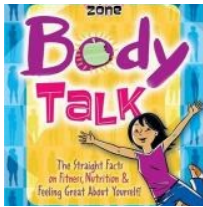
J 363.8 MOR

Morris, Neil. *Do you know where your food comes from?* Chicago: Heinemann Library, c2006.



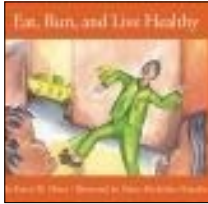
J 371.716 CUR

Curtis, Andrea. *What's for lunch?* Markham, ON: Read Deer Press, c2012.



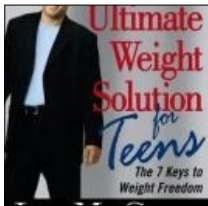
J 613.04243 DOU

Douglas, Ann and Julie Douglas. *Body talk : The Straight facts on fitness, nutrition & feeling good about yourself!* Toronto: Maple Tree Press, c2006.



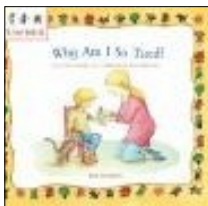
J 613.2 OLS

Olson, Karen W. *Eat, run, and live healthy.* Penticton, BC: Theytus Books, c2009.



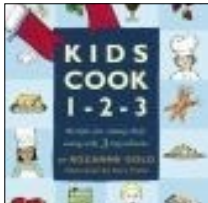
J 613.25 MCG

McGraw, Jay. *The Ultimate weight solution for teens : The 7 keys to weight freedom.* New York: Free Press, 2003.



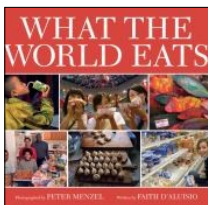
J 618.92 THO

Thomas, Pat, and Lesley Harker. *Why am I so tired? : A First look at childhood diabetes.* Hauppauge, NY: Barron's, 2008.



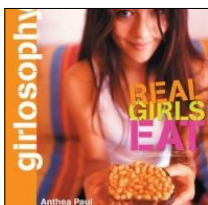
J 641.5 GOL

Gold, Rozanne. *Kids cook 1-2-3 : Recipes for young chefs using only 3 ingredients.* New York: Bloomsbury Children's Books, c2006.



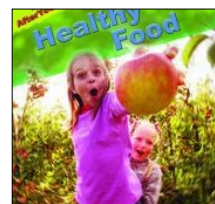
J 641.3 MEN

Menzel, Peter, photographer ; written by Faith D'Aluisio. *What the world eats.* Berkeley, CA: Tricycle Press, c2008.



J 641.563 PAU

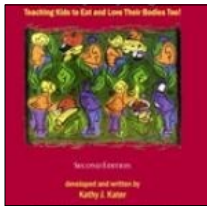
Paul, Anthea. *Girlosophy : Real girls eat.* Crows Nest, NSW: Allen & Unwin, 2005.



J 641.563 PAU

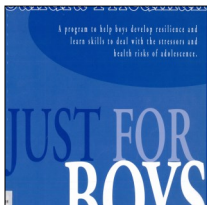
Royston, Angela. *Healthy food.* Chicago, Ill. : Heinemann Library, c2003.

## BOOKS FOR EDUCATORS



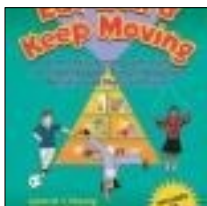
155.2 KAT

Kater, Kathy J. *Healthy body image : Teaching kids to eat and love their bodies too!* Seattle, WA: National Eating Disorder Association, c2005.



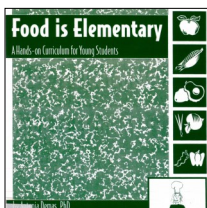
305.23081 FRI

Friedman, Sandra Susan. *Just for boys : A Program to help boys develop resilience and learn skills to deal with the stressors and health risks of adolescence.* Sechelt, BC: Salal Books, 2007.



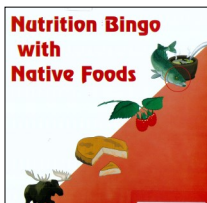
372.37 CHE

Cheung, Lilian W. Y. *Eat well & keep moving : An Interdisciplinary curriculum for teaching upper elementary school nutrition and physical activity.* Champaign, IL: Human Kinetics, c2001.



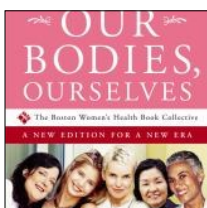
372.37 DEM

Demas, Antonia. *Food is elementary : A Hands-on curriculum for young students.* Trumanburg, NY: Food Studies Institute, c2001.



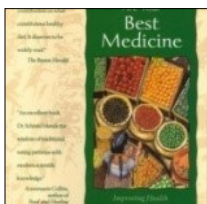
372.373 NUT

*Nutrition bingo with native foods.* [N.p.]: First Nations and Inuit Health Branch, Saskatchewan Region, Health Canada, 2001.



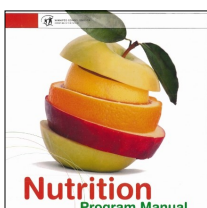
613.04 244 OUR

The Boston Women's Health Book Collective. *Our bodies, ourselves : A New edition for a new era.* New York: Simon & Schuster, 2005.



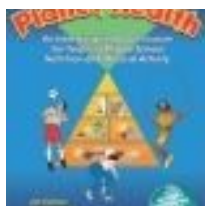
613.2 SCH

Schmid, Ronald F. *Traditional foods are your best medicine : Improving health and longevity with native nutrition.* Rochester, VT: Healing Arts Press, c1997.



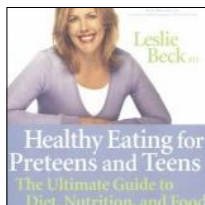
613.2071 NUT

*Nutrition program manual.* Winnipeg: Winnipeg School Division, [2008].



613.2 0712 PLA

*Planet health : An Interdisciplinary curriculum for teaching middle school nutrition and physical activity.* Champaign, IL: Human Kinetics, c2001.



613.2 0835 BEC

Beck, Leslie. *Healthy eating for preteens and teens : The Ultimate guide to diet, nutrition and food.* Toronto: Penguin Canada, 2005.



613.20971 EAT

*Eating well with Canada's food guide : A Resource for educators and communicators.* [Ottawa]: Health Canada, c2007.



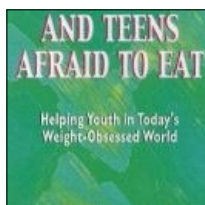
616.8526008 NEU

Neumark-Sztainer, Dianne. *I'm, like, so fat! : Helping your teen make healthy choices about eating and exercise in a weight-obsessed world.* New York: Guilford Press, 2005.



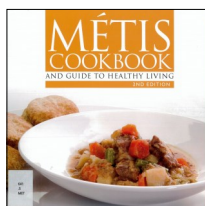
618.92462 PER

Perez, Georgia. *Eagle books.* [Washington, D.C.]: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention ; Winnipeg: National Aboriginal Diabetes Association [distributor], [2008].



618.92 8526 BER

Berg, Francie M. *Children and teens afraid to eat : Helping youth in today's weight-obsessed world.* Hettinger, ND: Healthy Weight Network, c2001.



641.5 MET

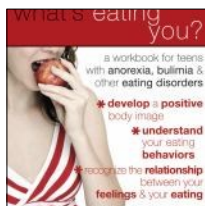
*Métis cookbook and guide to healthy living.* Ottawa: Métis Centre at NAHO, c2008.



*Vegetarian times [magazine].* Palm Coast, FL : Cruz Bay Pub. Inc.

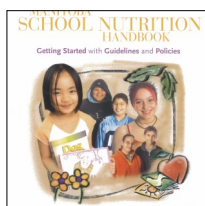


*Clean eating [magazine].* [Mississauga, Ont.] : Canusa Products.



618.8526 NEL

*What's eating you? : a workbook for teens with, anorexia, bulimia & other eating disorders.* Oakland, CA : Instant Help Books, c2008.



613.2 MAN

*Manitoba school nutrition handbook : getting started with guidelines and policies.* Manitoba : Healthy Child Manitoba, 2006.



## MULTIMEDIA

### ***The Five Esser Habits of Heal Teens***

*The 5 essential habits of healthy teens.* Mount Kisco, NY: Human Relations Media ; Orangeville, ON : McIntyre Media [distributor], c2009. 1 videodisc (17 min.) + 1 teacher's resource book (37 p.).

SUMMARY: 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. Filled with helpful hints, easy recipes and lots of encouragement, this program will help motivate students and set the foundation for life-long good health.

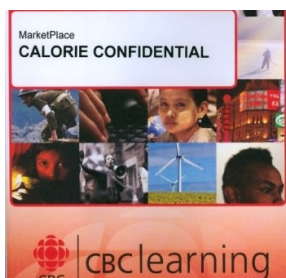
Audience: Grades 7 - Adult. [BOOKING # DVD0329](#)



*"...and this is my garden".* Winnipeg: Growing Local Productions, c2010. 1 videodisc (57 min.).

SUMMARY: Eleanor Voitowicz and Bonnie Monias, both teachers at Mel Johnson School, in Wabowden, Northern Manitoba are literally breaking new ground in education and are growing a healthier community in the process. Over the past 4 years the teachers have established 58 small vegetable gardens right in their students' backyards. This documentary film follows the teachers and their students for a season of seeding, planting, harvesting, preserving and ultimately celebration of the fruits of their labour at the school's annual community harvest display and feast. The film, set in the small northern community of Wabowden, Manitoba, follows schoolteacher Eleanor Voitowicz as she spearheads an education based sustainable food movement called the Mel Johnson School Gardening Project. The initiative, based on the Frontier School Division's science curriculum "Veggie Adventures" was introduced into the Mel Johnson School in 2006. Voitowicz teaches students how to take care of their own backyard vegetable gardens and reap the rewards of growing their own organic foods. Students develop valuable skills in sustainable food production, healthy lifestyle choices and food preparation, while fostering a sense of responsibility, pride and increased self-esteem.

[BOOKING # DVD1043](#)



*Calorie confidential.* Toronto, ON: CBC Learning, c2007. 1 videodisc (25 min.).

SUMMARY: This video discusses the calorie counts of meals offered in popular restaurants in Canada and exposes the lack of nutritional information offered to consumers who eat at those restaurants.

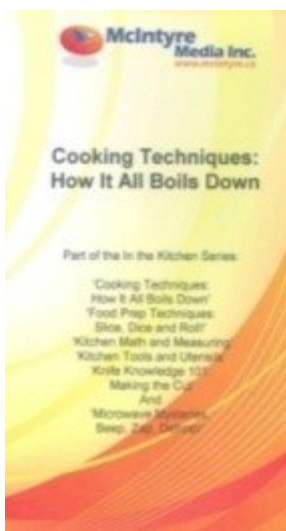
Audience: Grades 9 - 12. [BOOKING # DVD0979](#)



*Childhood obesity : Reversing the trend.* Princeton, NJ: Films for the Humanities & Sciences ; Toronto: Kineticvideo.com [distributor], c2003. 1 videodisc (28 min.).

SUMMARY: This program from The Doctor Is In presents two hospital-based programs that are helping children lose weight and keep the pounds off by setting realistic goals based on good health, not appearance. Patients talk about what it is like, from a child's point of view, to be overweight and how they have succeeded in adhering to a program of portion control and exercise to create a healthier lifestyle.

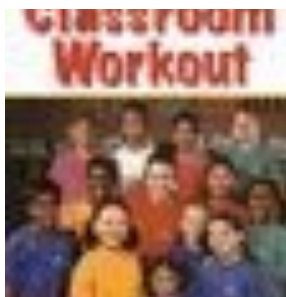
Audience: Grades 3 - 12. [BOOKING # DVD0112](#)



*Cooking techniques : How it all boils down.* [Chicago, IL]: Learning Seed ; Orangeville, ON: McIntyre Media [distributor], c2010. 1 videodisc (29 min.).

SUMMARY: Looking to cook something new, but unsure where to start? Observe as a professional chef and his students work step-by-step to demonstrate 13 common cooking techniques using dry-heat methods like baking, broiling, and roasting, and moist-heat methods like blanching, boiling and steaming. Discover that delicious homemade meals aren't that complicated, and are much more rewarding than ordering takeout.

Audience: Grades 9 - 12. [BOOKING # DVD0634](#)



*Fit for life : Eat smart & exercise.* New York: Castle Works, c2005. 1 videodisc (30 min.) + 1 guide.

SUMMARY: Through humor, surprising facts and compelling personal stories, teens and parents see how they can have more energy, improved nutrition and self-esteem through a healthy lifestyle.

Audience: Grades 9 - 12. [BOOKING # DVD0061](#)



*Eating well with Canada's food guide.* Orangeville, ON: McIntyre Media, c2007. 2 videodiscs (42 min.) + 1 resource guide (11 p.) + 4 booklets.

**SUMMARY:** Canada's food guide: This new Canadian production gives you information about what each of the arcs in the rainbow represent, information on healthy eating habits and food labelling. Two hosts, Steve and Tara take students through a comprehensive and informative review of what today's students should know about nutrition and staying healthy. Program also introduces students to foods that are eaten by other cultures and vegetarians. The importance of staying active is also discussed. Safe to eat: Last year, more than 368 million kilograms (or 812 million pounds) of food from China, arrived at the port of Vancouver, eventually making its way into Canadian cupboards and fridges and onto our dinner tables. China is now Canada's second source of food imports -- after the U.S. That has some consumers concerned -- especially in light of safety scares about products from China. Recommended by Health Education Consultant.

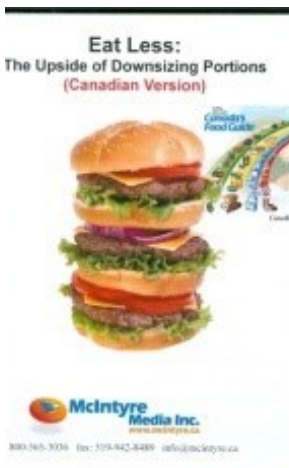
Audience: Grades 7 - 12. [\*\*BOOKING # DVD0388\*\*](#)



*Eating well with Canada's food guide.* Orangeville, ON: McIntyre Media, c2007. 1 videodisc (22 min.) + 1 resource guide.

**SUMMARY:** 1. Introduction -- 2. Choosing foods and beverages -- 3. Labelling and portion size -- 4. First Nations, different cultures, vegetarians and athletes -- 5. Maintaining healthy habits. This new Canadian production gives you information about 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. Three hosts give students important tips on how to make informative and healthy choices when it comes to everyday eating habits. Learn about the different types of fats, whole grains, the importance of fruits and vegetables, and what to look for in the grocery store. Program also covers the First Nations food guide, and the importance of ethnic food.

Audience: Grades 7 - 12. [\*\*BOOKING # DVD0410\*\*](#)



*Eat less : The Upside of downsizing portions.* [Chicago, IL]: Learning Seed ; [Orangeville, ON] : McIntyre Media [distributor], 2012. 1 videodisc (29 min.).

**SUMMARY:** This program explores the Canada Food Guide recommendation to "eat less" and "avoid oversized portions." It explains why most people consume far more food and calories than they did in the past decades, and how the quality of that food has changed. It shows viewers how to consume fewer, yet more nourishing and satisfying calories. Tips on downsizing portions are given, and the important role exercise plays in eating less is discussed.

Audience: Grades 7 - 12. [\*\*BOOKING # DVD1265\*\*](#)



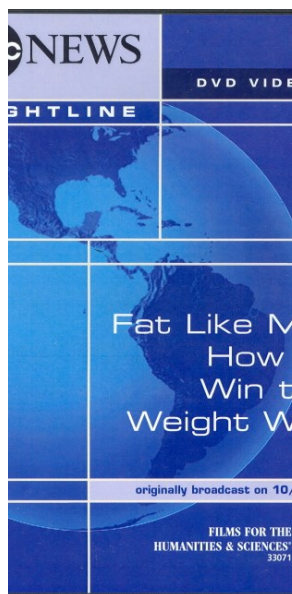
People  
Light!  
Healthy Body Image



*Eat right! : Have a healthy body image.* [Hawthorne, NY]: Sunburst Visual Media ; Toronto: Kinecticvideo.com [distributor], c2004. 1 videodisc (24 min., 50 sec.) + 1 teacher's guide (25 leaves).

**SUMMARY:** Bombarded by media images of reed-slender models, buff celebrities, and large-muscled athletes, legions of young people are reporting themselves dissatisfied with their looks and shape. Using interviews with real teens, this program explores the reality of how most people actually look, how young people respond to media images, and how they can maintain a positive self-image. Examines the dangers of anorexia, bulimia, overeating, and the pressures to use muscle growth-promoting hormones. Promotes self-acceptance and stresses the need to eat a healthy, well-balanced diet. Discussions are interwoven with insight and sound advice from a health professional.

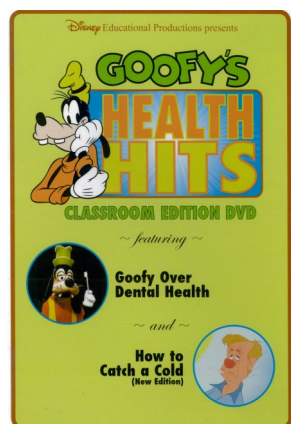
Audience: Grades 3 - 12. [BOOKING # DVD0006](#)



*Fat like me : How to win the weight war.* Princeton, NJ: Films for the Humanities & Sciences, c2003. videodisc (40 min.) + 1 teacher's guide.

**SUMMARY:** In this ABC News special nutritionists, psychologists, pediatricians, and other experts explore the causes of obesity, the physical and emotional damage it can do, and how parents and schools can team up to help kids improve their health. Also included is hidden-camera footage of a daring social experiment in which a slim teen, professionally made up to look obese, goes to school and experiences firsthand the abuse so often aimed at people who are overweight. A post-experiment discussion underscores the stigmatizing effect of intolerance while emphasizing the need for greater compassion. Teacher's guide available in PDF format from website.

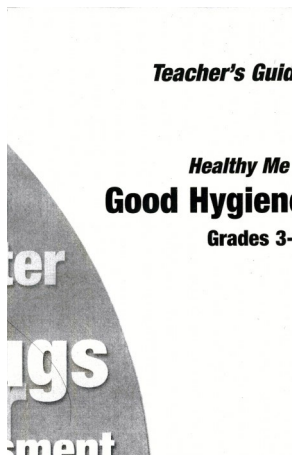
Audience: Grades 7 - 12. [BOOKING # DVD0062](#)



*Goofy's health hits.* Elk Grove Village, IL: Disney Educational Productions [distributor], c2005. 1 videodisc (23 min.).

**SUMMARY:** How to catch a cold. Shows live-action and animated clips which help children learn new information about cold viruses, including how they are transmitted, how to avoid spreading and the importance of a balanced diet, rest, and exercise to keep the immune system strong. Goofy over dental health: teaches students that you must brush, floss, eat healthy snacks, and visit a dentist regularly to have healthy teeth.

Audience: Grades K - 3. [BOOKING # DVD0414](#)



*Healthy me : Good hygiene.* Hawthorne, NY: Sunburst Visual Media ; Toronto: Kineticvideo.com [distributor], c2004. 1 videodisc (12 min.) + 1 teacher's guide.

**SUMMARY:** Designed to help middle elementary children navigate the early stages of puberty by showing them why they should make good personal hygiene a priority. Along with teaching them how to care for their skin, hair, teeth, and nails, the program also emphasizes frequent hand-washing to stay infection-free, and the importance to their good health of eating nutritious meals and getting plenty of exercise and sleep. Recommended by WSD Health Education Consultant.

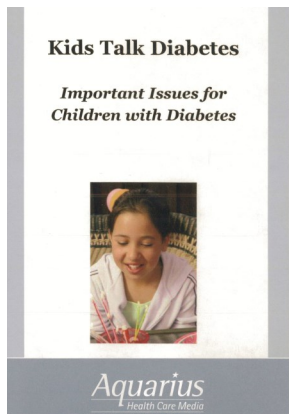
Audience: Grades 3 - 6. [BOOKING # DVD0010](#)



*Personal health & hygiene.* Wynnewood, PA: Schlessinger Media, c2005. 1 videodisc (20 min.) + teacher's guide.

**SUMMARY:** Explores the importance of basic personal hygiene, including tooth brushing, bathing and proper skin care. Personal health doesn't end there! Students learn the benefits of getting plenty of sleep, good nutrition and loads of physical activity.

Audience: K - 4. [BOOKING # DVD0424](#)



*Kids talk diabetes.* [Victoria, BC]: Vancouver Island Health Authority, 2000. 1 videodisc (8 min.).

**SUMMARY:** Program educates classmates, friends, teachers, and caregivers about the medical and emotional needs of children who live with this life-threatening condition. Children who have diabetes talk about how they live with it, debunk some myths about diabetes and gives other students enough information to assist a diabetic classmate if insulin reaction occurs and a knowledgeable adult is not available.

Audience: Grades 3 – Adult. [BOOKING # DVD0156](#)

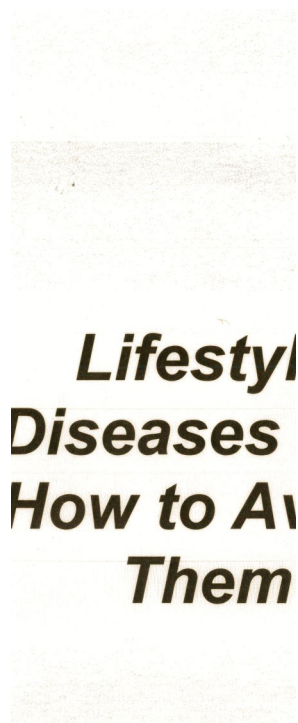
**Healthy Teens  
Nutrition and Exercise**



*Nutrition and exercise.* Hawthorne, NY: Sunburst Visual Media, c2004. 1 videodisc (ca. 15 min.) + 1 teacher's guide (34 p.).

**SUMMARY:** Designed to show students in grades 5 to 9 how a nutritionally balanced diet and regular exercise can help them achieve their weight and fitness goals. There are all kinds of weight-loss diets that preach all kinds of things, the program tells viewers, but healthy eating has always been about balance, variety and moderation in food choices.

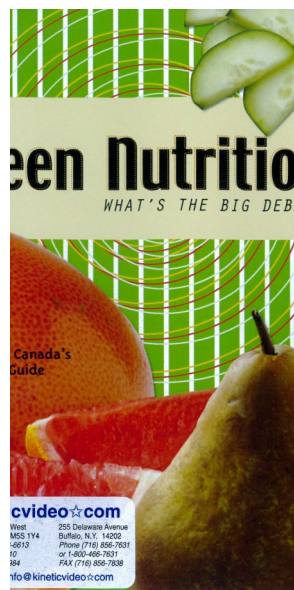
Audience: Grades 5 - 9. [BOOKING # DVD0109](#)



*Lifestyle diseases and how to avoid them.* [Mount Kisco, NY]: Human Relations Media ; Orangeville, ON: McIntyre Media, c2009. 1 videodisc (20 min.) + 1 teacher's resource book (36 p.).

**SUMMARY:** The decisions teenagers make about diet, exercise, smoking, and alcohol have an immediate impact on their health. Teens assume they are too young to get cancer, diabetes, chronic lung diseases, or other lifestyle diseases. But, in fact, the choices teens make can damage their health now and in the future. Program profiles overweight teens with high cholesterol, high blood pressure, sleep apnea, and other problems. Shows how teen smokers are at greater risk for cancer and chronic lung disease and often already suffer respiratory problems impacting daily life. Also profiles a teen alcoholic to understand the impact of alcoholism on a teen's physical and emotional well-being. Identifies healthy behaviors and urges teens to make smart choices to improve health now and in the future. Emphasizes these keys to health: stop smoking, avoid alcohol, eat a balanced diet, avoid stress and get enough sleep.

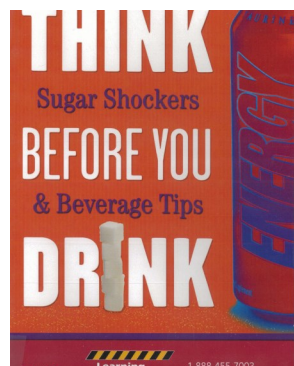
Audience: Grade 7 - 12. [\*\*BOOKING # DVD0389\*\*](#)



*Teen nutrition : What's the big debate?* Owatonna, MN: Learning ZoneXpress ; Toronto: Kineticvideo.com [distributor], c2008. 1 videodisc (20 min.) + 1 worksheet.

**SUMMARY:** Two high school classmates prepare for a debate on healthy eating, a nutritionist gives advice, and student interviews give a "real life" view of eating habits. Students learn: the F-A-T-S method of eating and activity, the P-L-A-N method of changing bad eating/activity habits, why the Food Pyramid matters, how to use a hunger scale to control eating, and how reading food labels can help teens make good choices. Note: This resource is based on the US model Food Pyramid. Please consult the Health Canada website for the Canada Food Guide, the recommended guide for WSD schools. (Health Canada's website is [www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php))

Audience: Grade 5 - Adult. [\*\*BOOKING # DVD0626\*\*](#)

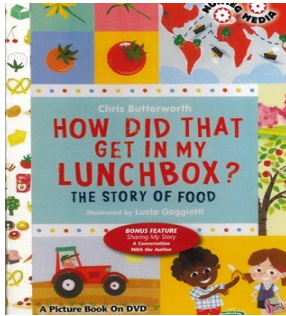


*Think before you drink : sugar shockers & beverage tips.* Owatonna, MN : Learning ZoneXpress, [2014] . 1 videodisc (25 min.).

**Summary:** Looks at the contents, nutritional value, physiological effects, and health risks of common beverages.

Audience: Gr. 6 - Adult [\*\*BOOKING # DVD1472\*\*](#)

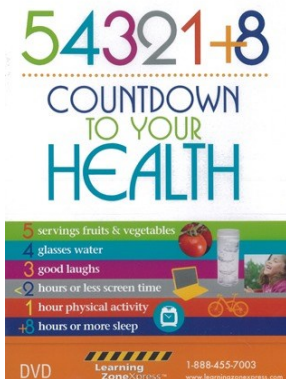




How did that get in my lunchbox? : the story of food. Guilford, CT : Nutmeg Media, LLC., [2011]. 1 videodisc (17 min.).

Summary: In a light-hearted non-fiction introduction to how food is cultivated and processed, children discover how bread and cheese are made, how tomatoes and carrots are grown, how juice gets into a juice box and chocolate chips get into a cookie, and much more.

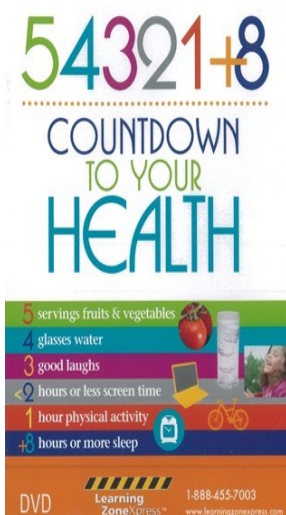
Audience: Gr. K—3 [BOOKING # DVD1373](#)



54321+8 : *countdown to your health*. Owatonna, MN : Learning ZoneXpress, [2014] . 1 videodisc (24 min.).

Summary: Overview of the six things students can do each day to stay healthy. 54321+8 is an easy to remember countdown that gives viewers a simple way to remember each wellness tip. It features health professionals presenting the facts behind the number and real students sharing some practical advice about how they live each number of the countdown every day.

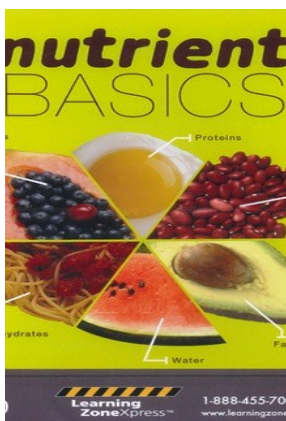
Audience: Gr. 6—12 [BOOKING # DVD1374](#)



54321+10 : *countdown to your health for kids*. Owatonna, MN : Learning ZoneXpress, [2014] . 1 videodisc (18 min.).

Summary: Overview of the six things kids can do each day to stay healthy. Perfect for elementary students, kids will discover the importance of eating fruits and vegetables, drinking water, having positive mental health, limiting time spent in front of a screen, getting plenty of physical activity and enough sleep. This DVD focuses on the numbers for health essential for kids, including an overview of age-appropriate sleep recommendations, presented by medical professionals giving the facts behind the numbers and kids who give practical advice on how they live the countdown.

Audience: Gr. 1 -6 [BOOKING # DVD1375](#)



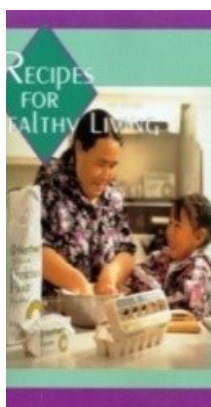
*Nutrient basics*. Owatonna, MN : Learning ZoneXpress, c2012. 1 videodisc (19 min.).

Summary: Nutrients are the substances in food that work to keep our bodies healthy and eating a variety of foods from the food groups will give your body the nutrients it needs maintain good health. Registered Dietitian Melissa Halas-Liang and two students explore the functions, benefits and sources of the six types of nutrients, including: fats, protein, carbohydrates, vitamins, minerals and water .

Audience: Gr. 6 - 12 [BOOKING # DVD1378](#)



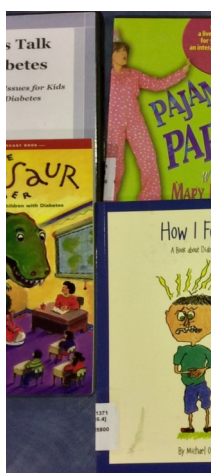
## KITS



*Aboriginal food kit.* Winnipeg: Winnipeg School Division, 2002. 35 books, 2 posters, 1 game, 1 food floor puzzle, 1 nutrition bingo, 3 sheets guided reading lessons, 49 pictures, various food cards, 1 Canada's food guide, 10 food samples.

SUMMARY: Focuses on healthy food choices and eating reflecting Aboriginal perspectives. Includes games and activities prepared by First Nations and Inuit Health Branch, Health Canada. Features books which emphasize healthy lifestyles and traditional food choices.

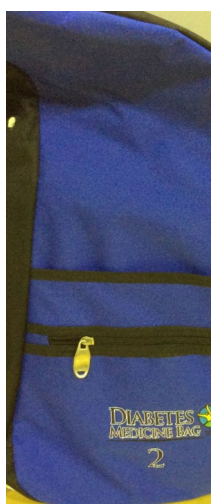
Audience: Grades K - 6. [BOOKING # KIT1203](#)



*Diabetes kit.* WSD, 2008. 3 books, 2 videodiscs, 1 FastTake blood glucose monitor, 1 lancet holder, 4 booklets, 4 sheets.

SUMMARY: Glucose monitor and lancet holder in zippered case, The dinosaur tamer : and other stories for children with diabetes, How I feel : A Book about diabetes, Leon's story, Kids with diabetes in your care (booklet). Kids with diabetes in your care : management (booklet), Standards of care for students with type 1 diabetes in school (booklet), Hyperglycemia : High blood sugar signs and symptoms (sheet), Special health care in schools (sheet), Kids talk diabetes (8 min.), Pajama party! (ca. 60 min.). Recommended by Nurse Educator.

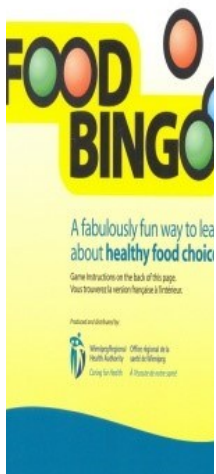
Audience: Grades K - 12. [BOOKING # KIT1371](#)



*Diabetes medicine bag 2.* Manitoba: MACH Diabetes Prevention Project for Children, [2003]. 2 videocassettes, 1 video guide book, 1 Grandfather puppet, 6 books, 1 flipchart, 33 cards, 4 posters, 1 talking stick instruction sheet, talking stick supplies, 1 Northern food guide pad, 1 game, 1 user's guide. Board game includes: 1 board, 1 die, 4 tokens, energizer cards, question cards, game instructions. Supplies for up to 15 talking sticks include: feathers, 4 colors of beads, leather.

SUMMARY: An Aboriginal focused resource created to help teach type 2 diabetes prevention to children ages 7-12. Activity ideas and information help teach healthy eating and active living for Aboriginal children and their families. Many of the resources can be used with other groups of people.

Audience: Grades K - 8. [BOOKING # KIT1223](#)



*Food bingo = Bingo des aliments : Une Façon divertissante d'apprendre à faire des choix alimentaires sains!*. Winnipeg: Winnipeg Regional Health Authority, [2008?]. 1 game (bingo caller's card, 20 player cards, 75 caller's pieces, instructions, 1 sheet).

**SUMMARY:** An interactive game designed to teach about the four food groups in Eating well with Canada's food guide. Players will learn interesting facts about a wide variety of delicious nutritious foods. "The nutrition information contained in Food bingo is based on Health Canada's publication Eating well with Canada's food guide"--Game instructions. Designed for up to 20 players. Instructions in English and French. Recommended by WSD Health Education Consultant.

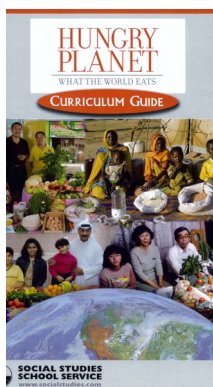
**BOOKING # MM1423**



*Healthy lifestyles : Aboriginal education kit*. WSD, 2008. 17 books, 19 posters, 3 games, 1 pamphlet, 1 traditional food pyramid.

**Summary:** Aboriginal food : An early years unit -- I can't have bannock but the beaver has a dam -- Eat, run, and live healthy -- Eyes, ears, nose, and mouth -- Foster baby -- Healthy choices, healthy lives -- Living safe, playing safe -- Looking after me -- The moons of Goose Island -- My family -- Native American gardening : Buffalo-Woman's guide to traditional methods -- The picnic -- Recipes for healthy living -- Roseau River : The Study of an Ojibwe community -- Skye's smile -- The Yummy book -- 4 food groups : Traditional healthy living (poster) -- Drug free future (poster) -- Important safety lessons (poster) -- Internet safety (poster) -- Make your school bully free (poster) -- School bus safety (poster) -- School fire safety (poster) -- Strangers in the schoolyard (poster) -- Healthy foods (poster) -- Stay active eat to live - do not live to eat (poster) -- Choices : A Co-operative game about moral dilemmas -- Farmers market : A Co-operative game -- Hugs and tickles : A Co-operative game -- The diabetes medicine bag program (pamphlet). Recommended by Health Education Consultant.

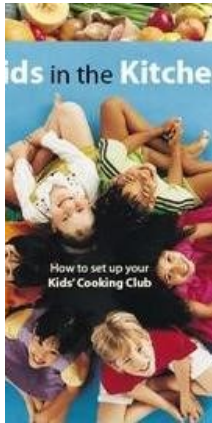
Audience: Grades 7 - 12. **BOOKING # KIT1339**



*Hungry planet : What the world eats*. 2010. 1 computer disk, 1 curriculum guide, 4 books, 12 posters: in 2 containers.

**SUMMARY:** Provides insight into the diets, daily lives, and cultures of 12 families featured in the Hungry Planet book. Students will learn about the world's cultures, international economic and political conditions, and the process of globalization. Also, students will be able to reflect on the similarities and differences between the role of food in their own family and in other cultures around the world.

**BOOKING # KIT1431**



*Kids in the kitchen community action kit.* [Winnipeg: Winnipeg Regional Health Authority], 2002. 1 book, 1 food safety package, 1 hacky sack, 1 bandana, 12 aprons, 1 felt food guide set, 6 measuring cup sets, 6 measuring spoon sets, 1 plastic sheet protector, 4 containers of spices, 1 videocassette, 2 sheets video appendix 1-[4], 2 games, 51 food model cards, 4 northern food guide sheets, Canada's food guide tear-off sheets.

SUMMARY: A complete community action kit containing everything you need to start and run your Kids' Cooking Club. Includes manual with lesson plans, recipes and nutrition activities for up to 12 children.

Audience: Grades 1 - 6. [BOOKING # KIT1208](#)



*What's in your lunch : nutrition information kit.* Winnipeg : Dairy Farmers of Manitoba, [2009]. 5 board charts : colour.

SUMMARY: Designed to help parents and students understand healthy food choices and use information on food packages to help make decisions. Each board includes shopping tips for busy on-the-go people. Recommended by the Health Education Consultant.

[BOOKING # KIT1543](#)

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*Canadian Foundation for Dietetic Research.* 2013. CFDR. 18 Jun. 2013 <http://www.cfdr.ca/sharing/CCFNLlibrary.aspx>

*Dairy Farmers of Manitoba : Nutrition.* 2013. Dairy Farmers of Manitoba. 20 Jun. 2013 <http://www.milk.mb.ca/nutrition>

*Dietitians of Canada.* 2013. Dietitians of Canada. 20 Jun. 2013 [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell)

*Eating Well with Canada's Food Guide.* 2012. Health Canada. 18 Jun. 2013 [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index_e.html)

*Eating Well with Canada's Food Guide : First Nations, Inuit and Métis.* 2010. Health Canada. 20 Jun. 2013 [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index_e.html)

*Girlshealth.* August 2015. Office on Women's Health. 18 Aug. 2015. <http://girlshealth.gov/nutrition/index.html>

*Health Canada.* June 2013. Health Canada. 20 Jun. 2013 <http://www.hc-sc.gc.ca/>

*Healthy kids, Healthy futures.* Government of Manitoba. 20 Jun. 2013 <http://www.gov.mb.ca/healthykids/>

*Healthy Schools.* Government of Manitoba. 20 Jun. 2013. <http://www.gov.mb.ca/healthyschools/>

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