

Food Science and Technology Videos and PowerPoint® CDs

Carbs

Explore the role of carbohydrates in your daily diet. Learn about glucose, insulin, diabetes, and the glycemic index. What is a carbohydrate? Does it make you fat? Why do people on a diet avoid it? What is the main problem with carbs in a typical diet? Learning Seed study guide included. (2005-19 min.)

No. 5285.....\$89.00

No. 5285 DVD.....\$89.00

Career Day: Nutrition \$

Learn about a variety of careers from a nutrition consultant, public relations specialist, registered dietitian, food scientist, food stylist, and other food-related professionals. Observe interviews with a sports nutritionist for professional athletic teams, a public health nutritionist, and a famous food entrepreneur. (2006-22 min.)

No. 9317.....\$79.95

No. 9317 DVD.....\$79.95

Competitive Edge: Nutrition for Athletes (PowerPoint CD)

Shows how to get the best performance with proper nutrition pre and post competition. Includes slides and script to cover eating for energy, training diets, fluids and dehydration, nutrition supplements, body composition, eating disorders, and more. (2005-33 slides)

No. P9136.....\$49.95

Eat Right! Food Pyramid - NEW

The newest version of the food pyramid emphasizes the importance of physical activity and eating nutrient dense foods. See how to include good fats, lower the added sugar, include low or no fat dairy products, and add whole grains. Learn how to read labels to get the desired nutrients. Learning Seed teacher guide included. (2006-24 min.)

No. 5290.....\$89.00

No. 5290DVD.....\$89.00

Fast Food Survival Guide

Explores the problems with fast food without labeling it all as "junk food." Analyzes name brand foods, explains serving size, gives suggestions for making healthy choices. Learning Seed study guide included. (2005-22 min.)

No. 5283..... \$89.00

No. 5283 DVD.....\$89.00

Food Additives: Fact or Fiction?

Introduces a variety of additives, such as coloring agents, flavors, emulsifiers, and preservatives, and explains how additives affect foods we eat. Supplement containing section and final quizzes helps students differentiate between fact and fiction. (2000-26 min.)

No. 2699\$99.00

Food and Fire: The Science (and Magic) of Cooking

Cooking is a craft, and art, and an applied science. The program teaches the basics of heat and temperature. Great for supporting science objectives. (2004-23 min.)

No. 5504\$89.00

No. 5504 DVD\$89.00

Food Safety – NEW

Experts estimate food borne illness accounts for over 300,000 hospital admissions yearly. Learn how to handle food safely and prevent illness and how to keep dangerous bacteria from growing into a health hazard. Presentation emphasizes the "why" of food handling instead of a series of rules. Learning Seed teacher guide included. (2007-22 min.)

No. 5180\$99.00

No. 5180 DVD.....\$99.00

Food Safety For The Family

(GREAT PRODUCT FOR A GREAT PRICE!) Demonstrates four ways to make food safe: clean, such as washing hands and fruits and sanitizing utensils; separate, such as avoiding cross-contamination; cook, what temperature to reach for various meats and poultry; and chill, what temperature foods may be kept at for various time periods. Includes explanation of food-borne pathogens. Additional information on rules for breast-feeding, storing breast milk and prepared formula, and safe toddler feeding from jars of baby food. Set comes with two videos (in English and Spanish) and a DVD containing lesson plans and exercises in English and Spanish. Developed by Texas Woman's University and University of North Texas. (2005-19 min.)

No. 2001\$39.00

Germs and Viruses

Discover common misconceptions about micro-organisms and learn which to fear, which to welcome, and how to protect yourself. Learn the best way to prevent germs, bacteria, and viruses from infecting you; how bacteria differ from viruses; how and why to wash your hands; why anti-bacterial soaps and lotions might promote the growth of bacteria; how to use a public washroom and protect yourself against pathogens; how to keep food safe, and how to avoid the common cold. Learning Seed teacher guide included. (2006-20 min.)

No.5298.....\$89.00

No.5298DVD.....\$89.00

Government's Role In Food (PowerPoint CD)

Analyzes quality control standards, and summarizes the local, state, and federal laws, legislation, and public policies affecting food safety and sanitation. Presents the liabilities and responsibilities restaurants have to their customers and the laws implemented to protect the food supply. (2003 – 69 slides)

No. P2023..... \$79.00

Grocery Shopping Survival

Helps conquer the confusion caused by the variety of products available (approximately 26,000) in the grocery store. Topics include labeling information; unit pricing; budgeting; menu planning; and food storage and preservation. Also suggests 10 ways to speed up the shopping chore. Includes a study guide and a supplement. (2000-36 min.)

No. 2586\$85.00

How Much Should I Eat? - NEW

Help students develop portion awareness so they can replace "super size it" with "intelli-size-it." Answer questions such as: What is a reasonable portion for common foods? How does psychology influence how much you eat? How do food labels mislead about calories? Learn how to make educated guess about serving sizes. Learning Seed teacher guide included. (2007-22min.)

No. 5310\$99.00

No. 5310 DVD\$99.00

Introduction to Food-Borne Illness

Provides a general overview of types of organisms that cause food-borne illness and some basic practices to minimize the risk of food-borne disease. Includes a supplement. (1996-39 min.)

No. 2675.....\$115.00

Kitchen Fundamentals: Common Tools & Terms

Observe basic food preparation techniques demonstrated by a professional chef. Topics include chopping, blending, beating, whipping, baking, measuring, and hand washing. (2005-40 min.)

No. 9031.....\$49.95

No. 9031 DVD.....\$49.95

Kitchen Math: Measuring

Presents measuring with humor and style. Includes the history of measuring, basic kitchen measurements, measuring tools and techniques, and serving sizes. (2005-35 min.)

No. 9026.....\$49.95

No. 9026 DVD.....\$49.95

Kitchen Safety Smart

Teens follow a comedian around the kitchen as he narrowly averts impending disasters while preparing them breakfast. Short vignettes on knife safety, burns, broken glass, and ways to prevent and respond to kitchen safety issues are presented. The students demonstrate equipment usage and personal safety. Appropriate for beginning students. (2005-8 min.)

No. 9390.....\$49.95

No. 9390 DVD.....\$49.95

Meal Planning & Management (PowerPoint CD)

Explores considerations of nutrition, budget and costs, skills, and time limitations. Analyzes the influence of advertising on consumer food-buying strategies. (2003 – 30 slides)

No. P2021..... \$64.00

Multicultural Foods 1

Examines foods, preparation, varying tastes, and types of kitchens in different areas of the world. Features French, Greek, Chinese, Indian, and Italian chefs and recipes. Health insert shows nutritional values of foods featured. (1997-41 min.)

No. 6743\$79.95

No. 6743 DVD.....\$79.95

Multicultural Foods 2

Examines foods, preparation, varying tastes, and types of kitchens in different areas of the world. Features kitchens of Lebanon, Japan, Germany, Thailand, Bali, and Indonesian countries. Health insert shows nutritional values of foods featured. (1997-36 min.)

No. 6744..... \$79.95

No. 6744 DVD\$79.95

MyPyramid (PowerPoint CD)

Dissects the USDA's new MyPyramid. Presents colorful information on the concepts, symbolism, and dietary recommendations of the 2005 Dietary Guidelines. Suitable for students and educators. (2005-42 slides)

No. P9161..... \$49.95

MyPyramid-Pass It On

Explains the symbolism of the new personalized food guidance system. Uses teens to teach the "Steps to a Healthier You" and shows them how to eat for energy, control their calories, and add physical activity to their daily routine. Students go to the Web site where they find their personal eating plans for their age, gender, size, and activity level. (2005-15 min.)

No. 9386.....\$49.95

No. 9386 DVD\$49.95

Nutrients And Your Body (PowerPoint CD)

Looks at the six classifications of nutrients and how they function in the body. Identifies sources and deficiencies, and compares the nutritive value of foods. (2003 – 44 slides)

No. P2065..... \$79.00

Nutrition Basics: Why Food Matters

Explains why we need to choose carefully from the tons of food we eat to obtain the four basics of life: water, energy, protein, and a handful of vitamins and minerals. Use this to correct many commonly held misconceptions about why we eat. Learning Seed teacher guide included. (2006-19 min.)

No. 5288.....\$89.00

No. 5288 DVD.....\$89.00

Obesity in a Bottle – NEW

Take a look at the growing national obesity problem and how beverages are a significant factor. Discover how the beverage choices we make can greatly affect our health – for better or for worse. The video examines the effect of beverages on weight gain. Also look at beverage size, the dangers of regular and diet sodas, sports and energy drinks, the nutritional breakdown of popular beverages, and the benefits of drinking water. This up-to-date video will appeal to teens and encourage smart beverage choices. (2006- 21 min.)

No. 9429\$79.95

A Scientific Look at Nutrition - NEW

Have you ever wondered what nutrition really is and why it is so important? This DVD discusses the six essential nutrients and illustrates what happens to the food you consume and how it benefits the body. It also explains the concepts of digestion, metabolism, and the expenditure of energy. (2007- 24 min.)

No. 2121 DVD..... \$125.00

Small Appliances: A TO Z

Observe a professional chef use a variety of small appliances, such as a bread machine, food processor, blender, crock pot, dehydrator, electric knife, and waffle iron. See how technology has made the job of cooking easier and more fun. (2005-25 min.)

No. 9029.....\$49.95

No. 9029 DVD.....\$49.95

Snack Smarts

Features three students as they meet people in the grocery store who will teach them how to read nutrition labels, weigh options to choose foods that will make them look and feel good, and find new foods to eat. Students locate snack foods that will satisfy their salty, crunchy, creamy, and sweet cravings. (2006-18 min.)

No. 9218.....\$79.95

No. 9218 DVD.....\$79.95

Understanding Food-Borne Pathogens

Examines several common pathogens responsible for food-borne illness, including E. coli, Salmonella, Listeria, Botulism, and many more. Characteristics of these organisms, symptoms of their related illness, as well as preventative measures that will help reduce the risk of becoming ill are discussed. Includes a study guide. (1996-40 min.)

No. 2676.....\$115.00

Vitamin Basics

Learn the basics of vitamins. What are vitamins and how do they keep us healthy? What is the best way to be sure vitamin needs are met? Are supplements necessary? Can vitamins cure illnesses, slow aging, and boost energy? What are the dangers of overdosing? Are natural better than synthetic supplements? Learning Seed study guide included. (2005-21 min.)

No. 5182\$89.00

No. 5182 DVD.....\$89.00

What is a Calorie?

Provides basic information about how we use food for energy. Covers how calories are measured, the basal metabolic rate, weight loss, and empty calories. Compares 32 heads of lettuce to one piece of pie. Encourages exercise. Compatible with the new food guide. Learning Seed study guide included. (2005-17 min.)

No. 5284.....\$89.00

No. 5284 DVD.....\$89.00

Your Nutrition Style - NEW

Focuses on a key idea of the new food pyramid—eating patterns have to fit individual needs. There is no one daily diet that is best for everyone. The video explains how to adjust eating styles to match the USDA dietary guidelines. Good introduction to a nutrition makeover. Learning Seed teacher guide included. (2006-24 min.)

No. 5257..... \$89.00

No. 5257DVD..... \$89.00