NUTRITION VIDEOS on etvStreamlineSC

Elementary

Food Smarts: MyPyramid for Kids
Join a group of campers as they discover the importance of eating right. Using the USDA MyPyramid food guidelines, they learn why some foods are better than others, see how exercise is an important part of any healthful eating plan, and what to do when a particular food makes them groan "yuck!" K-5

Taking Charge in Meadowland
“Take charge of your health” is the theme of this resource that encourages young students to develop healthy habits. Entertaining and interactive, this program focuses on proper nutritional guidelines by promoting five or more fruits and vegetables each day. Acknowledging that children enjoy eating “junk food”, the lesson develops the concept of MODERATION in quantity and quality of foods. Through the creative characters of two mice, Chloe teaches Hugo about proper exercise and diet. The dangers of eating poorly without exercising are highlighted as the cat character chases the mice in Meadowland. The keys of a healthy lifestyle are taught in an active, entertaining way that will be clearly understood by the younger student. K-3

OrganWise Guys Video: Calci's Big Race
Calci trains for the “Bone Marrow-thon.” She knows that eating calcium rich foods combined with physical activity will help her stay strong so she can make it to the finish line. K-3

The Magic School Bus for Lunch
Arnold's so excited he doesn't have to go on a field trip! But when he accidentally swallows his miniaturized class, he becomes the field trip! K-5

Nutrition and Exercise with Jack the Apple: Getting Active with Jack the Apple
As Jack the Apple sings and dances with a friend, viewers see that activity has many health benefits - and is fun! Dancing, stretching, and playing are all shown as great ways to develop fine and gross motor skills, When the young friend and his aunt visit a gym, they practice many skills, including rolling a ball, kicking and using a bat. The program also offers suggestions for fun physical activities that children can do with their parents as home. K-2

Nutrition and Exercise with Jack the Apple: Five a Day with Jack the Apple
Jack the Apple travels with a young girl to the supermarket where he sings a catchy song that identifies many fruits and vegetables and their benefits to the body. The two return home and prepare healthy meals and snacks together. Appropriate serving sizes are reviewed and appealing menu ideas presented. Young viewers will use their imaginations and strengthen their vocabulary. K-2

Nutrition and Exercise with Jack the Apple: Choosing Foods with Jack the Apple
Jack the Apple visits a family that is preparing for a birthday party for 5-year-old twins. Jack sings fun songs that explain healthy food choices, appropriate portions, and creative food preparation. The importance of eating three healthy meals a day, how to make healthy snacks, and smart beverage choices, like milk, water, or juice are all reviewed. K-2

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Middle School

Food and Nutrition 2
Making good food choices is critical to give the body energy and the resources it needs to grow. Students explore the effects that food choices have on our bodies and see the benefits of eating healthful foods. The video discusses proteins, carbohydrates, fats, minerals, vitamins, and fibers. 3-8

Managing Your Health: Weight Control
It's fair to say that fat is an American obsession: At least 100 million Americans are overweight, and many others suffer from eating disorders. What do you know about fat and nutrition? Learn the toll obesity takes on health. Discover how fats and sugars contribute to weight, the danger of diet aids, and the benefits of good old-fashioned exercise. 6-8

High School

Lily Series: Lily Does Lunch: Nutrition at Noon
Lily, like many other women, feels tired after work. After evaluating her daily nutritional habits, she knows that eating a better lunch will boost her energy level throughout the day. This program stresses the importance of eating a nutritious lunch, and discusses the common reasons workers often skip or skimp at lunch. Lily realizes that many women often do not take the time to plan, purchase, and prepare a well-balanced lunch they will want to eat. She shares a few of her favorite sandwich recipes and creative tips that make "brown bagging it convenient and enjoyable! Also available in Spanish. 9-12

Skills for Healthy Living: Setting Goals for Healthy Living
It's not enough to wish to eat better or get more exercise. Discover how to set and meet your health goals. 9-12

Nutrition and Digestive Health: Eating for your Future
The Inside Tract (23 min.)—Explores how the foods you eat now can help make your healthier or sicker in the long run. To Your Health (26 min.)—Investigates which diets provide the best chance for a long and healthy life, and concludes by emphasizing the need for dietary balance, variety, and moderation. 9-12

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