



Food Basics series

At Home in the Kitchen

Middle Secondary - Senior Secondary

Duration: 10 Minutes

Are you a stranger in your own kitchen? Learn about the basic equipment every kitchen should have and how to use it. See how easy it is to make a nutritious dinner in a short time.

Family Fun

Middle Secondary - Senior Secondary

Duration: 10 Minutes

See how getting the whole family involved can make mealtimes fun. From young children helping to stir ingredients to letting teenagers take control of the kitchen for an evening, discover that the benefits of cooking together as a family go far beyond nutrition.

Food Safety

Middle Secondary - Senior Secondary

Duration: 10 Minutes

Everyone loves a cookout, but lookouts, cookouts and picnics can also be prime breeding grounds for harmful bacteria that can make people sick. Learn safe food handling techniques, including avoiding cross-contamination, properly washing fruits and vegetables, cooking all meats thoroughly, and keeping items properly chilled. Have fun and stay safe.

Recipes Made Easy

Middle Secondary - Senior Secondary

Duration: 10 Minutes

Saute, dice, au gratin; recipes don't have to be a jumble of unclear words and directions that cause you to give up in frustration. Learn how to decipher a recipe and prepare the ingredients like a pro. Once the basic cooking skills have been mastered, you'll realise why's there's nothing quite like "homemade".

Shopping Smarts

Middle Secondary - Senior Secondary

Duration: 10 Minutes

Food shopping doesn't have to be a tedious task. With a little planning you can whip through the supermarket, pick up only the things you need, save money, and have all the ingredients for a week's worth of nutritious meals for your family. Learn how to use coupons and how to avoid the temptation to buy things you don't need.

Life Science series

Health

Senior Primary - Junior Secondary

Duration: 20 Minutes

Teenagers are works in progress on many levels, not the least of which is physically. Abuses such as drugs or alcohol can cause developmental damage to the brain and body that may not be undone. Healthy habits for life such as eating well, exercising, and protecting the skin should be encouraged now.

Health

My Pyramid series

Simple Steps to Healthy Living

Middle Secondary - Senior
Secondary

Duration: 14 Minutes

Individuals can determine how much of certain foods they should eat, and what foods are better than others, by using the U.S Department of Agriculture My Pyramid diet guidelines. This program provides instructions for using MyPyramid, and some simple suggestions for getting the daily amount of proper nutrients and activity.