

Nutrition. 2007. 14min.

Visual Learning

Bodies, like cars, need fuel; however, humans have a much wider selection of fuels to choose from, since food comes in all sorts of textures, tastes, colors, and nutritional value. Knowing the basics of good nutrition is a critical aspect of staying healthy. Offering a quick overview of the major aspects of nutrition--which is simply the interaction between the body and food or drink--this program outlines key terms (such as digestion, carbohydrates, and vitamins), discusses the six essential nutrients, looks at the food labels and the revised food pyramid, and features a few nutrition tips (such as drinking eight glasses of water daily). While the information is very basic, the accompanying curriculum features summaries, quizzes, and teacher's guides, while DVD extras include indexes, labeled slides, and iMovie project, and a glossary. (E. Gieschen)

Video Librarian

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