

## Learning Resources

### Cincinnati Bones And The Treasure Of Health

Explorer Cincinnati Bones discovers the ruins of a giant body machine and uncovers the devastating effects of drugs in this exciting journey through the human body presented in a mix of live action and animation.

Ages 6-11  
15 minutes, order 1-9987-IN

### Eating Disorders: The Slender Trap

Explore the variety of reasons people fall prey to eating disorders. See the signs, symptoms and treatment; visit with victims of various ages and both sexes.

Ages 12-18 Adult  
21 minutes, order 1-9868-IN

### Eating Disorders / Steroids

The Teen Files Flipped Series

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 will destroy his career before it gets started – and his life.

Curriculum Correlations:

## A Comprehensive listing of videos for healthy lifestyle, smoking, nutrition and other topics.

**AB Physical Education Gr 10, 20, 30 - General Outcomes B10-5, B20-5 and B30-5:** *"Students will discuss the effects of performance-enhancing substances on body type and body image as a part of physical activity."*

**BC Career & Personal Planning Gr 8-12 Personal Development - Substance Abuse Prevention:** *"to develop in students the ability to make responsible decisions regarding substance use as they develop healthy lifestyles; demonstrate an understanding of the effects and consequences of substance use and abuse for themselves and others; evaluate peer, cultural, mass media and social influences related to substance use and abuse."*

**ON Health & Physical Education Gr 9 & 10 Healthy Living - Substance Use and Abuse:** *"explain the effects of use; identify facts and myths related to use; identify the major factors that contribute to use;" AND Gr 10 Healthy Living - Healthy Eating: "explain the risks of dieting and other unhealthy eating behaviours for controlling weight."*

A presenter's guide is available in PDF format from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:  
<http://www.canlearn.com/guides/1-2675ATM.pdf>

Please be patient. The download time depends on the speed of your Internet connection. Need help? Email us at [info@canlearn.com](mailto:info@canlearn.com)

Ages 12-18, Adult  
21 minutes, order 1-2675-IN

### Eating Disorders: When Food Hurts

Anorexia and bulimia are widespread among teenage girls in Canada. This program examines the causes, warning signs, physical dangers, difficulties and successes in treating these diseases. Includes the insights of recovering victims. Also examines the differences between anorexia and bulimia and how they sometimes overlap.

Curriculum Correlations:

**BC Career & Personal Planning Gr 9 Personal Development - Healthy Living:** *"to encourage students to value and adopt balanced, healthy lifestyles;*

## Need More Information About Our Programs?

These listings are very brief. Detailed title information is only a free phone call away. Or email us at:

[info@canlearn.com](mailto:info@canlearn.com)

Check out our internet web page at:

[www.canlearn.com](http://www.canlearn.com)

Selecting the tab 'online catalog' will take you to a complete listing of every title available from us.

*demonstrate an awareness of eating disorders; relate eating and activity patterns to health; focus on healthy lifestyle rather than body weight; understand body image."*

**ON Health & Physical Education Gr 9 & 10 Healthy Living - Healthy Eating:** *"explain the risks of dieting and unhealthy eating behaviours; understand body image; focus on healthy lifestyles rather than body weight; explain the risks of dieting and unhealthy eating behaviours; analyze the relationships among healthy eating, physical activity and body image; make appropriate revisions to personal plans of action that promote healthy eating and physical activity."*



# Health & Nutrition For Youth

C A N A D I A N L E A R N I N G C O M P A N Y

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A teacher's guide is available in PDF format from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-8904ATM.pdf>

Please be patient - the download time depends on the speed of your Internet provider. Need help? Email us at [info@canlearn.com](mailto:info@canlearn.com)

Ages 15 to 18  
18 minutes, order 1-8904-IN

### Eating Disorders

*The Doctor Is In Series*

This program profiles four young people who have had eating disorders. Their experiences highlight how this illness is not just about food, but about struggling with loss of emotional control. The newer approaches using cognitive behavioural therapy and anti-depressants are explained. Russell Marx, MD, Clinical Director of the Eating Disorders Program at the Medical Center at Princeton, and Marcia Herrin, EdD, MPH, RD at the Dartmouth College Health Service, show what's being done to prevent and treat one of the most lethal categories of mental illness.

Ages 15 to 18, Adult  
28 minutes, order 2-3134-IN

### Germs Make Me Sick!

*The Reading Rainbow Series*

Our world is shared with millions of microorganisms, and although most of them are harmless, some make people sick. Using the world's best private eye, a microscope. Examine pond water and discover what germs really look like.

While visiting a microbiology laboratory, learn about how scientists grow different kinds of germs to study them.

Science Concepts: observation, documentation, comparison, use of microscope.

For activity suggestions you can print, check out our web site at [www.canlearn.com](http://www.canlearn.com) - click on the Reading Rainbow tab.

Available also as a CD-ROM which includes the complete video, related video clips, ready-to-use class activities, interactive field trips, puzzles and links to other educational resources.

*Curriculum Correlations:*

**BC Science Gr 4 Life Science - Body Systems - Digestive, Skeletal, Muscular:** "relate dietary habits and behaviour to an organism's health".

**MB Science Gr 5 Maintaining a Healthy Body**

### ON Science Gr 1 Life Systems - Characteristics and Needs of Living Things:

"identify ways in which individuals can maintain a healthy environment for themselves and for other living things".

1987 30 minutes, order 5-1043

Ages 6-11  
30 minutes, order 5-1043-IN

### Good Food/bad Food: Obesity In American Children

Childhood obesity is a national epidemic. Too many children watching too much television and computer games, omnipresent ads for fast foods and high-fat snacks, vending machines in school cafeterias, busy schedules, lack of physical activity, the decline of family meals - it's a perfect recipe for overweight kids.

According to the Centers for Disease Control, the number of seriously overweight kids has doubled since 1980, and the rates of Type II Diabetes, high blood pressure and high cholesterol among children are soaring.

In a clear, accessible and often humorous way, this program offers parents, teachers and policy makers a recipe for change. The ingredients include a better understanding of the causes and consequences of childhood obesity, and the changes in personal

habits and public health policies that can prevent and help overweight children achieve and maintain a healthy weight.

Adult  
31 minutes, order 9-6101-IN

### Goodbodies Series

*Goodbodies Series*

Designed for Junior Kindergarten to Grade 2 each program includes songs and a story to illustrate the concept. First reviewers of this new series call it excellent and exactly on target for these early grades.

#### Senses

Explore the five main senses and learn how different ones allow "different parts of the world in." Visit an eye doctor to learn about vision. See some amazing animal eyes. Gain a greater understanding of how people who lack one sense are able to compensate. Sing a "senses safety" song.

Order 5-4917 15 minutes

#### Yum (Food and Nutrition)

Celebrate good food and learn how to eat properly by using the food pyramid as a guide. Visit a nutritionist to discover how to make healthy snacks. Learn how the body digests food and travel around the world to discover favourite foods of different cultures. See what animals eat. Have fun trying new kinds of food.

Order 5-4918 15 minutes

#### Help (Emergencies and What To Do)



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Find out where to turn in different emergency situations. Visit a fire house to learn about fire safety and understand why you need to get out and stay out. Learn to "stop, drop, and roll." Travel to a 911 headquarters to explore what happens when a call comes in. Meet Police Officer Judy to learn what to do if you get lost.

Order 5-4919 15 minutes

### **Smile (Dental Health)**

Learn good dental hygiene. Visit a pediatric dentist and travel to a toothbrush manufacturing company to learn how toothbrushes are made. See ancient teeth cleaning devices and finish up at the zoo with Norman the Sea Lion as he gets his teeth brushed.

Order 5-4920 15 minutes

### **Move (Exercise and Movement)**

Celebrate all kinds of body movements. Discover why you can never sit completely still. Visit a Karate school and see how this movement is done and how mental strength is also needed. Read all about someone's love of dance. Learn about aerobic exercise and why it's so good for you.

Order 5-4921 15 minutes

### **Safe (Street and Bicycle Safety)**

Learn that while injuries will happen from time to time, many can be prevented with proper safety practices. Street crossings, bicycle helmets, and school bus safety are demonstrated. Visit a pool to learn water safety.

Order 5-4922 15 minutes

### **Feelings**

Explore feelings from many angles - through mask making, drumming and body language. Travel around the world to learn that feelings allow human beings to communicate even if they don't speak the same language. Practice deep breathing to gain control of negative feelings.

Order 5-4923 15 minutes

### **Soap (Personal Hygiene)**

Get the scoop on cleanliness, discover the wide variety of soaps and learn how they work to clean the skin. Learn how soap was made in the 19th century. Understand the value of being clean - for health and social benefit. Learn proper washing techniques. Includes a memorable section on headlice and how to avoid getting them.

Order 5-4924 15 minutes

### **Invaders (Germs)**

Learn about harmful germs and how to stay protected. Follow the trail of the strep germ from a pediatrician's office to a lab to learn how quickly germs multiply. Understand the

value of keeping hands out of eyes, mouth and nose. Discover why handwashing is such a powerful prevention tool.

Order 5-4925 15 minutes

### **Up (Bones and Muscles Grow Up)**

Learn how your bones and muscles form an inner framework in your body. Travel to the "Body Odyssey" to learn how bones make red and white blood cells. View an animation illustrating muscles moving bones. Compare our framework to those of different animals. Learn some things to help your framework to do its job well, including practicing good posture.

Order 5-4925 15 minutes

Ages 6 to 8  
95 minutes, order 5-49160-IN

## NEW RELEASE

### **Guiding Your Overweight Child: Getting Healthy Together**

Using calorie counting as a base, parents are given tips on how to make healthy food decisions for themselves and their children in this "supersized" society.

The importance of physical activity is emphasized through examples such as making the 10,000 steps program a family challenge. Includes reading and understanding food labels, what is a calorie, healthy food choices, and comparing similar products. Knowing how to make these daily lifestyle

choices will help parents become healthy role models for their children. The can face the weight battle together, and win. cc

Adult  
19 minutes, order 3-2051-IN

### **Health: Communicable Diseases (3rd Ed)**

This program teaches viewers the importance of hygiene, nutrition, rest and medical care in keeping communicable diseases at bay.

Amy, who is sick, brings her friend Mark into the science lab where they meet "Mr Germ", who explains how communicable diseases are spread.

Curriculum Correlations:

**BC Science Gr 4 Life Science - Body Systems - Digestive, Skeletal, Muscular:** "relate dietary habits and behaviour to an organism's health".

**MB Science 5 Maintaining a Healthy Body**

**ON Science Gr 1 Life Systems - Characteristics and Needs of Living Things:** "identify ways in which individuals can maintain a healthy environment for themselves and other living things".

Recommended Saskatchewan Education: Health Education Bibliography for Grades 2 to 4: A Healthy Body

Ages 6-11  
13 minutes, order 1-8927-IN



# Health & Nutrition For Youth

CANADIAN LEARNING COMPANY

## Learning Resources

### Health: Ear Care

Second Edition

This program demonstrates how exposure to high noise levels can result in hearing loss and motivates young viewers to take precautions when appropriate.

Mark and Amy meet the "Sound Man" who gives them an entertaining demonstration of various sounds and warns them of the dangers of being exposed to extremely loud noises.

Ages 6 to 8  
14 minutes, order 1-8994-IN

### Health: Exercise, Nutrition And Sleep (3rd Ed)

Amy and Mark, having skipped gym class, are confronted by a vision, who calls herself "P.T." (Personal Trainer). She demonstrates proper exercise, eating habits, and enough rest. She convinces the kids to return to their gym class as a new beginning to a more healthy lifestyle.

*Curriculum Correlations:*

**AB Physical Education - Authorized Teacher Resource K-6 - General Outcome B:**

*"Students will understand, experience and appreciate the health benefits that result from physical activity."*

A presenter's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-8995SG.pdf>

In order to read this PDF you may be asked for a PIN number. Enter "1-8995", without quotation marks. Please be patient - the download time depends on the speed of your Internet connection. Need help? Email us at [info@canlearn.com](mailto:info@canlearn.com)

Ages 6 to 8, Ages 9 to 11  
14 minutes, order 1-8995-IN

### Health: Eye Care (Second Edition)

In this colourful program, a magical book has some very special advice on eye care for children who open it.

The enchanted book belongs to Dr Davis, the eye doctor, who gives the book to Jared, a young patient who's come to the office with a scratched eye. Fortunately Jared's eye will heal quickly. Dr Davis tells the boy he should learn more about his eyes, and gives him a large gold edged book to take home.

Care of the eyes; how people see and function of each part of the eye.

*Curriculum Correlations:*

**AB Science Gr 1 Senses:**

*"describe ways to take care of our sensory organs, in particular our eyes and ears".*

### MB Science Gr 1 The Senses

**ON Science Gr 1 Life Systems - Characteristics and Needs of Living Things:**

*"identify the location and function of each sense organ".*

Ages 6 to 8  
15 minutes, order 1-8315-IN

### Healthward Bound: A Lifelong Journey

*Healthward Bound: A Lifelong Journey Series*

An owner's manual for the human body! Using intriguing animation and graphics, a group of physicians and other medical professionals assemble a human body - organ by organ, system-by-system - and then age this body through a lifetime.

*Healthward Bound* is about the magnificence and brilliance of the human body. The programming mirrors a journey where change (aging) is constant from conception and birth to senior adult and death. Salutes the human body, the vehicle that carries a person through a lifetime - and the legacy - the impression of a life - that lives on.

*Healthward Bound: A Lifelong Journey* won the first place award for Best Series in the 1997 American Medical Association International Film Festival.

*Curriculum Correlations:*

**AB Science Gr 8 Cells and Systems:** *"investigate ways that components of a living system work together and learn that healthy organisms*

*function as a balanced system within a life-supporting environment";*  
**Science 14 Body Systems:** *"understand that a healthy body is the product of body systems working in harmony; describe two body systems, their functions and structures."*

**BC Science Gr 9 Life Science - Body Systems:** *"relate structures to functions of organs and organ systems; describe how organ systems monitor, regulate and respond to changes in the internal and external environments; identify how body systems are interrelated."*

### MB Science Gr 8 Cells and Systems

**ON Science Gr 8 Life Systems - Cells, Tissues, Organs and Systems:** *"describe ways in which study of the structure, function and interdependence of human organ systems can result in improvements in human health."*

### The Magnificence and Brilliance of the Human Body

Walking through a dinosaur exhibit, an orthopedic surgeon finds a trunk of human bones. Bone by bone the surgeon assembles a skeleton. Specialists continue adding to the form, organ by organ, system by system.

The physiatrist adds muscles; a neurologist, nerves and a brain; cardiologist, a heart and blood vessels;



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pulmonologist, airways and lungs; a dentist, nutritionist, and family physician place in glands and a digestive system.

The newly formed figure, called *Human*, guides viewers through the remaining five episodes.  
Order 7-7100, 30 minutes

### **The Beginning of a Lifetime**

Starting at the beginning of a lifelong journey - conception and birth - specialists disclose the uniqueness of a newborn's body. The orthopedic surgeon uncovers the purpose of the pliable bones and the "C" shape curve of the newborn's spine.

Discover how the curve - compared to the "S" shape spine of an adult - changes with age and physical exertion. Go inside the heart and lungs to witness the amazing transformation at birth, a change that enables the newborn to survive outside the womb. Discover the make-up of tendons and ligaments and how muscle fibres grow. Travel the body's highway of information, the nervous system - brain, spinal cord, and nerves.

Order 7-7101, 30 minutes

### **A Heartbeat and a Breath**

View the powerful pump in the centre of the chest - the heart - and how each of the four chambers performs with majestic

function and impeccable timing. Follow the network of blood vessels - through arteries, veins, and capillaries.

Travel in the respiratory system - from tiny hairs in the nose into airways that divide into 23 generations, feeding into millions of minute air sacs in the lungs. Go beyond the outside boundary of the largest organ of the body - the skin - and into tissue with glands, hair follicles, pigment and immune cells.  
Order 7-7102, 30 minutes

### **Powerful Organs and Systems**

Through animation and graphics, take an in-depth look at respiration, blood pressure, nutrition, digestion, metabolism, smell, taste and sight. Travel in the digestive system - the esophagus, stomach, and intestines.

Learn the purpose of each tooth in a human's two sets of teeth. Discover how the body depends on carbohydrates, protein, fat, vitamins, minerals, and water to survive. Watch the mechanics of sight - eyes that gather and convert reflected light into neurological messages sent to the brain.

Order 7-7103, 30 minutes

### **Systems That Communicate, Protect and Reproduce**

Discover how humans hear, maintain balance, make verbal sounds, and communicate. Listen to the mechanics of pitch and tone, and how each

unique voice (a verbal "fingerprint") is created. Go inside the incredible immune system - a system that actually depends on age to get wiser. Examine the contents of an immunization and why they boost the immune system.

Then track the endocrine glands and the hormones each gland produces. Through animation and graphics, travel the urinary system and into the male and female reproductive systems.

*Content Note:* Physicians explain hormones, puberty, menstruation, ovulation, ova, sperm, and the union of a sperm and ovum - a zygote. Medical terminology, including penis, is used to explain the organs and system. Sexual intercourse is not addressed. The urologist and pediatric psychiatrist are brilliant in their tactful - yet frank - approach to highlighting the male and female reproductive systems.

Order 7-7104, 30 minutes

### **The Reflection of a Lifetime**

Witness how physical and mental changes occur in the later years of a lifetime - how bones, muscles, organs and tissues change with age. Learn why skin becomes more transparent, bones lose cells, and hair changes colour and thins.

Discover why some bones can compensate for bone loss while others can't; how menopause is related to the number of ova left

in the ovaries; why exercise is crucial to maintaining bone and muscle integrity; and what causes hearing loss.

Physicians demonstrate the impact of lifestyle - such as eating, sleeping, exercising and thinking - on how a person ages and at what rate.

*Human* closes the episode with a salute to life and legacy.

A Teacher's Guide, written by teachers, is available free when the series is purchased.

Order 7-7015, 30 minutes

Ages 12 to 14, Ages 15 to 18  
180 minutes, order 7-71000-IN

### **Healthy Teeth (2nd Edition)**

In this lively film, Leonardo da Vinci gives two modern day youngsters a thorough lesson on tooth care, complete with magical drawings. Ryan and Diane are eating lunch beneath da Vinci's statue when it suddenly comes to life and takes an interest in the contents of their lunch sacks. Needless to say, the two children are a bit startled. Ryan tentatively offers the legendary figure some potato chips.

Da Vinci isn't interested. He points out that Ryan's junk food lunch has little nutritional value, and it also harms his teeth. Rapidly sketching examples from the four basic food groups, he then brings the food to life, pointing out that healthy teeth begin with healthy eating. Toothbrushes,



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dental floss, and fluoride rinse magically appear from the artist's drawings as the children are taught when to brush their teeth and the correct way to brush and floss. They're given one more piece of advice: the importance of a dental checkup every six months. Da Vinci reminds Ryan and Diane that they need to start taking care of their teeth now to establish a healthy routine.

Ages 6 to 8, Ages 9 to 11  
11 minutes, order 1-8256-IN

### The Milk Makers

*The Reading Rainbow Series*

Thanks to this story by Gail Gibbons, everyone learns how this delicious liquid travels from a dairy cow to the neighbourhood supermarket. Get a lesson on how to milk a cow by hand and an introduction on the modern way of milking and feeding six hundred cows. Viewers get an insider's tour through a cheese-making factory, and a tender glimpse of the special kind of motherly love necessary to take care of baby calves.

Science Concepts: characteristics of animals, nutritional values, measurement.

For activity suggestions you can print, check out our web site at [www.canlearn.com](http://www.canlearn.com) - click on the Reading Rainbow tab.

*Curriculum Correlations:*

### AB Science Gr 1 Needs of Animals and Plants:

*"Identify ways in which living things are valued ..."*

### BC Social Studies Gr 2-3 - Society and Culture:

*"describe ways members of a community meet each other's needs."*

### MB Science Gr 2 Growth and Changes in Animals

### ON Science Gr 2 Life Systems - Growth and Changes in Animals:

*"Identify and describe the major physical characteristics of different types of animals; identify constant traits and compare the appearance of young and mature animals of the same species; describe how humans produce food by raising livestock."*

Ages 6-11  
30 minutes, order 5-1041-IN

### My Brother Is Sick

This program focuses its attention on the emotional responses and feelings of a well child to the hospitalization of her young brother. Muppet character Jennifer is worried. Sometimes she gets angry at her brother Jason. And now he's sick, and Jennifer wonders if it could be her fault. Grandmother realizes Jennifer needs someone to talk to and listens carefully to her concerns. This lesson will help kids talk about their concerns and complex, but normal feelings.

Early Years, Ages 6 to 8  
13 minutes, order 1-9782-IN

### Nutrition: You Are What You Eat

*Phantastic Physical Phenomena Series*

Recommended  
Saskatchewan Education: Health Education Bibliography for Elementary Grades: Grade 5 A Healthy Body

As Olivia and her friends search for a healthy snack food, they discover the secret of the calories, the problems with cholesterol and how the answer to eating well is often "in the bag." Have your students compare a banana, a hard-cooked egg, four marshmallows and two sugar cookies - the calories are nearly the same for each, but what about the nutritional content? Additional classroom activities help kids become familiar with nutritional labels, the differences between protein, fats and carbohydrates, and how to combine foods for a balanced diet.

Ages 9 to 11  
15 minutes, order 5-4435-IN

### Nutrition For Health: The Food Pyramid

This program defines The Food Pyramid, the new nutritional standard illustrating the five food groups and their recommended daily portions. In a series of interviews, high school students find out from health experts what proper nutrition is and how it can be incorporated into a daily diet.

The program points out that a healthy diet can be thought of as a four tiered pyramid. The largest part, or base of the pyramid, should be comprised of foods rich in complex carbohydrates. The next groups...fruits and vegetables; milk and dairy products; and meat, fish and poultry should make up the rest of a daily diet. The tip of the pyramid...fats, oils and sugars, should be avoided because they are already present in the other groups.

While emphasizing that each food group is necessary for good health, the program stresses that incorporating the proper amounts of each is vital to achieving good health.

Ages 12 to 14, Ages 15 to 18  
15 minutes, order 1-8526-IN



## Learning Resources

### The Sneeze: How Germs Are Spread

This short, engaging computer-animated demonstration of how germs are spread will make hand washing an unforgettable necessity in the minds of everyone who views it.

The program opens with bacteria busily dividing inside a mouth. We travel with them as they go to a party. After being sneezed onto the host's hand, the germs are transferred to a doorknob as he enters and are then picked up on the hands of others opening the door. One germ-laden partygoer handles several donuts before selecting one, leaving germs on everything she touches.

With infections and resistant diseases on the increase, it's time to remind everyone - especially food handlers, medical workers and children - how germs are spread and why its is so important to wash hands often.

A teacher's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-8976SG.pdf>

Please be patient. The download time depends on the speed of your Internet connection. Need help? Email us at [info@canlearn.com](mailto:info@canlearn.com)

All Ages  
3 minutes, order 1-8976-IN

### Alcohol & Drugs: The Family

Subject List 227

A comprehensive selection of video resources for children, adults and their caregivers. 00 minutes, order 9-99216-IN

### Mental Health & Stress

Subject List 80

A comprehensive collection of video resources exploring the issues of stress, suicide prevention and mental wellness. For nurses, doctors and the helping profession. minutes, order 9-9972-IN

### Sexual Health & Aids Education

Subject List 44

A comprehensive listing of video tapes dealing with all areas of sexuality, sexual health and AIDS/HIV prevention. 00 minutes, order 9-9935-IN

### Teaching Kids About Aids

The Doctor Is In Series

There is no vaccine for AIDS, no magic pill that can stop this fatal disease. But school teachers are developing their own vaccine - education - to help their students avoid this plague.

This show examines innovative programs in a San Francisco first grade and a New Hampshire high school. The show includes interviews with Fordham von Reyn of the Dartmouth-Hitchcock

Medical Center, former Surgeon General C. Everett Koop, and Congresswoman Pat Schroeder.

Adult, Professional  
26 minutes, order 2-3103-IN

### Thumbs Up For Kids: Aids Education

Children learn about germs and the difference between the "AID's germ" and a "cold germ". Conveys the message that AIDS is hard to get.

Presented in three segments to allow for discussion.

Closed Captioned

Recommended for Health Education, Grade 1, Saskatchewan Education. See "A Selected Listing of Learning Resources, 2005"

Early Years, Ages 6 to 8, Closed Captioned  
23 minutes, order 1-8160-IN

### The Truth About Body Image

The Teen Files Series

Eleven very different teens confront how popular ideas of "beauty" and "good looks" damage teens physically and psychologically. Explore the complex world of social pressures faced by teens caused by body image issues.

In a society where 50% of boys and 75% of girls are unhappy with their appearance, and where the rate of depression and suicide among teens is so high, this video provides a compelling behind the scenes look at how our "ideal" images are manipulated.

As these teens spend time getting to know one another, they discover that most people share the same needs, wants and feelings - even when those people appear to be very different on the outside.

Curriculum Correlations:

**AB Health & Life Skills Gr 8 Personal Health (W-8.4):** "develop personal strategies to deal with pressures to have a certain look/lifestyle"; and **Gr 9 Personal Health (W-9.4):** "analyze and develop strategies to reduce the effects of stereotyping on body image (e.g. health risks of altering natural body size/shape to meet media ideal".

**BC Career & Personal Planning Gr 9 & 10 Personal Development - Healthy Living:** "to encourage students to value and adopt balanced, healthy lifestyles; analyze lifestyle factors that affect health; demonstrate an awareness of eating disorders; relate eating and activity patterns to health; evaluate and midify personal goals for a healthy lifestyle; evaluate mass media messages related to personal practices and consumer decisions."

**ON Health & Physical Education Gr 9 & 10 Healthy Living - Healthy Eating:** and **Gr 6 & 10 Living Skills - Decision Making:** "understand the impact of parents, media and culture on values and goals." and **Guidance and Career Education Gr 11 Leadership and Peer Support - Interpersonal Knowledge and Skills:**



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A presenter's guide is available as a PDF file from the CLC website for those purchasing or previewing this video:

<http://www.canlearn.com/guides/1-2560SG.pdf>

Ages 12-18  
21 minutes, order 1-2560-IN

### Viruses And Bacteria: Warm Wet Spots (Cold, Flu)

What are "warm wet spots"? Health educator and television personality Ruby Peterson Unger uses this catch-phrase to identify the kinds of places that virus grow best - places that are warm, wet and dark.

The first two segments explain how germs cause disease; how the body serves as a perfect host to bacteria and viruses; and how germs can get in and out through such openings as the mouth, nose and eyes. These segments also explain how our immune system helps fight disease and how we can strengthen the immune system with healthy eating, sufficient sleep, regular exercise and by avoiding tobacco, alcohol, and other drugs.

The program includes teen-produced animation and "dramedy", with MTV-like energy to appeal to today's young people, as well as a musical rap number (also told in American Sign Language) instructing students on healthy hygiene techniques.

Order program 1-8808 if you want the version with a third eight-minute segment on AIDS and STD's.

Ages 6 to 8, Ages 9 to 11  
21 minutes, order 1-8777-IN

### Wellness: It's Not Magic

The puppet characters use an updated version of *Hansel and Gretel* to teach youngsters the importance of good health. While jogging in the woods, Harry and Greta run across an old witch who tries to entice them with sweets. They turn the tables and give her their pitch on the elements of proper nutrition, producing examples of the four food groups from their knapsacks.

Ages 6 to 8  
15 minutes, order 1-9784-IN

### Wheel Safety: Bikes, Blades And Boards

Bicycling and skating on inline skates or a skateboard can be dangerous if riders do not take the necessary safety precautions. See the various ways cyclists and skaters can stay safe and get more fun out of their time spent on wheels.

Topics covered in the video include use of safety equipment such as helmets, knee and elbow pads, maintenance, where to ride and skate, and how to prevent mishaps. See how to have fun and stay safe on wheels all year long.

Appeals to pre-teen as well as to teen audiences.

Curriculum Correlations:

**ON Gr 4 Health and Physical Education:** "apply decision-making and problem-solving skills in addressing threats to personal safety and injury prevention (e.g. bicycle safety, road safety)."

A presenter's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/2-5151SG.pdf>

Please be patient - the download time depends on the speed of your Internet connection. Need help? Email us at [info@canlearn.com](mailto:info@canlearn.com)

Ages 9 to 11, Ages 12 to 14  
16 minutes, order 2-5149-IN

### NEW RELEASE

### Young And Overweight: Helping Yourself Change

This positive video shows real young people making their choice "health"! Especially designed for children and young people who are already overweight. It gives them the tools they need (including calorie counting and using the nutrition facts label on packaging) to make everyday lifestyle choices that will help them get to a healthy weight.

Emphasizes the importance of adding physical activity to their daily routine, and introduces the "10,000 steps program".

Ages 12-18  
19 minutes, order 3-2050-IN

### Young Hearts: What You Must Know About Cholesterol

There is a lot that young people can do right now to maintain a healthy heart.

This program teaches them what cholesterol is, its link to coronary disease, and shows how to keep cholesterol levels low through diet, exercise, and stress management.

Ages 12-18  
27 minutes, order 1-8331-IN

### H.i.d.e. And S.e.e.k.

Learn eight strategies that people can use to protect themselves, their families and their communities from disease-causing germs.

H.I.D.E. stands for Handwashing, Immunization, Drug safety and Eating safety. Each area is covered in detail so viewers learn easy ways to prevent the spread of infection. S.E.E.K. stands for Safe personal practices, Environment, Elderly and Kids.

Avoiding high-risk personal behaviour and learning how to properly clean and disinfect the home and office are emphasized. Practical ways to establish healthy habits for the elderly and children, who are equally vulnerable, are shared. Controlling disease requires knowledge, awareness and the willingness to change old habits.

Curriculum Correlations:



# Health & Nutrition For Youth

C A N A D I A N L E A R N I N G C O M P A N Y

## Learning Resources

### **ON Social Studies and Humanities Gr 9 and 10 Food and Nutrition:**

*Personal and Social  
Responsibilities: "identify and  
demonstrate safe  
food-handling practices,  
including kitchen safety,  
sanitary methods, and proper  
food storage."*

A facilitator's guide is available in PDF format from the CLC website for those purchasing or previewing this video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2766ATM.pdf>

Please be patient. The download time depends on the speed of your Internet connection. Need help? Email us at [info@canlearn.com](mailto:info@canlearn.com)

Ages 9-14, Ages 15 to 18, Adult  
28 minutes, order 1-2766-IN

This listing is correct as of Wednesday February 22, 2006 but is subject to change without notice. If this listing appears to be out of date, please contact us for up-to-date pricing and availability. This is Subject Nbr 21. For a brief master list of all available subjects, request document number 800. For an ORDER FORM, request document number 801

