

# Eating Well with Canada's Food Guide



**Canada's Food Guide Poster • Item# LZ410215 • \$16.95**  
18" x 24" Laminated

Canada's Food Guide Poster is a bilingual English/French nutrition poster that includes basic dietary advice for selecting healthy foods from each of the four Canadian Food Groups.

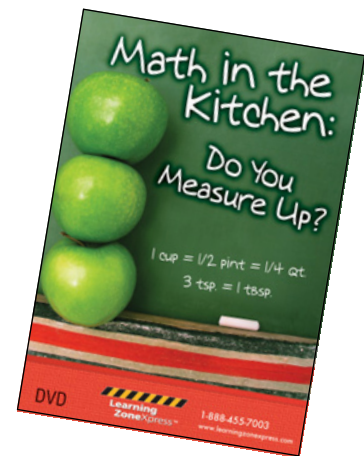
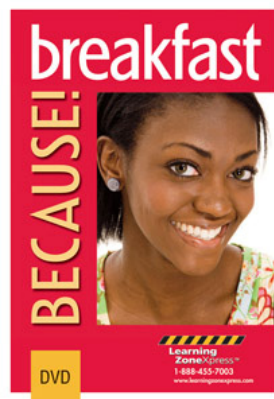
**Canadian Food Group Poster Set • Item# LZ410216 • \$45**  
Set of 4 - 18" x 24" Laminated

Highlight good food choices from the four food groups of Canada's Food Guide with the Canadian Food Group Poster Set. This set features food selections and basic dietary advice based on Canadian guidelines for each of the food groups including:

- Milk and Alternatives
- Grain Products
- Protein and Alternatives
- Vegetables and Fruits



## ALSO ADD THESE POPULAR DVDS:



**Teen Nutrition: What's the Big Debate? [CC] [SR]**  
(Canadian Rainbow Edition)  
Gr. 6-A • 20 min • 2008 • LZ3600 • \$89.95

**Telly Award Winner**  
**National Health Information Awards Winner**

"...presents both solid information and practical advice on the subject of good nutrition... While the content of this well-paced video is specifically teen-oriented, the many practical tips - from decoding nutrition labels to correctly gauging your hunger level - would apply to any age group. Recommended." - **Video Librarian**

There's no debate that healthy eating is good for you, but too often, teens don't make smart choices when it comes to food and activity. 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. From them we learn: the F-A-T-S method of eating and activity; the P-L-A-N method for changing bad eating/activity habits; why the Food Pyramid matters; how to use a hunger scale to control eating; how reading food labels can help teens make good choices. Teaching materials included.

**Breakfast... Because! [CC] [SR]**  
(Includes Canadian Rainbow version)  
Gr. 5-A • 25 min • 2009 • LZ3482 • \$104.95

**Telly Award Winner**  
**Merit Health Information Award Winner**

"A healthy amount of practical, nutritionally sound information is assembled in this engaging, lively package. A close look at the Food Pyramid (instructors in Canada can choose an alternate segment which refers to the Canada Food Guide) provides a foundation for appealing breakfast ideas. This inventive take on an important issue keeps the presentation fresh and entertaining, providing a resource that will be useful in health and life skills classes." - **School Library Journal**

"Highly recommended." - **Video Librarian**

Explore why breakfast is so important! Engaging and creatively written, this video emphasizes the benefits of breakfast for great physical and mental performance. This DVD is chaptered into units appropriate for all ages. Includes segments on breakfast facts, how body parts come alive with the need for breakfast, great breakfast ideas, how to read the nutrition label, and more.

**Math in the Kitchen: Do You Measure Up? [CC] [SR]**  
(Includes metric conversions)  
Gr. 5-A • 28 min • 2009 • LZ3495 • \$59.95

**Telly Award Winner**

Is baking basic chemistry? Are ingredients basic biology? And is cooking basic math? If you can't tell a tsp from a TBL, you're likely to get a pancake when you wanted a soufflé. Basic math is needed to help you properly prepare a recipe your guests will enjoy, or to change your favorite recipe to serving ten people instead of four. Matt the Mathematical Cook is a lively host who will multiply, divide, measure and whip up a few recipes in the process. This program will teach viewers:

- How to read a recipe with its abbreviations
- Equivalents
- Measuring techniques
- Increasing and reducing recipes
- Determining the 'best deal' for grocery store prices

As an added bonus, we will measure out the ingredients for three recipes: Chicken A La King, Spaghetti Sauce, Peanut Butter Cookies. Teaching Materials included.

**Visual Education Centre**  
Canada's Leading Supplier of Audio & Video Educational Resources

www.visualed.com | www.learn360.ca

- Customer Service • (800) 668-0749 x257 • Fax: (866) 664-7545 • sales@visualed.com
- ON Rep - Barb Batten • (800) 668-0749 x243 • Fax: (866) 664-7545 • bbatten@visualed.com
- AB Rep - Mike Tieman • (800) 668-0749 x835 • Fax: (403) 266-1781 • mtieman@visualed.com
- BC Rep - Neil Kirkwood • (800) 668-0749 x252 • Fax: (866) 664-7545 • nkirkwood@visualed.com