

APPENDIX B: FOOD STUDIES 11 AND 12 • *Grade Collections*



Canada's Food Guide to Healthy Eating, Revised

General Description:

Three print components present the revised Canada Food Guide in its rainbow format. The package provides a pattern for establishing healthy eating habits through the daily selection of foods. The guide can also be accessed online via Health Canada's website. Please refer to the separate annotations for information on Native Food Guides (Coast B.C. and Interior B.C.). Various cultural adaptations of the Guide may be available from local public health units.

Audience

General

Category: Student, Teacher Resource

Grade Level:

K/1	2/3	4	5	6	7	8	9	10	11	11A	12
									✓		✓

Year Recommended in Grade Collection: 2001

Supplier: *Health Canada's Consumer Product Safety Information*

Ottawa, ON K1A 0K9

Tel: (613) 952-1014 **Fax:** (613) 941-4376

Web Address: <http://hc-sc.gc.ca/>

Price: Free

ISBN/Order No: 0-662-19966-9

Copyright: 1992



Food for Today, Seventh Edition

Author(s): Kowtaluk, K.

General Description:

Comprehensive resource includes student text and workbook, teacher edition, workbooks including skills for making food choices and internet connections. Application of learning activities are provided in the teacher's classroom resources package that consists of booklets such as foods lab resource, global food tour workbook, food science resource, and extending learning resource. Diverse needs of students are supported through reteaching and enrichment activity workbook. Assessment tools include section quizzes and chapter/unit tests.

Caution:

While text includes metric conversions, test and quizzes do not include metric equivalents.

Audience

General

Category: Student, Teacher Resource

Grade Level:

K/1	2/3	4	5	6	7	8	9	10	11	11A	12
									✓		✓

Year Recommended in Grade Collection: 2001

Supplier: *McGraw-Hill Ryerson Ltd. (Ontario)*
300 Water Street
Whitby, ON L1N 9B6

Tel: (905) 430-5000 **Fax:** (905) 430-5194

Toll Free: 1-800-565-5758 (orders)

Web Address: www.mcgrawhill.ca

Price: Text: \$65.831
Student Workbook: \$12.67
Teacher's Wraparound Edition: \$90.38

ISBN/Order No: Text: 002-6430487
Student Workbook: 002-6430517
Teacher's Wraparound Edition: 002-6430495

Copyright: 2000



Food Preservation: The Principles of Food Preservation

General Description:

Twenty-five-minute video explores food preservation methods and the factors that cause food to spoil. Goes behind the scenes in a cheese and dairy factory and into food labs, where it demonstrates commercial freezing and canning processes. Accompanying teacher's notes provide suggested activities and worksheets.

Audience

General

Category: Student, Teacher Resource

Grade Level:

K/1	2/3	4	5	6	7	8	9	10	11	11A	12
									✓		✓

Year Recommended in Grade Collection: 2001

Supplier: *B.C. Learning Connection Inc.*
#4 - 8755 Ash Street
Vancouver, BC V6P 6T3

Tel: (604) 324-7752 **Fax:** (604) 324-1844

Toll Free: 1-800-884-2366

Price: \$26.00

ISBN/Order No: HE0106

Copyright: 1995



Foodsafe Level I, 3rd Edition

General Description:

This 2002 revised edition has been updated to integrate a worker health and safety content and is now organized in six units: Introduction to Food Safe; Food Service Illness and Injury; Receiving and Storing Food; Preparing Food; Serving Food; and Cleaning. Each unit has key learning points, a recap summary and a quiz. The workbook also includes useful appendices, Internet references and resources, and the students' answer sheet for the final exam. This is sent to the Foodsafe Registry in order to receive the certificate issued by the Ministry of Health. This edition is more current and user-friendly. Also available is an Instructor's Kit that includes a 75 minute video and a CD-ROM with PowerPoint slides; however, these components have not been evaluated. Versions are also available for Distance Education, Cantonese and Punjabi.

Audience

General

Category: Student, Teacher Resource

Grade Level:

K/1	2/3	4	5	6	7	8	9	10	11	11A	12
									✓		✓

Year Recommended in Grade Collection: 2003

Supplier: *Government Publication Services*

563 Superior Street
P.O. Box 9452 Stn Prov Govt
Victoria, BC V8W 9V7

Tel: (250) 387-6409 **Fax:** (250) 387-1120

Toll Free: 1-800-663-6105

Web Address: www.publications.gov.bc.ca

Price: \$7.50

ISBN/Order No: 0-7719-1693-0

Copyright: 2002



FoodTrack Leader's Kit

General Description:

Instructor's kit contains materials for teaching nutrition and healthy eating using a variety of FoodTrack materials. The kit contains background information on the materials, a suggested teaching sequence, a serving size poster, an ethnic foods list and overheads. A variety of student materials, available in quantity at nominal cost, deal with fat, caffeine, fibre and balanced diet.

Audience

General

Category: Student, Teacher Resource

Grade Level:

K/1	2/3	4	5	6	7	8	9	10	11	11A	12
									✓		✓

Year Recommended in Grade Collection: 2001

Supplier: *B.C. Dairy Foundation*

3236 Beta Avenue
Burnaby, BC V5G 4K4

Tel: (604) 294-3775 **Fax:** (604) 294-8199

Toll Free: 1-800-242-6455

Web Address: www.bcdairyfoundation.ca

Price: \$15.00

ISBN/Order No: Not available

Copyright: 1993



Going Vegetarian: Adolescent Nutrition, Part I

General Description:

Sixteen-minute Australian video describes the basics of healthy eating when teens decide to become vegetarian. It explores reasons teens and others may choose to restrict their intake of animal foods and highlights foods that would provide an alternate source of protein. The video also describes the relationship between absorption of iron, vitamin C and calcium, as well as the negative effects of caffeine in iron absorption. Video shows methods and recipes to maximize nutrient absorption while on a vegetarian diet. Simple presentation would be useful as an introduction into a unit of vegetarianism. This video is also recommended for Home Economics Grade 9 and 10 and fills a void for support material in the IRP related to vegetarianism.

Caution:

- Teachers should note the error on page 2 of the Teacher's notes that states "lacto-ova vegetarians also avoid eggs and milk products."
- Teachers will need to address the unsafe practice of two students dipping their fingers into a food dish at the same time, for tasting.
- Video may elicit strong debate about the consumption of animal products.

Audience

General

Category: Student, Teacher Resource

Grade Level:

K/1	2/3	4	5	6	7	8	9	10	11	11A	12
									✓		✓

Year Recommended in Grade Collection: 2003

Supplier: *Classroom Video Inc.*

107 - 1500 Hartley Avenue
Coquitlam, BC V3K 7A1

Tel: (604) 523-6677 **Fax:** (604) 523-6688

Toll Free: 1-800-665-4121

Price: \$79.00

ISBN/Order No: Not available

Copyright: 2002



A Matter of Fat: The Case of the Hidden Fat

Author(s): Beef Information Centre

General Description:

Nutrition education resource helps identify sources of fat in a diet and provides suggestions for reducing and balancing total fat intake. Kit contains leader guide sheets, a poster and other print materials, and three modules that introduce important facts and suggest activities. Corresponds with CANADA'S FOOD GUIDE TO HEALTHY EATING.

Audience

General

Category: Teacher Resource

Grade Level:

K/1	2/3	4	5	6	7	8	9	10	11	11A	12
									✓		✓

Year Recommended in Grade Collection: 2001

Supplier: *Beef Information Centre*
100, 140 West 15th Street
North Vancouver, BC V7M 1R6

Tel: (604) 985-0113 **Fax:** (604) 985-8284

Price: Free

ISBN/Order No: Not available

Copyright: 1995



Multicultural Cooking

Author(s): Spicer, K.

General Description:

Cookbook is a collection of over 200 practical multicultural recipes published in cooperation with the Canadian Diabetes Association. Each recipe provides vital, up-to-date nutritional information and a serving analysis. Provides explanations of ingredients and food terms along with their historical and social significance. Recipes include both imperial and metric measures.

Audience

General

Category: Student, Teacher Resource

Grade Level:

K/1	2/3	4	5	6	7	8	9	10	11	11A	12
									✓		✓

Year Recommended in Grade Collection: 2001

Supplier: *MSI Films Inc.*
107 - 1857 West 4th
Vancouver, BC V6J 1M4

Tel: (604) 736-3001 **Fax:** (604) 738-4558

Price: \$10.97

ISBN/Order No: 0-9695688-2-7

Copyright: 1995



Native Food Guides

General Description:

Guides show how B.C. native foods fit into the four basic food groups, and can be used with Canada's Food Guide. Separate pamphlets are available for Coast B.C. and Interior B.C.

Audience

General

Category: Student, Teacher Resource

Grade Level:

K/1	2/3	4	5	6	7	8	9	10	11	11A	12
									✓		✓

Year Recommended in Grade Collection: 2002

Supplier: *BC Aboriginal Network on Disability Society*
1179 Kosapsum Crescent
Victoria, BC V9A 7K7

Tel: (250) 381-7303 **Fax:** (250) 381-7312

Toll Free: 1-888-815-5511

Web Address: www.bcands.bc.ca

Price: Free courtesy copies

ISBN/Order No: Not available

Copyright: 2001



Slim Hopes: Advertising and the Obsession with Thinness

General Description:

Thirty-minute video offers an in-depth analysis of the role female bodies play in advertising imagery and the resulting devastating effects on women's health, both physical and mental. It offers a well-documented critical perspective on the social impact of advertising. Teachers will need to develop their own pre- and post-viewing activities.

Audience

General

Category: Student, Teacher Resource

Grade Level:

K/1	2/3	4	5	6	7	8	9	10	11	11A	12
									✓		✓

Year Recommended in Grade Collection: 2001

Supplier: *Kinetic Inc.*
511 Bloor West
Toronto, ON M5S 1Y4

Tel: (416) 538-6613 **Fax:** (416) 538-9984

Toll Free: 1-800-263-6910

Price: \$26.00

ISBN/Order No: HE0102

Copyright: 1996