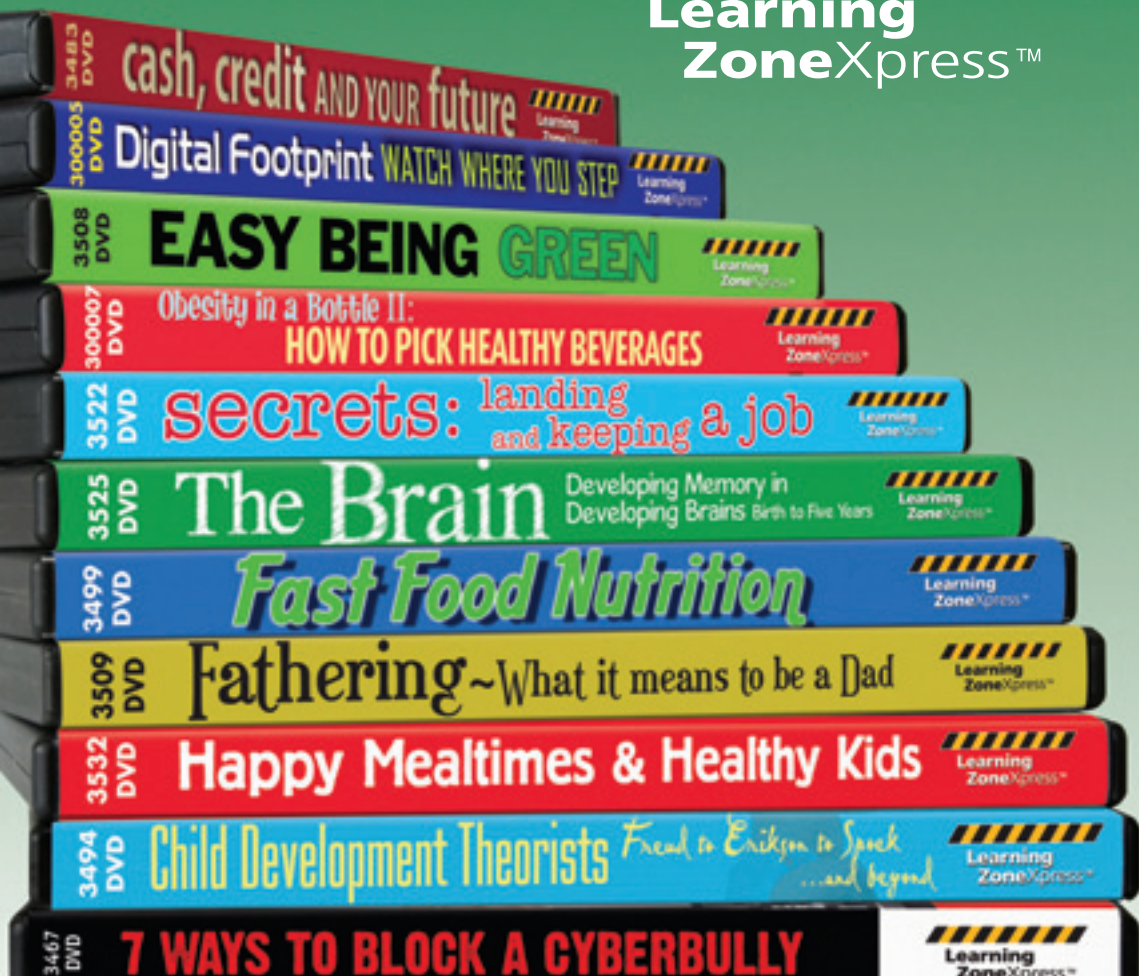




**Learning  
ZoneXpress™**



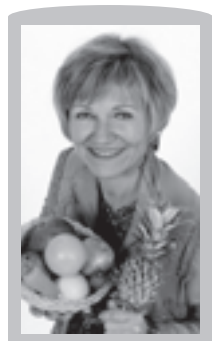
165+ Proprietary Videos ► Engaging — Edu-taining — Relevant

# 2011 DVD Catalog

Nutrition • Health • Food Preparation • International Foods  
• Child Development • Parenting • Character & Manners  
• Fashion & Sewing • Careers • Interior Design & Housing  
• Safety • Sustainability

Distributed by **KINETICVIDEO.COM**  
Phone (416) 538-6613 or (800) 263-6910  
Fax (416) 538-9984 Email - [info@kineticvideo.com](mailto:info@kineticvideo.com)

# About Learning ZoneXpress



Learning ZoneXpress is the premier source of “edu-taining” and award-winning learning tools. Our mission is to design, create and deliver innovative messages on life skills topics:

- Nutrition
- Child development
- Family living
- Character education
- Interior design
- Career
- Financial management
- Fashion and sewing

In addition to our 165+ proprietary videos, we offer a wide variety of affordable posters, games, Powerpoint® presentations, and incentives.

Learning ZoneXpress is dedicated to responsive and personalized customer service.

Learning ZoneXpress is a minority owned woman business.

*Melanie Nelson*

Melanie Nelson  
Founder/CEO



## Fresh Food: What is Farm to Table?

AUDIENCE: Grade 6 - Adult

DVD UPC: 846742000416

RUN TIME: 20 min.

©2011

Tap into the current trend of eating locally grown foods without the use of chemical pesticides or hormones! The basics of sustainable farming is explored through the eyes of three highly-trained chefs who leave big city jobs to carve out a place to grow fresh, healthy ingredients for their gourmet dishes. Discover:

- The differences and similarities between sustainable and organic farming
- A brief history of farms
- How the chefs created and promote their farm
- How the fresh food travels from farm to table

Teaching materials online.

**\$3534 \$89.95**

## “CONNECT WITH US!”



KINETICVIDEO.COM  
511 Bloor Street West, 2nd Floor  
Toronto, Ontario M5S 1Y4

Email - [info@kineticvideo.com](mailto:info@kineticvideo.com)  
Website - [www.kineticvideo.com](http://www.kineticvideo.com)  
Phone (416) 538-6613 or (800) 263-6910  
Fax (416) 538-9984

## YES! STREAMING IS AVAILABLE!

Streaming can be purchased on all of the programs in this catalogue from KINETIC VIDEO. Simply let us know the number of years you wish to purchase and whether you want us to host.

## Contents

3 Nutrition	34 Parenting	52 Interior Design & Housing
11 Sustainability	35 Character	57 Index
12 Health	37 Careers	58 Ordering Information
13 Safety	44 Manners	59 Order Form
15 International Foods	46 Independent Living	
19 Culinary	48 Sociology	
29 Food Safety	49 Sewing	
30 Child Development	51 Fashion & Clothing	


- ▶ Perfect for early childhood family classes and parenting workshops
- ▶ Entertaining parent/child role reversal scenarios

## Happy Mealtimes & Healthy Kids

**AUDIENCE:** Grade 11 - Adult

**DVD UPC:** 846742000157

**RUN TIME:** 23 min.

©2010 

How we feed children is the key to improving what they eat, their relationship with food and with their bodies. Childhood feeding specialist, Katja Rowell, MD, presents the "no fuss, no fight" approach to childhood feeding that will help viewers learn that parents and children have separate roles to play in regard to eating. Unique, interactive, playful scenarios with actors and real families allow parents to apply the lessons about when, where, and what of feeding. DVD segments include:

- Here's the Big Idea: Introduction to the No Fuss No Fight approach to feeding
- Consider the Child: Structure: when and where
- Family Meals: Why family meals matter and how to get started
- "Forbidden" Foods: Feeding challenges
- All Together Now: Feeding tasks reviewed
- What to Offer: Meal and snack ideas

Teaching materials online.

**3532 \$119.95**

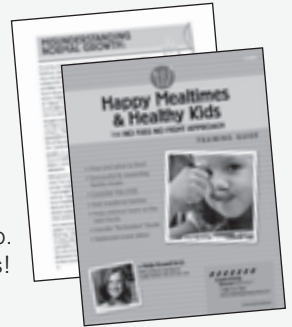


Katja Rowell, MD, family doctor and childhood feeding specialist, is a clinical faculty member of the Ellyn Satter Institute.

## Happy Mealtimes & Healthy Kids Training Guide

Complete background information, discussion topics, activities and more that supports feeding strategies discussed in the Happy Mealtimes & Healthy Kids video. Perfect for parenting classes and workshops! See full description online. 45 pg.

**120001 \$69.95**



## Happy Mealtimes & Healthy Kids Set

(3532 & 120001)

**812011 \$169.95**

## Kids & Family Food Issues

**AUDIENCE:** Grade 11 - Adult

**DVD UPC:** 846742000720

**RUN TIME:** 6- 4 minute segments; 24 min.

©2010 

Getting children to eat can be a constant battle for some parents, while other parents may be restricting foods to thwart weight gain. In "Kids and Family Food Issues", child feeding expert Dr. Katja Rowell presents six segments that address many feeding issues that families with young children may be facing and offers practical solutions to make meals a pleasant experience for both parents and children. Six 4-minute segment topics include:

- How to make family meals happen
- Helping picky eaters
- Family meals when you're eating out
- Children labeled "overweight"
- Children labeled "underweight"
- How to plan snacks

Teaching materials online.

**300008 Kids & Family Food Issues \$119.95**







## Obesity in a Bottle

**AUDIENCE:** Grade 5 - Adult

**RUN TIME:** 20 min.

©2006

**DVD ISBN:** 1-57175-324-9

What type of beverage do you reach for when you're with friends? The choices you make have the potential to greatly affect your health—for better or for worse. This educational video uses a fast-paced, teen-friendly format to address the growing national obesity problem and shows how beverages are a factor. Encourages students to make healthy choices that will help them feel and look great. It includes lots of facts and figures and is content rich to impress young adults on the best beverages. Teaching materials online.

**3429D-DVD \$89.95**

*"Highly recommended  
for viewers from grade  
5 – adult."*

– The Midwest Book Review

*"Recommended."*

★★★

– Video Librarian



## Eat to Win: Nutrition for Athletes

**AUDIENCE:** Grade 6 - Adult

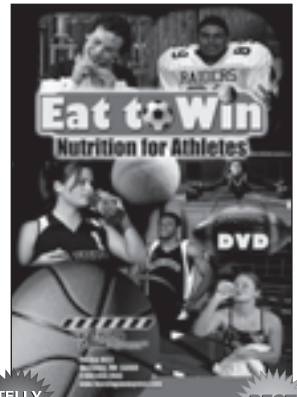
**RUN TIME:** 20 min.

©2006

**DVD ISBN:** 1-57175-230-7

When athletes step onto the field, court or track, or dive into the pool, they want to perform their best. Placing good nutrition at the top of their training program will help them gain the competitive edge. This action-packed video dispels **10 common nutrition myths** with what to eat, when and why, using MyPyramid as the guide. Covers the most current, on-target nutrition information for athletes. Teaching materials online.

**3403D-DVD \$89.95**



## Nutrition Labels: Start with Breakfast

**AUDIENCE:** Grade 6 - Adult

**RUN TIME:** 13 min.

©2009

**DVD ISBN:** 1-57175-861-5



Six lively teens show us why breakfast is the smart way to start your day and how to eat smart by reading nutrition labels. In short snappy scenes, the audience learns:

- How to balance protein, healthy fats and carbohydrates
- Why a balanced breakfast is important
- How to read the ingredients list on the nutrition label
- Why we should avoid sugar, corn syrup, enriched flour, and trans fats and choose whole grains instead

A high level introduction to the food pyramid featuring breakfast foods is also included. Teaching materials online.

**3513D-DVD \$59.95**

## Obesity in a Bottle II: How to Pick Healthy Beverages

AUDIENCE: Grade 9 - Adult

DVD UPC: 846742000713

RUN TIME: 28 min.

©2010

How do you select a beverage that benefits your body? Empty calories from sugar and fat found in many favorite beverages are adding inches to Americans' waistlines and may be contributing to rising rates of chronic disease. Get the straight facts and learn to make the healthiest drink choices that do the most for your body, health, and energy. Informative segments about selecting the best beverages are presented by Sue Moores, MS, RD and are combined with eye-opening beverage and obesity statistics. Six 5-minute segments include:

- How to choose healthy beverages
  - How to choose healthy beverages for kids
  - How to drink for weight loss
  - How to pick healthful beverages
  - How to pick the right drinks for sports
  - Busting caffeine myths
- Teaching materials online.

**300007 Obesity in a Bottle II DVD \$89.95**

**A follow-up to our best-selling title "Obesity in a Bottle"**



**NEW**



## Breakfast...Because!

AUDIENCE: Grade 5 - Adult

DVD ISBN: 1-57175-730-9

RUN TIME: 4 segments; 25 min.

©2009

Breakfast is the most important meal of the day, but it is the one most often skipped. Join six high school students as they discover:

- The importance of incorporating a variety of nutrient-rich foods
- Healthy breakfast ideas at home, in a hurry, or at fast food restaurants
- How breakfast choices affect your muscles, bones, blood, and brain
- How to pick healthy cereals
- How to decipher Nutrition Facts labels

Teaching materials online.

**3482D-DVD \$119.95**



**BEST SELLER**

**TELLY AWARD WINNER**

*"Humorous vignettes... energetic, creative program... Highly recommended"*

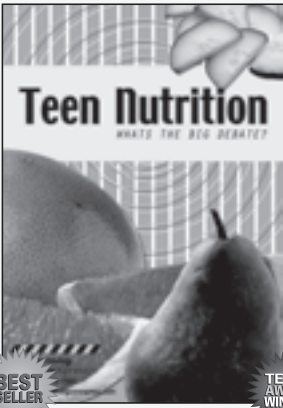
★★★★

– Video Librarian

*"...solid resource. Highly recommended, especially for public school DVD collections."*

– The Midwest Book Review





*"This DVD is done in an engaging way that will hold student interest and will be an excellent addition to a nutrition unit. Recommended."*

– Library Media Connection

*"...presents both solid information and practical advice on the subject of good nutrition. Recommended."*

– Video Librarian

*"Enthusiastically recommended for school classrooms and public library collections."*

– The Midwest Book Review

*"...the characters convey the information in a very clear-cut and accessible manner...the practical tips on how to read food packaging labels and what they mean may be new for many teens, particularly those in middle school."*

– School Library Journal

## Teen Nutrition: What's the Big Debate?

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-513-6

**RUN TIME:** 20 min.

©2007

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 viewers 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 Canada Food Guide matters
- How to use a hunger scale to control eating
- How reading food labels can help teens make good choices

Teaching materials online.

**12207-DVD \$89.95**



## All About Nutrients!

**AUDIENCE:** Grade 6 - Adult

**RUN TIME:** 24 min.

©2009

**DVD ISBN:** 1-57175-197-1

Our body does not function efficiently without the correct amounts of specific nutrients. Diet related diseases result from excessive quantities of some foods and their associated nutrients. Insufficient quantities of certain nutrients can also cause health related illness. This program explores the function of nutrients, the reason why we need to eat a balanced nutritional food intake and what health problems may result if we do not eat properly.

**13768-DVD \$129.95**

## ► Telly Award-Winning Nutrition Titles

### Smart Nutrition

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-840-2

**RUN TIME:** 21 min.

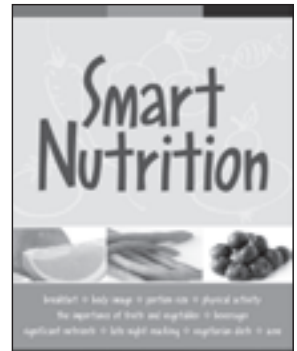
©2009

In a world of countless food choices and nutrition messages, it can be challenging to know what teens should and shouldn't eat. Fun and entertaining, host Wes Halula and two teens give the straight facts about:

- Breakfast
- Beverages
- Body image
- Acne
- Portion size
- Physical activity
- The importance of fruits and vegetables
- Significant nutrients
- Late night snacking
- Vegetarian diets

Teaching materials online.

**3506D-DVD \$89.95**



**BEST  
SELLER**

**TELLY  
AWARD  
WINNER**

► 2010 Telly  
Award Winner!

### Nutrition Controversies

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-841-0

**RUN TIME:** 23 min.

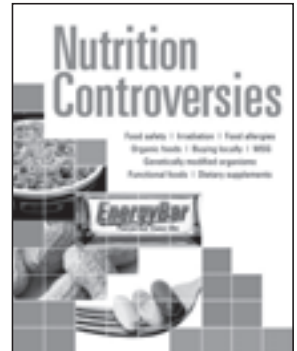
©2009

"Eat this, but don't eat that!" – The messages about food and nutrition we hear can be confusing and are not always easy to discern fact from fiction. Take a closer look at controversial nutrition topics and get the straight facts on:

- Food safety and irradiation
- Organic foods and eating locally
- Food allergies
- Genetically modified organisms
- MSG
- Functional foods
- Dietary supplements

Teaching materials online.

**3507D-DVD \$89.95**



**BEST  
SELLER**

**TELLY  
AWARD  
WINNER**

► 2010 Telly  
Award Winner!

### Fast Food Nutrition

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-833-X

**RUN TIME:** 16 min.

©2009

Fast food often gets a bad rap. High amounts of saturated fat, trans fat, sugar, sodium, and calories, and a lack of fruits and vegetables make most fast food choices not the best in terms of nutrition. Join two teen fast food servers as they explore the world of fast food with fun and humor and help viewers learn how to make the healthiest choices when eating on the go at fast food restaurants. Teaching materials online.

**3499D-DVD \$89.95**



**BEST  
SELLER**

**TELLY  
AWARD  
WINNER**

► 2010 Telly  
Award Winner!

*"...provides plenty of practical tips on how to keep your tray from turning into a nutrition disaster...  
Highly recommended." ★★★★★ – Video Librarian*





## Portion Size Me

**AUDIENCE:** Grade 7 - Adult

**DVD ISBN:** 1-57175-238-2

**RUN TIME:** 25 min.

©2006

Follow two graduate students as they eat exclusively at fast food restaurants for 30 days and learn valuable lessons about portion size. Viewers will enjoy this fast-paced entertaining and insightful documentary on correct portion sizes. Several experts from Eastern Illinois University offer valuable information on obesity, portion size, and good nutritional health. Teaching materials online.

**3401D-DVD \$59.95**

## Portion Size Me DVD Set

**DVD ISBN:** 1-57175-482-2

Includes 3401D-DVD and 3409D-DVD

**3415D-DVD \$119.95**



## Portion Size Me, Too

**AUDIENCE:** Grade 7 - Adult

**DVD ISBN:** 1-57175-248-X

**RUN TIME:** 25 min.

©2006

This documentary follows two graduate students as they eat fast food meals for a month. Who determines portion size? How should it be determined? How can you make healthy choices at fast food restaurants? These questions and more are answered in this enjoyable, informational video made with the help of Eastern Illinois University. Teaching materials online.

**3409D-DVD \$59.95**

## Snack Smarts

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-163-7

**RUN TIME:** 18 min.

©2006

"Snacks rule," says Ricardo, an enthusiastic high school student whose four food groups are sweet, crunchy, salty, and cold. When he and his friend Lynette take a trip to the grocery store, they're able to find munchies that fill all four categories as well as some important health requirements. Teaches viewers how to choose foods and drinks that help them get enough water, fiber, calcium, and other nutrients that contribute towards feeling, looking, and smelling good. Teaching materials online.

**3218D-DVD \$89.95**



*"Funny, practical, well-acted, and backed by good supplemental information, this is enthusiastically recommended."*

★★★★

– Video Librarian



## Cooking and Children...A Learning Activity

AUDIENCE: All ages

DVD UPC: 846742000782

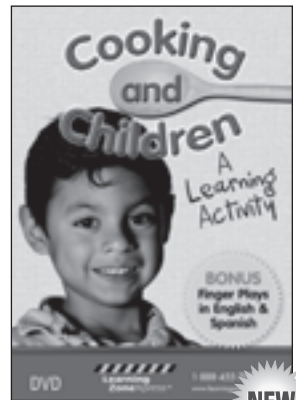
RUN TIME: 20 min.

©2011 

We all want our kids to eat healthy... but how do you actually accomplish it? How do we get them to want to eat healthy? Studies show that life-long healthy eating habits start by having kids help prepare the food! Follow Nica and preschoolers in the kitchen as they have fun learning about nutrition through making healthy snacks. Features easy recipes, ways you can "be prepared," safety tips, and highlights of easy jobs in the kitchen that teach preschoolers coordination, math, and a love of healthy food.

**Featuring a bonus track** of preschoolers (and their moms) teaching finger plays in English and Spanish! Kids will love to watch it too! Teaching materials online. **Available January 2011.**

**300015 \$89.95**



## Project Nutrition For Life

AUDIENCE: Grade 4-8

DVD ISBN: 1-57175-634-5

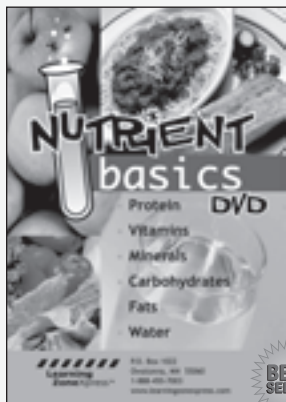
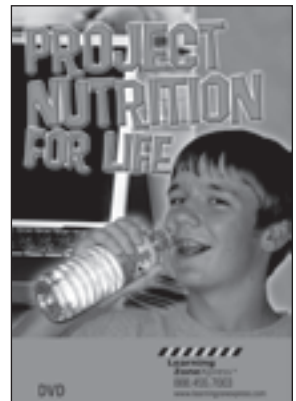
RUN TIME: 15 min.

©2008 

Join our group of middle schoolers as they embark on a school project, all about making healthy food choices. Watch and learn as they put the advice of their teacher to good use in a final report that teaches us all that nutrition is a "Project For Life". Viewers will learn:

- What kids are really eating today
  - How to understand the food pyramid
  - How foods affect the body
  - How to use food labels to make healthy choices
- Teaching materials online.

**3464D-DVD \$59.95**




## Nutrient Basics

AUDIENCE: Grades 5 - 9

DVD ISBN: 1-57175-082-7

RUN TIME: 15 min.

©2005 

It was a bad day for the nutrient team! They spent weeks getting ready for their school presentation, and now they find out that most of their nutrient exhibit is missing. Follow along as the team searches for their missing nutrients. While the team solves the mystery, viewers will learn about the six nutrients – protein, vitamins, minerals, carbohydrates, fat, and water – that work to keep our bodies healthy. Teaching materials online.

**3380D-DVD \$59.95**




## Fresh food ideas from around the world

### Fresh Ingredients: Healthy International Food Tips

**AUDIENCE:** Grade 6 - Adult

**DVD UPC:** 846742000799

**RUN TIME:** 5 segments; 18 min.

©2011 

Cookbook author and world traveler Paulette Mitchell presents a series of video segments that present food and nutrition lessons we can learn from food markets around the world that can be applied to our home-cooked meals. She contrasts packaged and processed foods with similar fresh items found at your local farmer's markets and supermarket, while offering tips for using fresh, tasty ingredients in quick-to-prepare, healthful meals. Segments include:

- Planning fresh meals
- Seasoning with fresh herbs
- Seasoning with spices
- Selecting olive oil
- Selecting the best fish

Teaching materials online.

**Available January 2011.**

**300016 \$89.95**



### Fruits & Vegetables: Color Your Plate

**AUDIENCE:** Grade 2 - 6

**DVD ISBN:** 1-57175-068-1

**RUN TIME:** 20 min.

©2003 

Take students on a wonderful, magical trip through a rainbow of delicious nutritional concepts with fruits and vegetables! Prim, proper, British, and magical substitute teacher Ms. Clemmons, introduces elementary students to five color groups of fruits and veggies. As their junk food is transformed into beautiful fruits and vegetables, they too are "magically" transformed into their successful future selves—an athlete, a scientist, a chef, an artist, and a detective. Viewers will learn the benefits of eating fruits and vegetables and how to color their plates! Teaching materials online.

**3314D-DVD \$59.95**



### Fruits & Vegetables: Let's Make a Meal

**AUDIENCE:** Grade 5 - 9

**DVD ISBN:** 1-57175-057-6

**RUN TIME:** 20 min.

©2003 

A wild but instructional game show about fruits and vegetables. Five high school age contestants represent the five color categories of fruits and vegetables—blue/purple, white, green, yellow/orange, and red—and compete to answer nutritional questions. A fast and fun way to learn nutrition concepts and practical fruit and vegetable ideas. Teaching materials online.

**3315D-DVD \$59.95**

## Fresh Food: What is Farm to Table?

AUDIENCE: Grade 6 - Adult

DVD UPC: 846742000416

RUN TIME: 20 min.

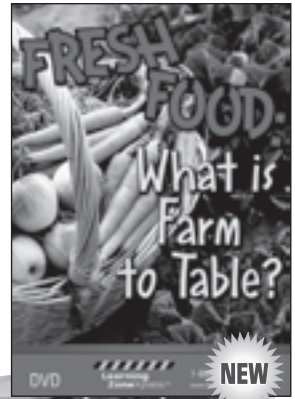
©2011 

Tap into the current trend of eating locally grown foods without the use of chemical pesticides or hormones! The basics of sustainable farming is explored through the eyes of three highly-trained chefs who leave big city jobs to carve out a place to grow fresh, healthy ingredients for their gourmet dishes. Discover:

- The differences and similarities between sustainable and organic farming
- A brief history of American farms
- How the chefs created and promote their farm
- How the fresh food travels from farm to table

Teaching materials online.

**3534 \$89.95**



*"Inspiring story with amazing farm footage!"*

– Melanie Nelson



## Easy Being Green

AUDIENCE: Grades 6 - Adult

DVD ISBN: 1-57175-842-9

RUN TIME: 20 min.

©2009 

Saving energy and helping the environment doesn't have to be hard. High school students describe green choices that are easy to implement and make a difference. Discover simple habits around the home that not only save energy but can save you money as well, including:

- Transportation and how to drive with the environment in mind
- Everyday habits at home that save energy
- How certain electronics waste energy

Teaching materials online.

**3508D-DVD \$89.95**

► 2010 Telly  
Award Winner!

*"... a versatile DVD that is appropriate for a wide range of viewers and will be a welcome addition to any collection needing environmental and conservation resources. Recommended."*

– Library Media Connections

## Go Green Around Your Home

AUDIENCE: Grades 6 - Adult

DVD ISBN: 1-57175-587-X

RUN TIME: 20 min.

©2008 

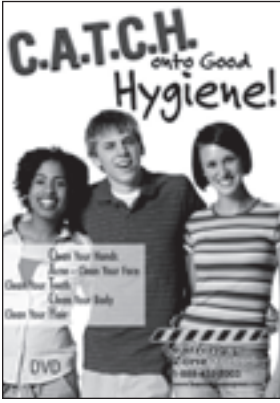
Sustaining the world's resources for future generations can start with small changes around your home. Watch as a group of students - The Go Green Team - go into action after they learn statistics about waste. See how they come up with ways to reduce, reuse and recycle products to create a healthier lifestyle and environment. Viewers will discover:

- Tips to minimize waste
- Small ways to save a lot of energy
- Important items to recycle
- Environmentally-safe products to use

Teaching materials online.

**3466D-DVD \$89.95**





*“Recommended...this DVD approaches good hygiene in a sensitive and informative manner. The participants broach hygiene issues that are difficult to approach in an adolescent-sensitive environment.”*

– Library Media Connection

*“Combining important facts with some humor, this film has high kid appeal and would be appropriate for classroom and library settings.”*

– School Library Journal

## CATCH onto Good Hygiene

AUDIENCE: Grade 4 - 8

DVD ISBN: 1-57175-710-4

RUN TIME: 16 min.

©2009

Learn the basics of good hygiene! Rachel and 2 teens demonstrate and share the fundamentals of hygiene including:

- Hand washing
- Body care
- Dental care
- Acne
- Skin care
- Hair care

Teaching materials online.

**3481D-DVD \$59.95**

## Teens & Tanning

AUDIENCE: Grade 6 - Adult

RUN TIME: 16 min.

©2005

DVD ISBN: 1-57175-100-9

Sun Safety Update! We’ve been a culture of sun worshippers since famous fashion designer Coco Chanel made having a suntan fashionable in the 1920s. Harvard Dermatologist Carolyn Jacob explains the dangers of overexposure to the sun and gives insight on what will keep us safe and happy in the sun. Teaching materials online.

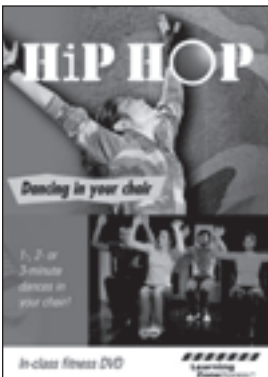
**3384D-DVD \$59.95**



*“A useful and informative myth busting guide, this is highly recommended.”*

★★★★

– Video Librarian



## Hip Hop: Chair Dancing

AUDIENCE: All Ages

RUN TIME: 25 min.

©2007

DVD ISBN: 1-57175-442-3

Here’s exercise that’s easy and fun, and no one has to leave their seat to get into it! An exciting, all-original soundtrack, innovative choreography and dynamic dancers deliver a rhythmic workout that energizes and inspires all ages and abilities. Try these one-minute activities to build strength, flexibility and endurance.

**3449D-DVD \$39.95**



## Digital Footprint

**AUDIENCE:** Grade 8 - Adult

**RUN TIME:** 21 min.

©2010

**DVD UPC:** 846742000652

Your digital footprint is the data trace left by your activity in a digital environment, whether on the Internet, buying something with a credit card, or using a mobile phone. Like everything on the web, digital data cannot be washed away—it remains forever, a permanent footprint. Discover how the things you do in a digital environment can ultimately impact your life, including:

- Your Digital Identity – A Permanent Step
- Sharing and Scaring – The Dangers of Sexting
- Social Networking – Safe Steps
- Cleaning Up – Putting Your Best Digital Foot Forward

Teaching materials online.

**300005 \$89.95**

### Digital Footprint Video and Activities

(300005 & 120002)

**812009 \$119.95**

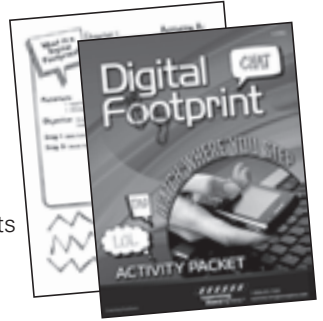
### Digital Footprint Activities

Five 2-hour lessons that explores the data trace left by activity in a digital environment. Challenges students to think creatively and realistically about the choices they make online and with digital devices. Activities and worksheets support the Digital Footprint DVD.

**120002 \$39.95**



DVD host



## 7 Ways to Block a Cyberbully

**AUDIENCE:** Grade Student/Adult

**RUN TIME:** 13 min./7 min.

©2008

**DVD ISBN:** 1-57175-633-7

This 13-minute video details seven effective strategies to deal with a digital bully. The plan includes:

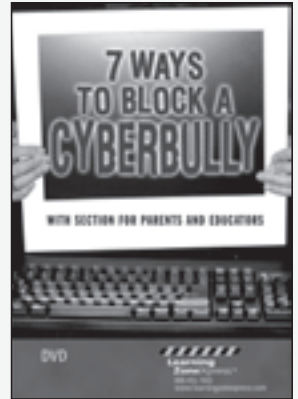
- Understand the e-bully
- Guard personal information
- Cut off communications
- Tell someone
- Protect your passwords
- Use safety software
- Say “no” to revenge

Cyberbully: The Adult Role (7 minutes) outlines seven ways parents and educators can work to stop cyberbullying. Strategies include:

- Learn how teens use technology
- Discuss cyberbullying
- Report digital bullying
- Monitor computer activity
- Install monitoring software
- Watch for e-bully signs

Teaching materials online.

**3467D-DVD \$89.95**



*“Recommended.”* ★★ ★

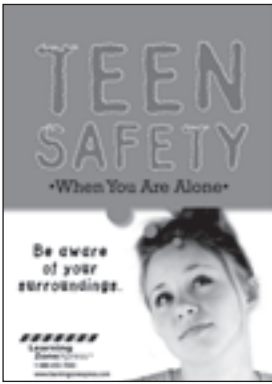
– Video Librarian

*“...educational DVD to cyber self-defense in the modern world of the Internet, social networking sites, text messaging and cell phones... invaluable and timely addition.”*

– The Midwest Book Review



Cyberbullies don’t shove kids on the playground or steal lunch money, but they are just as dangerous. They stay hidden behind technology and target students on the Internet and through cell phones.



## Teen Safety: When You're Alone

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-558-6

**RUN TIME:** 20 min.

©2008

Prevention is the key to stopping abuse, sexual violence or abduction. This program uses realistic scenarios and interviews with experts to:

- Provide realistic strategies for a teen home alone
- Demonstrate safety strategies for a teen walking alone
- Tips to keep yourself safe while on the Internet
- Demonstrate strategies for a teen in charge of young children
- Personal safety statistics to which teens will pay attention

Teaching materials online.

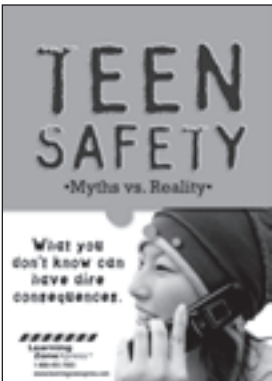
**3461D-DVD \$89.95**

*"Presents vital safety information in a direct and informal manner that is sure to appeal to teen viewers... This effective and timely safety instructional is recommended for school and public library collections"*

– **Booklist**

*"...deserves the absolute highest recommendation for its practical treatment of basic facts every teen (and adult) must know."*

– **The Midwest Book Review**



## Teen Safety: Myths vs. Reality

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-556-X

**RUN TIME:** 20 min.

©2008

Teens, as well as adults, harbor misinformation regarding personal safety. What a teen doesn't know about abuse, sexual violence and abductions can have dire consequences. Viewers will learn:

- Dangerous times and situations and how to avoid them
- The case against cooperation
- Five ways in which boys and girls risks differ
- Ten abuse and abduction prevention tips
- What to do if something 'bad' happens

Teaching materials online.

**3460D-DVD \$89.95**



### Teen Safety DVD Set

Includes 3460 D-DVD,  
3461 D-DVD, 3462 D-DVD  
**3463 D-DVD \$199.95**

## Teen Safety: Dating and Relationships

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-560-8

**RUN TIME:** 19 min.

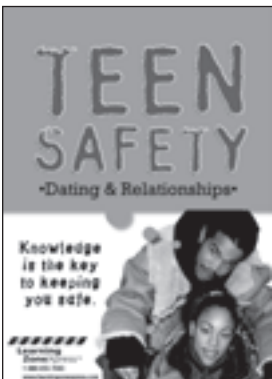
©2008

Knowledge is the key in keeping teens safe with friends, dates, strangers, and others. This program uses realistic scenarios and interviews to:

- Give information about date rape drugs and how they work
- Demonstrate six strategies to prevent date rape
- Illustrate the common warning signs of an unhealthy relationship
- Introduce/reinforce the concept of "inappropriate touch"
- Provide teens with resources if abuse is occurring at home or school

Teaching materials online.

**3462D-DVD \$89.95**



*"...candid, no-nonsense program... Recommended."*

★★★

– **Video Librarian**

## Take a Culinary Journey with World Foods Videos



### World Foods: Mexican Cooking

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-837-2

**RUN TIME:** 19 min.

©2009

The cuisine of Mexico is a fiesta – a celebration of the senses. Cookbook author and world traveler Paulette Mitchell explains traditional Mexican ingredients, such as fresh and dried chilies, tortillas, cheeses, vegetables, beans, and beverages. She demonstrates the preparation of tasty recipes including guacamole, two salsas, quesadillas, and chilies rellenos, and she explains how to combine them into a festive meal that will delight family and friends. Teaching materials online.

**3503D-DVD \$59.95**

### World Foods: Mexican Cooking Activity Packet

Activities and worksheets on Mexican cooking to supplement the World Foods: Mexican Cooking video.

**1214 \$19.95**

Paulette Mitchell,  
World Foods  
video host



### World Foods: Chinese Cooking

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-838-0

**RUN TIME:** 24 min.

©2009

Whether you're a newcomer to Chinese cooking or want to fine-tune your skills, this video makes it easy to prepare healthful, classic Chinese dishes at home. Paulette Mitchell, cookbook author and world traveler, explains the ingredients, equipment, and techniques to guarantee success. She demonstrates Beef and Broccoli Stir-Fry, Mapo Tofu with Wheat-Flour Noodles, and Egg Drop Soup. Teaching materials online.

**3504D-DVD \$59.95**

### World Foods: Chinese Cooking Activity Packet

Activities and worksheets on Chinese cooking to supplement the World Foods: Chinese Cooking video.

**1215 \$19.95**



### World Foods: French Cooking

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-839-9

**RUN TIME:** 21 min.

©2009

The French are serious about food. In fact, the word "cuisine" comes from the French language. Their traditional dishes are rich and elegant, but French home cooking is thrifty and seasonal, combining an abundance of healthful ingredients with delicious flavorings. Cookbook author and world traveler Paulette Mitchell explains typical French ingredients and prepares Croque Monsieur, Rustic Chicken and Potatoes, Tuna Salade Niçoise and Vinaigrette. Teaching materials online.

**3505D-DVD \$59.95**

### World Foods: French Cooking Activity Packet

Activities and worksheets on French cooking to supplement the World Foods: French Cooking video.

**1216 \$19.95**



## World Food Markets:



### World Food Markets: Spain

**AUDIENCE:** Grade 7 - Adult

**DVD ISBN:** 1-57175-778-3

**RUN TIME:** 18 min.

©2009

Come along on a journey through the beautiful markets of Spain, the place to find traditional and exotic produce and other ingredients which provide the rich flavor of Spanish cuisine. Viewers will follow Paulette Mitchell, chef and award-winning cookbook author, inside several marketplaces to explore Spanish culture and food. Includes segments with locals speaking Spanish and optional English subtitles. Teaching materials online.  
**3487D-DVD \$59.95**

### World Food Markets: Spain Activity Packet

Creative and fun activities and worksheets to supplement the World Food Markets: Spain video.

**1205 \$19.95**

*“Technical quality is superb. A colorful look at two countries where food is a way of life.”*

– School Library Journal



### World Food Markets: Italy

**AUDIENCE:** Grade 7 - Adult

**DVD ISBN:** 1-57175-779-1

**RUN TIME:** 26 min.

©2009

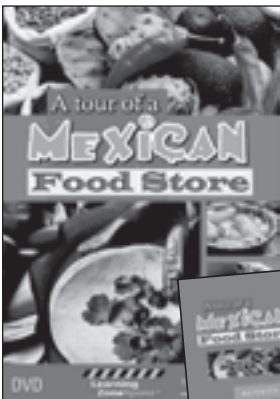
Experience the sights and sounds of Italian food markets! Join chef and award-winning cookbook author Paulette Mitchell on a tour of Italian food markets. Filmed in Italy, viewers will be taken on a culinary journey to discover the fresh produce and ingredients that flavor Italian cuisine. Includes segments with locals speaking Italian and optional English subtitles. Teaching materials online.

**3488D-DVD \$59.95**

### World Food Markets: Italy Activity Packet

Creative and fun activities and worksheets to supplement the World Food Markets: Italy video.

**1206 \$19.95**



### A Tour Of A Mexican Food Store

**AUDIENCE:** Grade 6 - 12

**DVD ISBN:** 1-57175-650-7

**RUN TIME:** 12 min.

©2002

Travel with Chef Andrew Zimmern on his journey through a Mexican food store. Learn about the culture and history of Mexico through the foods he encounters. Teaching materials online.

**3197D-DVD \$39.95**

### A Tour of a Mexican Food Store Activity Packet

Fun activities and worksheets on a Mexican grocery store. A supplement to a Tour of a Mexican Food Store video.

**1217 \$19.95**



## Explore a world of food!

### World Food Markets: China

**AUDIENCE:** Grade 7 - Adult

**DVD ISBN:** 1-57175-845-3

**RUN TIME:** 24 min.

©2010

Accompany cookbook author and world traveler Paulette Mitchell in Hong Kong, Shanghai, and Zhujiiajiao. See how modern life contrasts with timeless traditions in these densely populated Chinese cities. Visit food markets that hum with activity and witness the high value placed on freshness. The Chinese come not only to shop, but also to savor noodles, dumplings, and local specialties. Includes segments with locals speaking Cantonese and optional English subtitles. Teaching materials online.

**3511D-DVD \$59.95**

### World Food Markets: China Activity Packet

Creative and fun activities and worksheets to supplement the World Food Markets: China video.

**1209 \$19.95**



### World Food Markets: France

**AUDIENCE:** Grade 7 - Adult

**DVD ISBN:** 1-57175-785-6

**RUN TIME:** 22 min.

©2009

Join chef and award-winning cookbook author Paulette Mitchell as she walks down grand boulevards and wanders through cobblestone streets in Paris, Nice, and Marseille while savoring the wonderful flavors and memorable sights of France. Visit food markets and sidewalk cafés. See and hear interviews with locals. Learn about the French "joie de vivre." Includes segments with locals speaking French and optional English subtitles. Teaching materials online.

**3489D-DVD \$59.95**

### World Food Markets: France Activity Packet

Creative and fun activities and worksheets to supplement the World Food Markets: France video.

**1210 \$19.95**



**Supporting World Food Markets PowerPoint presentations and bulletin board kits also available.**

### A Tour of Ethnic Food Stores

**AUDIENCE:** Grade 10 - Adult

**DVD ISBN:** 1-57175-645-0

**RUN TIME:** 45 min.

©2002

Enjoy a journey to a Mexican, Italian and Chinese grocery stores. Viewers are introduced to basic and unique ingredients and the food pyramid in each culture. Presented by dynamic Chef Andrew Zimmern. Teaching materials online.

**3127D-DVD \$59.95**

### A Tour of Ethnic Food Stores Activity Packet

Fun activities and worksheets on Italian, Mexican, and Chinese grocery stores. A supplement to the Tour of Ethnic Food Stores video.

**1208 \$19.95**



# International Foods



## Easy Stir-Fry

AUDIENCE: Grade 6 - Adult

DVD ISBN: 1-57175-697-3

RUN TIME: 19 min.

©2008

Join comedian Stevie Ray as he walks step-by-step through the basics of stir-fry cooking. Learn about the essentials, including the history, the wok, what utensils to use, how to prepare rice, and more! In a matter of minutes, Stevie prepares a simple and delicious chicken stir-fry. Teaching materials online.

**3475D-DVD \$59.95**



## The History of American Cuisine

### Regional Cooking in America

AUDIENCE: Grade 6 - Adult

DVD ISBN: 1-57175-269-2

RUN TIME: 22 min.

©2006

500 Years in 20 minutes! Explores the rich heritage and distinct qualities that typify the food we eat. The narrator, executive chef, and historian weave a story of food history from 1519 until today—in the South, Northeast, Midwest, Pacific and Southwest. Teaching materials online.

**3023D-DVD \$89.95**



## Ethnic Eating: Spanish Foods

AUDIENCE: Grade 10 - Adult

DVD ISBN: 1-57175-646-9

RUN TIME: 17 min.

©2004

Spain is “hot” and tapas are too! Chef Andrew Zimmern tours a Spanish restaurant and gives students the basics of Spanish ingredients, tapas, and regional dishes—as well as Spain’s rich history and culture. Teaching materials online.

**3337D-DVD \$39.95**

### Ethnic Eating: Spanish Foods Activity Packet

Creative and fun activities and worksheets on Spanish foods to supplement the Ethnic Eating: Spanish Foods video.

**1207 \$19.95**



## Ethnic Eating: Japanese Foods

AUDIENCE: Grade 10 - Adult

DVD ISBN: 1-57175-896-8

RUN TIME: 14 min.

©2004

A dining experience at a Japanese restaurant includes more than just eating sushi! A knowledge of food terms and eating etiquette are also necessary. Join Chef Andrew Zimmern for a fascinating study of the rich cultural history of Japan’s food. He interviews the owner and presents a food tour of Japanese dishes. Teaching materials online.

**3338D-DVD \$39.95**

## Food Science Experiments

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-975-1

**RUN TIME:** 7 segments; 45 min.

©2010

Experience kitchen chemistry and the wonders of food science! Host Susan Turgeson (2009 AAFC National Teacher of the Year) and students demonstrate six fun and easy food science experiments that can be conducted in any kitchen, while explaining the science behind them. Chaptered into segments, experiments include:



Susan Turgeson,  
2009 AAFC  
Teacher of the Year

- Emulsions: Mayonnaise
- Fermentation: Root Beer
- Scientific Method: What Makes Popcorn Pop?
- Hand Washing and Food Safety
- Biochemistry of Milk: Mozzarella Cheese
- Sensory Evaluation

Food Science Experiments also includes an interview with a food science professor highlighting food science career opportunities, a sensory evaluation lab, and a food science lab. Subtitled in English. Teaching materials online.

**3519 \$89.95**



**NEW**



## Math in the Kitchen: Do You Measure Up?

**AUDIENCE:** Grade 5 - Adult

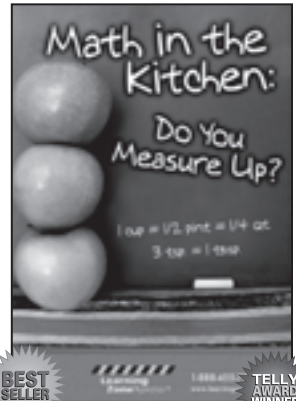
**DVD ISBN:** 1-57175-807-0

**RUN TIME:** 28 min.

©2009 CC

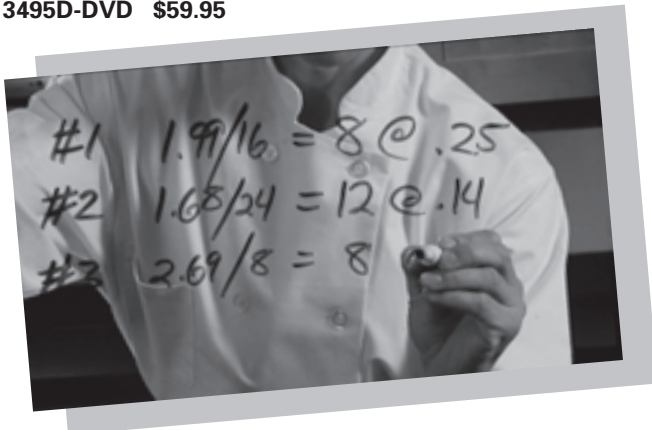
Is baking basic chemistry? Are ingredients basic biology? And is cooking basic math? If you can't tell a tsp from a Tbsp., you're likely to get a pancake when you wanted a soufflé. Basic math is needed to help you properly prepare a recipe your guests will enjoy, or to change your favorite recipe to 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. Teaching materials online.

**3495D-DVD \$59.95**

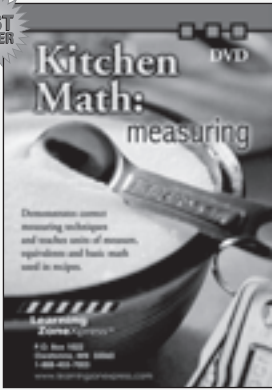


**BEST  
SELLER**

**TELLY  
AWARD  
WINNER**



*I*ncludes  
metric & standard  
units of measurement



## Kitchen Math: Measuring

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-046-0

**RUN TIME:** 2 segments; 35 min.

©2005

Success or failure in the kitchen is due to three elements reacting with each other: ingredients, time and temperature. Chef Jonathan Locke presents with humor and style basic kitchen measurements, measuring tools, and techniques. Teaching materials online.

**3026D-DVD \$59.95**



## Foodservice Equipment & Tools

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-832-1

**RUN TIME:** 18 min.

©2009

Commercial kitchens aren't just bigger than your kitchen at home; they have tools, utensils and appliances you may never have seen before. Professional chefs Tim Cockram, Dave Christopherson and Jason Hudock go behind the scenes for a look at the tools of the trade in a professional foodservice kitchen. They describe each item in the kitchen and its use, from knives, pots and pans up to steamtables and the walk-in freezer. Teaching materials online.

**3498D-DVD \$59.95**



## Baking Math

**AUDIENCE:** Grade 5 - 9

**DVD ISBN:** 1-57175-818-6

**RUN TIME:** 15 min.

©2003

Four multi-cultural students present the basics on how to measure and measuring math as they demonstrate practical and applied math while making a fast, easy banana chocolate chip bread. Teaching materials online.

**3319D-DVD \$59.95**



## Small Appliances: A to Z

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-047-9

**RUN TIME:** 25 min.

©2005

As with most things in life, technology has taken over the kitchen. Small mechanical appliances now make the job of cooking easier and more fun. Take a look as a professional chef demonstrates a variety of appliances, from bread machines to food processors and waffle irons. Teaching materials online.

**3029D-DVD \$59.95**



## Kitchen Fundamentals

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-977-8

**RUN TIME:** 2 segments; 44 min.

©2010 

Do you know the difference between a large dice and a small dice? What is the difference between broiling and boiling? Professional chef Dave Christopherson invites you to his home to learn kitchen fundamentals as he prepares for a dinner party. Chef Dave demonstrates a variety of food preparation techniques and kitchen basics, including:

- Hand Washing
- Knife Cuts (large dice, small dice, julienne, paring, slicing, rough cut, mince)
- Measuring (dry and liquid)
- Cooking basics (grating, sifting, whipping, rolling, broiling, sauté, pan searing, boiling, steaming)

Teaching materials online.

**3521 \$59.95**



*“Frequent on-screen captions reinforce both safety and technical tips, and good camera angles make the lessons easy to follow.” – Booklist*



## Grocery Shopping Challenge

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-835-6

**RUN TIME:** 12 min.

©2009 

Do you know the tricks grocery stores use to get you to spend more of your money? Follow Megan and Josh as they navigate the aisles to see who can get the best price and nutritional value for eight common grocery items. They'll give you the keys to eating well for less! Teaching materials online.

**3501D-DVD \$59.95**



## Adventures in the Grocery Store

**AUDIENCE:** Grade 10 - Adult

**DVD ISBN:** 1-57175-647-7

**RUN TIME:** 18 min.

©2003 

Learn how to shop smart in the grocery store with Chef Andrew Zimmern. Learn how to check food quality before you buy, transport and store food, save money when making purchases and much more! Teaching materials online.

**3164D-DVD \$59.95**





## Meal Appeal—Quick Garnishes

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-651-5

**RUN TIME:** 17 min.

©2000 Updated 2008

Forget that your mother told you not to play with your food! Learn techniques to be creative and express yourself by making food ingredients more attractive and fun. Chef Paulette Mitchell demonstrates innovative and delightful food designs perfect for garnishing your plates. Feed your eyes and excite your appetite! Teaching materials online.

**3217D-DVD \$59.95**



## Meal Planning

**AUDIENCE:** Grade 6 - Adult

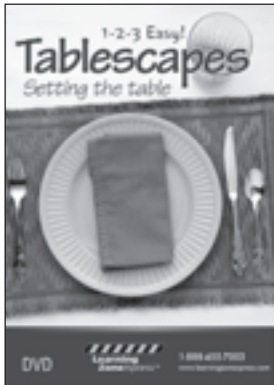
**DVD ISBN:** 1-57175-695-7

**RUN TIME:** 16 min.

©2008

Ever wonder what's for dinner? Simplify your life by planning meals ahead of time. Learn the basics of meal planning, including where to get meal ideas and inspiration, ingredients, nutrition, grocery shopping strategies, meal serving styles and more. Teaching materials online.

**3477D-DVD \$59.95**



## Tablesapes - Setting the Table

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-649-3

**RUN TIME:** 13 min.

©2001

Dining is more than just eating a meal, it's a time to visit with family and friends. Discover how to make mealtime more enjoyable through appealing presentations. Table setting techniques, along with simple table decoration ideas are demonstrated for three basic serving styles: family, restaurant and buffet style. Teaching materials online.

**3221D-DVD \$59.95**



## Teen Parties on a Budget with Tablesetting Steps

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-452-0

**RUN TIME:** 18 min.

©2007

Help students learn to plan and enjoy a successful event. Pepper Eggers plans creative and innovative events for teens. She shares fun themes for a movie night, a Mexican birthday, an Asian tasting, a sports event, and a game night. Basic table settings are also included. Teaching materials online.

**3446D-DVD \$59.95**

## Herbs and Spices

AUDIENCE: Grade 6 - Adult

DVD ISBN: 1-57175-836-4

RUN TIME: 19 min.

©2009 

The essence of the world's cuisines is based on indigenous ingredients and flavorings. Most important are the herbs and spices, which give the cuisines their personalities. Cookbook author Paulette Mitchell explains how to cook with herbs and spices as she shows you how to make herb-roasted vegetables, caprese salad, basil pesto and pesto butter – delicious, flavorful, easy-to-prepare recipes. Teaching materials online.

**3502D-DVD \$59.95**



Paulette Mitchell,  
video host

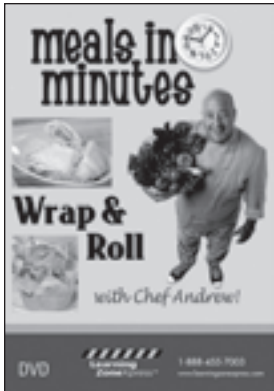


*"The close-up camerawork is useful in illustrating techniques... Adopting a casual, conversational style, Mitchell also offers plenty of practical tips on storage, measurement, and proper use."*

– Video Librarian

*"...An excellent introduction to refining basic cooking skills... Highly recommended..."*

– The Midwest Book Review



## Wrap & Roll

AUDIENCE: Grade 10 - Adult

DVD ISBN: 1-57175-819-4

RUN TIME: 43 min.

©2004

Unique ways to prepare easy foods with wraps or rolls. Watch Chef Andrew Zimmern prepare simple, healthy recipes, including vegetable tarts with filo dough, barbeque chicken lettuce roll-ups, breakfast burritos, easy calzones or pocket sandwiches, and quesadillas perfect for breakfast or lunch. Teaching materials online.

**3340D-DVD \$59.95**



## Basics — Fruits & Vegetables

AUDIENCE: Grade 7 - Adult

DVD ISBN: 1-57175-652-3

RUN TIME: 16 min.

©2001  Updated 2008

Fruits and vegetables are an essential part of a healthy diet. Chef Paulette Mitchell discusses the variety of fruits and vegetables available, while demonstrating preparation and cooking methods. Easy and delicious recipes are demonstrated, including fruit kabobs, fruit smoothies, fruit ices, vegetable pizza and a veggie tortilla roll-up. Teaching materials online.

**3109D-DVD \$59.95**



## Herbs

AUDIENCE: Grade 7 - Adult

DVD ISBN: 1-57175-814-3

RUN TIME: 26 min.

©2001

Herbs have been used since ancient times both medicinally and as a way to flavor foods. Take a fascinating tour of the herb world. Learn history, varieties, growing, preparing, storing and deliciously easy recipes. Includes recipes for herb butter, tarragon vinegar, vinaigrette, pesto and an omelette with herbs. Teaching materials online.

**3125D-DVD \$59.95**

## Baking & Cooking Basics



- ▶ Learn the basics of baking and cooking with this comprehensive DVD!
- ▶ Discover the secrets of mouth-watering baked goods and basic meat preparation techniques
- ▶ Includes cookies, pies, quick breads, yeast breads and meats all on one DVD

**All 5 videos just \$229.95!**

### Baking Basics DVD

DVD includes Baking and Cooking Basics videos

DVD ISBN: 1-57175-071-1

**3381D-DVD \$229.95**



### Baking Basics — Cookies

**AUDIENCE:** Grade 7 - Adult

**DVD ISBN:** 1-57175-810-0

**RUN TIME:** 20 min.

©2001 

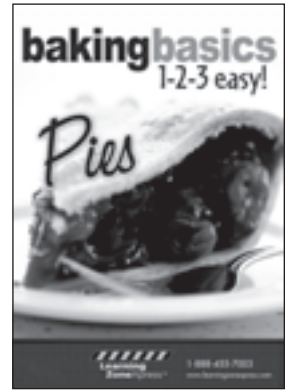
Who doesn't love the smell of cookies in the oven? Cookies are a tasty treat and offer a rewarding baking experience. Chef Colleen Miner discusses the ingredients needed, measuring techniques, and many different varieties of cookies including drop, bar, cut out, rolled, pressed and molded. She demonstrates her favorite chocolate chip, sugar, and peanut butter cookies. Teaching materials online.

**3105D-DVD \$59.95**



**Baking Basics — Pies****AUDIENCE:** Grade 7 - Adult**DVD ISBN:** 1-57175-811-9**RUN TIME:** 24 min.©2001 

Nothing may be as American as apple pie, but did you know pies actually date back to medieval Europe? Chef Colleen Miner discusses the history of pie as well as its versatility as both a dessert and a main dish. She demonstrates how to create a basic crust and a variety of delicious pies. Teaching materials online.

**3106D-DVD \$59.95****Baking Basics — Quick Breads****AUDIENCE:** Grade 7 - Adult**DVD ISBN:** 1-57175-809-7**RUN TIME:** 14 min.

©2001

From pancakes to loaf bread, quick breads are fast and fun to prepare as well as delicious to eat. Chef Nancy Mauer shows how to make muffins, bread, popovers and biscuits in your own kitchen, while discussing ingredients and basic techniques. Teaching materials online.

**3104D-DVD \$59.95****Baking Basics — Yeast Breads****AUDIENCE:** Grade 7 - Adult**DVD ISBN:** 1-57175-808-9**RUN TIME:** 13 min.

©2001

Create great-tasting yeast breads at home. Chef Nancy Mauer discusses the various types of ingredients and how each is used in preparing different types of breads. One recipe is used to create a loaf of bread, caramel and dinner rolls. Chef Nancy demonstrates the basics of bread making and creates a variety of different shapes. Teaching materials online.

**3103D-DVD \$59.95****Cooking Basics — Meat****AUDIENCE:** Grade 7 - Adult**DVD ISBN:** 1-57175-812-7**RUN TIME:** 21 min.©2001 

Meat often is the centerpiece of family meals. Professional Chef Colleen Miner discusses the basics of beef, lamb, and pork. Nutritional information, selection and preparation tips are presented in a demonstration format. Learn the different cooking methods of roasting, broiling/grilling, stir-frying/pan broiling and braising/stewing. Teaching materials online.

**3108D-DVD \$59.95**



Chef Jonathan Locke,  
Just the Facts video host

## Just The Facts DVD Series

DVD ISBN: 1-57175-533-0  
**3443D-DVD \$399.95**



## Salads

**AUDIENCE:** Grade 10 - Adult

**DVD ISBN:** 1-57175-466-0

**RUN TIME:** 35 min.

©2007

Chef Jon works his creative magic with healthy, well-presented salads. With over 20 years of experience, his wisdom comes to life as he demonstrates and discusses salad-making techniques, nutrition information and fun facts. He keys in on green, fajita, horiatiki, tabouli, fruit and pasta salads. Teaching materials online.

**3438D-DVD \$59.95**



## Knives

**AUDIENCE:** Grade 10 - Adult

**DVD ISBN:** 1-57175-462-8

**RUN TIME:** 17 min.

©2007

Knives are a chef's best friend and an art tool—if you know how to use them properly. Students learn how to handle knives of all sizes as Chef Jon demonstrates a small paring knife to a large cleaver. Safety and knife handling tips are also covered. Get an "edge" in the kitchen! Teaching materials online.

**3437D-DVD \$59.95**



## Microwave Ovens

**AUDIENCE:** Grade 10 - Adult

**DVD ISBN:** 1-57175-463-6

**RUN TIME:** 16 min.

©2007

Ever wonder how a microwave oven actually cooks food? The mystery is solved as Chef Jon uses a basic microwave to explain how microwave ovens cook. He also discusses safety and cooking techniques and demonstrates easy recipes that can be made in minutes. Teaching materials online.

**3434D-DVD \$59.95**



## Cake Decorating

**AUDIENCE:** Grade 10 - Adult

**DVD ISBN:** 1-57175-464-4

**RUN TIME:** 20 min.

©2007

Beautify your cakes! Chef Rick Forpahl is an experienced cake decorator. Learn proper hand technique and how to use tools and equipment. Decorating techniques demonstrated include star, rosette, sweet pea, rose, stems, writing and leaves. Teaching materials online.

**3444D-DVD \$59.95**



## Superfoods

**AUDIENCE:** Grade 10 - Adult

**DVD ISBN:** 1-57175-458-X

**RUN TIME:** 17 min.

©2007

Chef Jon presents nutrient-rich foods in delicious recipes. Featured foods include: avocado, black beans, blueberries, broccoli, cantaloupe, dark chocolate, oats, onions, salmon, spinach, sweet potatoes, tomatoes and yogurt. Chef Jon demonstrates how to enjoy these superfoods in a quesadilla, Asian salmon salad, sweet potato casserole, oatmeal muesli, and oatmeal chocolate chip pancakes. Teaching materials online.

**3435D-DVD \$59.95**



## Food Safety

**AUDIENCE:** Grade 10 - Adult

**DVD ISBN:** 1-57175-456-3

**RUN TIME:** 16 min.

©2007

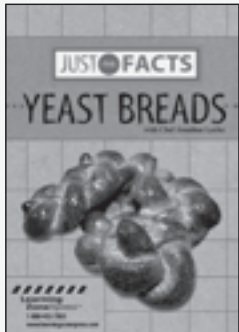
Clean, separate, cook, chill—the key processes that keep food safe are covered in this video. Chef Jon shares his extensive knowledge of safe food preparation, food-borne illness, clean-up and storage. This comprehensive video is an essential component of any food-teaching program. Teaching materials online.

**3343D-DVD \$59.95**

*“Students and homebodies alike will appreciate this fast-paced, informative, and highly practical video. Recommended.”*

★★★

— Video Librarian



## Yeast Breads

**AUDIENCE:** Grade 10 - Adult

**DVD ISBN:** 1-57175-457-1

**RUN TIME:** 24 min.

©2007

Discover the skills and taste the rewards of making yeast breads! Chef Jon demonstrates the fundamental basics from ingredients to finished loaf. Learn how to measure, proper mixing techniques, and baking know-how that will result in a loaf of fresh-baked bread. Teaching materials online.

**3447D-DVD \$59.95**



## Muffins

**AUDIENCE:** Grade 10 - Adult

**DVD ISBN:** 1-57175-454-7

**RUN TIME:** 17 min.

©2007

Chef Jon knows that muffins are easy and FUN to make! A great way to create a healthy, tasty treat in just a few minutes. He discusses ingredients, proper mixing and baking techniques for a variety of great-tasting muffins. Teaching materials online.

**3448D-DVD \$59.95**



## Breakfast

**AUDIENCE:** Grade 10 - Adult

**DVD ISBN:** 1-57175-460-1

**RUN TIME:** 30 min.

©2007

Chef Jon's favorite meal is breakfast! He demonstrates techniques, discusses nutrition, and shares fun breakfast facts. The following foods are prepared: smoothies, scrambled and fried eggs, omelets, French toast, pancakes and breakfast burritos. Teaching materials online.

**3439D-DVD \$59.95**



## Vegetarian

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-696-5

**RUN TIME:** 15 min.

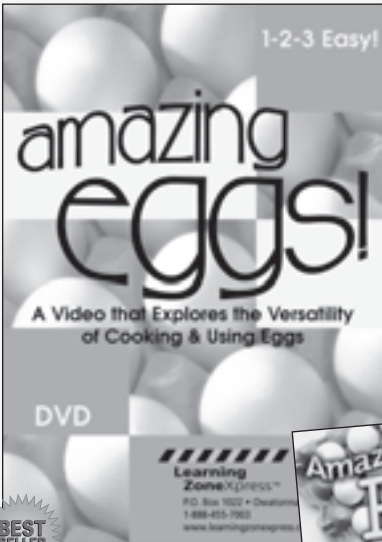
©2008

Vegetarianism is more than just not eating meat – it's about smart eating. The key is to eat a varied, balanced diet of fruits, vegetables, and whole grains. Watch as Uncle Stevie helps his nephew prepare a simple meat-free meal of black bean chili and cornbread. Including:

- Reasons for becoming a vegetarian
- Types of vegetarianism
- Vegetarian meal ideas
- Importance of complementary proteins
- Key nutrients for vegetarians

Teaching materials online.

**3476D-DVD \$59.95**



## Amazing Eggs

**AUDIENCE:** Grade 10 - Adult

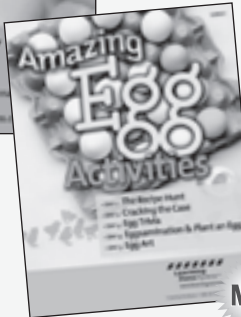
**DVD ISBN:** 1-57175-655-8

**RUN TIME:** 20 min.

©2000 Updated 2008

Get the facts on the amazing egg! Learn about size, grade, color, storage, cooking temperatures, and nutrition. Explore the versatility of eggs, the various ways they can be prepared and how they contribute to the preparation of many other foods. Egg recipes are included and demonstrated by comedian Stevie Ray. Teaching materials online.

**3212D-DVD \$59.95**



## Amazing Egg Activities

Flexible lesson plans that explore one of our most versatile, nutritious, and culturally-rich foods: the egg! Students engage in hands-on activities that integrate science, math, art, reading, health, and life skills and follow simple recipes to create tasty egg dishes.

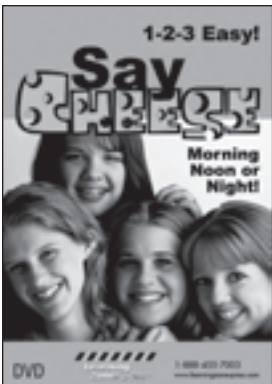
**628001 \$39.95**

**NEW**

## Amazing Eggs Activities & Video

3212D-DVD & 628001

**812010 \$69.95**



## Say Cheese—Morning, Noon or Night!

**AUDIENCE:** Grade 10 - Adult

**DVD ISBN:** 1-57175-813-5

**RUN TIME:** 22 min.

©2001

Cheese in the morning? Cheese at lunch? Cheese at supper time? Cheese anytime! Take a tour of cheese varieties, history, preparation and deliciously easy recipes for appetizers, entrees and dessert, including taco or curried yogurt cheese, mornay sauce, baked macaroni and cheese and baked brie with pecans. Teaching materials online.

**3124D-DVD \$59.95**





## Silent Film

Topics covered include:

- Hand washing
  - Knife safety
  - Cross-contamination
  - Burns and cuts
  - Food storage
- And more!



### Kitchen & Food Safety

AUDIENCE: Grade 6 - Adult

DVD ISBN: 1-57175-694-9

RUN TIME: 18 min.

©2008

Keep yourself safe in the kitchen! Learn the difference between safe and dangerous safety practices in the kitchen as "DO Stevie" and "DON'T Stevie" prepare food simultaneously. An engaging split screen format allows viewers to study right and wrong methods. Includes demonstration of apple crisp, spaghetti with meatballs and a dinner salad. Teaching materials online.

**3478D-DVD \$59.95**

*"...the advice is sound and students are sure to pick up some important pointers."*

– Booklist

*"A creatively presented, non-narrated program that will be a boon to young cooks in the kitchen, this is recommended."*

★★★

– Video Librarian

### Kitchen Safety Smart

AUDIENCE: Grade 6 - Adult

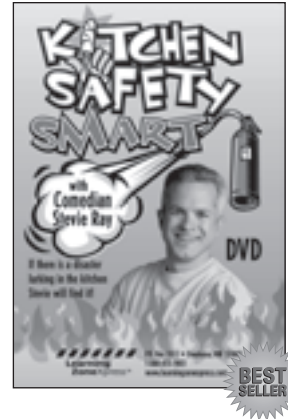
DVD ISBN: 1-57175-112-2

RUN TIME: 8 min.

©2005

Five teens follow comedian Stevie Ray around the kitchen. They instruct him as he narrowly averts impending disasters while preparing breakfast. Short vignettes on knife safety, burns, broken glass and ways to prevent and respond to kitchen safety issues are presented. The students are the experts demonstrating equipment usage and personal safety. Teaching materials online.

**3390D-DVD \$59.95**



### Spoiled Rotten Food Safety

AUDIENCE: Grade 5 - 9

DVD ISBN: 1-57175-076-2

RUN TIME: 16 min.

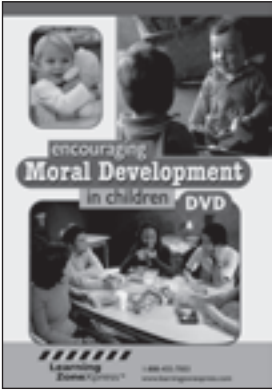
©2005

The Food Safety Investigation (FSI) Team checks for clues of food poisoning at a food safety crime scene. Learn the basic rules to prevent food-borne illnesses: Clean hands, food, utensils and surfaces; separate foods while shopping, storing and preparing to prevent cross-contamination; cook foods to recommended temperatures to kill bacteria; chill and store foods promptly and at proper temperatures. Teaching materials online.

**3376D-DVD \$59.95**



# Child Development



## Encouraging Moral Development in Children

AUDIENCE: Grade 7 - Adult

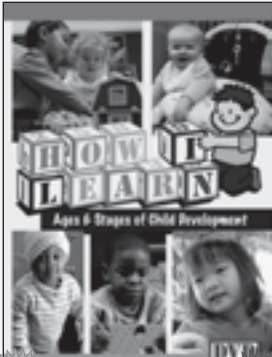
DVD ISBN: 1-57175-244-7

RUN TIME: 14 min.

©2006 CC

Moral development is about right and good conduct based on honesty and concern for others—and it begins with babies. Teenage moral dilemmas and preschool age children's behavior demonstrates ways that moral development can be encouraged at an early age. Teaching materials online.

**3407D-DVD \$59.95**



## How I Learn

AUDIENCE: Grade 7 - Adult

DVD ISBN: 1-57175-246-3

RUN TIME: 17 min.

©2006 CC

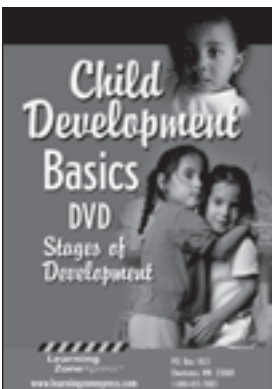
Meet preschool children of all ages as they experience the social, emotional, physical and intellectual milestones of typical early childhood development. Packed full of information, this documentary features entertaining footage of children, parents, caregivers, archival film footage, and a teen childcare worker who pulls it all together. Teaching materials online.

**3408D-DVD \$59.95**



*Teens will relate to important information that is presented in an entertaining format.*

— School Library Journal



## Child Development Basics

AUDIENCE: Grade 6 - Adult

DVD ISBN: 1-57175-066-5

RUN TIME: 15 min.

©2005 CC

Fabulous visuals cover stages of child development including intellectual and physical. Come along with a group of teens who tour a child care center because they want to start a babysitting business and need to know more about what children can do at certain ages. Observe infants, toddlers, pre-schoolers and kindergartners as they explore their environment. Teaching materials online.

**3366D-DVD \$59.95**

## Child Development Theorists

**AUDIENCE:** Grade 9 - Adult

**DVD ISBN:** 1-57175-806-2

**RUN TIME:** 21 min.

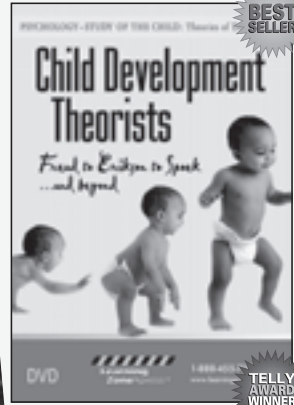
©2009

Beginning with Sigmund Freud, modern child development theorists have changed the way that parents raise their children and the way that teachers teach those children. This video features historical footage combined with candid documentary footage from day care centers. DVD covers:

- A brief view of major child development theories
- How theories differ
- How more than one approach can be beneficial
- Theorists presented include:

- Sigmund Freud
- Maria Montessori
- Arnold Gesell
- Lev Vygotsky
- Jean Piaget
- Rudolf Dreikurs
- Erik Erikson
- Abraham Maslow
- John Bowlby
- B.F. Skinner
- Benjamin Spock
- Lawrence Kohlberg
- Dianna Baumrind
- Howard Gardner

DVD host



**BEST SELLER**

**TELLY AWARD WINNER**

► 2010 Telly Award Winner!

*"Well organized... Brief and to the point, this excellent overview introduces students to the giants of the field and their significant findings."*  
— Booklist

*"A fine introduction to the principal ideas regarding child development... Recommended."*

★★★★

— Video Librarian

Teaching materials online.

**3494D-DVD \$89.95**

## The Montessori Method

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-834-8

**RUN TIME:** 17 min.

©2009

Children learn best when engaged in purposeful activity according to Maria Montessori, who developed the Montessori method in the early 1900s and inspired an international movement. Tour Montessori classrooms with infants, toddlers, early childhood and elementary students and learn:

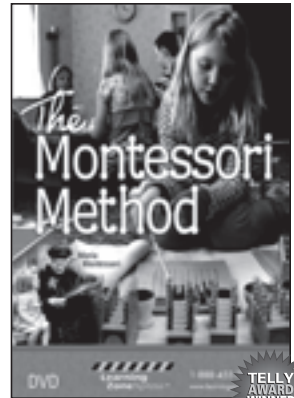
- Sensitive periods in a child's life
- How children teach themselves

Teaching materials online.

**3500D-DVD \$59.95**

► 2010 Telly Award Winner!

- How conflict is handled
- And more



**TELLY AWARD WINNER**

## Look...A Babysitter

**AUDIENCE:** Grade 5 - 9

**DVD ISBN:** 1-57175-354-0

**RUN TIME:** 15 min.

©2007

Filmed from the baby's perspective! Join baby Grace as she puts the new babysitter through the paces. Babysitting can be a great way to earn extra money but it's also a big responsibility. See how to get babysitting jobs and what to do after you got one. Light-hearted and fun, learn everything from child safety to diaper changing. Teaching materials online.

**3433D-DVD \$59.95**



*"A practical and humorous how-to that teens will find both useful and entertaining, this is recommended."*

★★★★

— Video Librarian



## Taking Care of Baby: Basic Care

**AUDIENCE:** Grade 7 - Adult

**DVD ISBN:** 1-57175-250-1

**RUN TIME:** 23 min.

©2006

Learn the basics of baby care is important for teens, new parents and child care providers. Skills discussed include:

- Holding and lifting babies
- Diapering
- Bathing
- Feeding
- Administering basic medical care

Teaching materials online.

**3413D-DVD \$119.95**

### Taking Care of Baby DVD Set

Includes Basic Care (3413D-DVD) and Nurturing Care (3414D-DVD)  
**3493D-DVD \$169.95**



## Taking Care of Baby: Nurturing Care

**AUDIENCE:** Grade 7 - Adult

**DVD ISBN:** 1-57175-232-3

**RUN TIME:** 20 min.

©2006

As babies grow, they learn more about their surroundings. Nurturing them will help them explore the abilities they are naturally developing. Learn:

- Calming techniques
- Playtime essentials
- Safety

Teaching materials online.

**3414D-DVD \$119.95**



## Joys & Concerns of Parenting

**AUDIENCE:** Grade 10 - Adult

**DVD ISBN:** 1-57175-234-X

**RUN TIME:** 18:30 min.

©2006

What does it really mean to be a parent? There are many challenges and adjustments that first-time parents face when their baby is born. This relaxed, testimonial-style DVD shows many real-life family events and parenting styles, adjusting to the changes that children bring, and how the style your parents used will affect how you parent your own children. Teaching materials online.

**3406D-DVD \$59.95**



## The History of Parenting Practices

**AUDIENCE:** Grade 9 - Adult

**DVD ISBN:** 1-57175-267-6

**RUN TIME:** 20 min.

©2006

Learn what Moms and Dads have learned over the past 100 years. Why do parents do what they do? What has influenced parenting practices for the last 100 years? Events, government policies and child development theorists are reviewed in this fast-paced video. Teaching materials online.

**3014D-DVD \$89.95**





## The Brain: Developing Memory in Developing Brains – Birth to Five Years

AUDIENCE: Grade 7- Adult

DVD ISBN: 1-57175-950-6

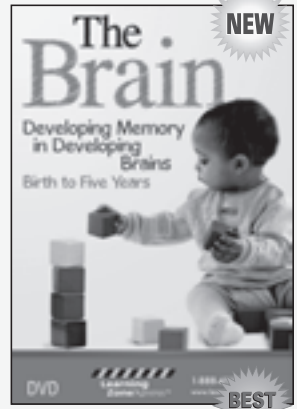
RUN TIME: 21 min.

©2010 [CC]

The human brain is fascinating - every movement we make, everything conscious or unconscious stems from our brains. The most critical time for brain development is from birth to age five. What can parents and caregivers of children do to help give those developing brains the best chance for success? Discover how the basic workings of the brain influence our memory and how we learn and what can be done to encourage healthy brain development in children.

- Reviews main parts of the brain and their functions
  - Explores the difference between short and long term memory
  - Discusses practical things parents and caregivers can do to promote learning
  - Examines the importance of multi-sensory learning
- Teaching materials online.

**3525D-DVD \$89.95**



*“...an educational DVD designed to help parents and caregivers understand what they can do to facilitate healthy brain development in very young children... invaluable resource, especially recommended for homeroom viewing in public schools and public library DVD collections.” – The Midwest Book Review*

*“...the information is valuable and this will be a welcome resource for anyone working with youngsters. Recommended.” – Video Librarian*

## The Brain: Activity, Sleep & Boredom

AUDIENCE: Grade 7 - Adult

DVD UPC: 846742000737

RUN TIME: 20 min.

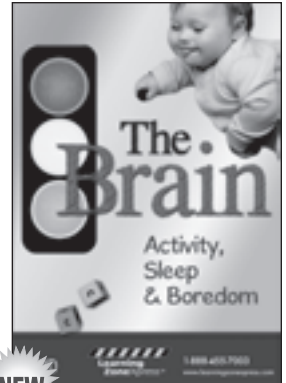
©2011 [CC]

In this DVD, physical activity and quality sleep are both vital for healthy bodies. A stoplight is used as a symbol to represent activity, boredom, and sleep.

1. Green Light = Go! Physical activity turns your brain on to learn. Our bodies need movement to stay healthy, but so do our brains!
2. Red Light = Stop! Sleep is vital for your child. How much do they need and why?
3. Yellow Light = Slow down! Doing “nothing,” and even being bored, is actually very important to how we process the world around us, and studies suggest, it is vital to creativity! So how can you give your kids good boredom? And why doesn't watching TV count as this “down time”?

Teaching materials online. **Available January 2011.**

**300010 \$89.95**



## The Brain: Pattern, Structure & Novelty

AUDIENCE: Grade 7 - Adult

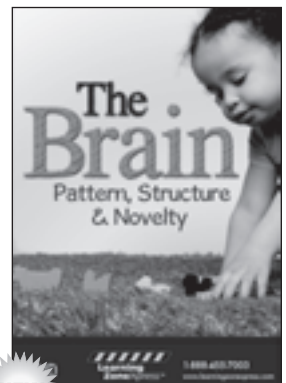
DVD UPC: 846742000744

RUN TIME: 20 min.

©2011 [CC]

Our brains are wired to perceive patterns and structure in the world around us. Young children especially need structure to feel secure and be ready to learn. Yet our brains also are continually seeking something new! Too much of the same things causes our brains to get bored – and too many new things can cause confusion or chaos! Discover how to give young children the structure that they need to set up a strong foundation for learning, and how to add new activities and ideas in ways that nurture their hunger for learning. Teaching materials online. **Available January 2011.**

**300011 \$89.95**





## Fathering: What It Means To Be A Dad

AUDIENCE: Grade 9 - Adult

DVD ISBN: 1-57175-843-7

RUN TIME: 20 min.

©2009 CC

Dads matter. Fathers have a tremendous impact in the lives of their children. Information from fathering expert Steve Onell is paired with interviews of young fathers to demonstrate the importance of fathers to their children. Viewers also learn practical tips for staying involved and being a role model in the lives of their children. Key messages include:

- Involvement
  - Structure and discipline
  - Demonstrate healthy behavior
- Teaching materials online.

**3509D-DVD \$89.95**

*“...this solid program outlines a good, basic foundation for being an effective, loving father.”*

★★★ – Video Librarian

*“Current film clips of fathers and children are cleverly paired with vintage views of fatherhood. This film does a good job of explaining a father’s importance in a child’s life.”*

– School Library Journal

## The Power of the Family

AUDIENCE: Grade 6 - Adult

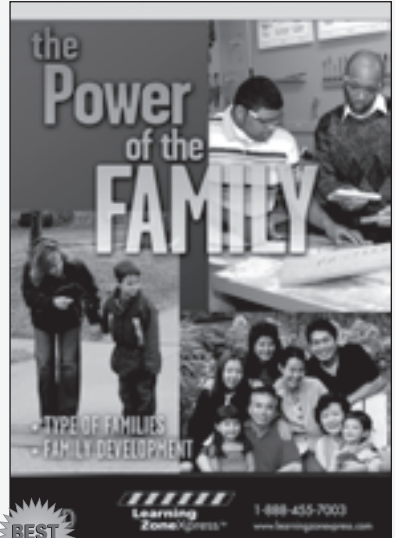
DVD ISBN: 1-57175-698-1

RUN TIME: 18 min.

©2008 CC

Traditional, single parent, blended or extended – there are many ways we define a family. Our families help make us the people that we are today. Learn the different types of families and the development roles they play, including physical, emotional, intellectual, social and moral development. Teaching materials online.

**3474D-DVD \$89.95**



## The Scoop on Blended Families

AUDIENCE: Grade 5 - Adult

DVD ISBN: 1-57175-242-0

RUN TIME: 20 min.

©2006 CC

Stop by our ice cream shop and listen to realistic advice from teens who have made their stepfamily situation work for them. Just like blending ice cream ingredients to create an interesting new flavor, blending the personalities and lifestyles of two families takes know-how, experimenting and patience. Teaching materials online.

**3404D-DVD \$59.95**

*“offers an encouraging reminder to children of divorce that life does indeed go on.”*

★★★★

– Video Librarian



## Character: Friendship Basics

AUDIENCE: Grade 4 -10

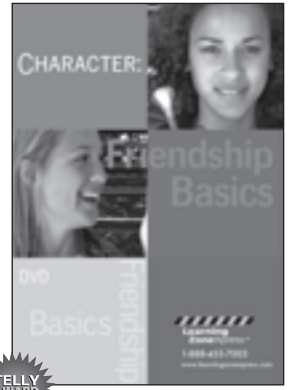
DVD ISBN: 1-57175-751-1

RUN TIME: 11 min.

©2009 

Navigating your way through changing friendships might seem daunting. Host Wes Halula and a group of students use humor and captivating visuals to talk about friendships. Discover how to make new friends, keep them, and end friendships in a positive way. Teaching materials online.

**3484D-DVD \$59.95**



*"The program's positive message and simple delivery make it valuable, particularly for middle schoolers..."*

– School Library Journal

## Character: Self-Esteem Basics

AUDIENCE: Grade 4 -10

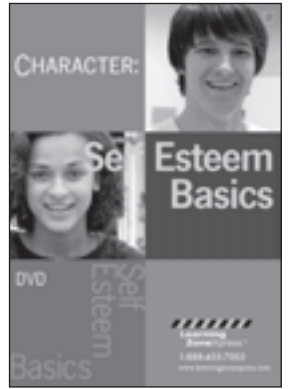
DVD ISBN: 1-57175-753-8

RUN TIME: 12 min.

©2009 

How you see and value yourself is an important part of who you are – your character. Host and student, McKenna, guides viewers through important questions like: "Why is good self-esteem so important?" and "What can I do to improve mine?" to discover that how we see ourselves influences who we are. Through interviews with a developmental psychology expert and a high school basketball starters, discover why good self-esteem is so important to have. Teaching materials online.

**3486D-DVD \$59.95**



*"The importance of good self-esteem and ways you can improve your confidence are presented in this brief character education program... An excellent resource for intermediate and middle grade students."*

– School Library Journal

## Character Series DVD Set

Includes 3484D-DVD,  
3486D-DVD and  
3485D-DVD

**3496-DVD \$139.95**

## Character: Communication Basics

AUDIENCE: Grade 4 -10

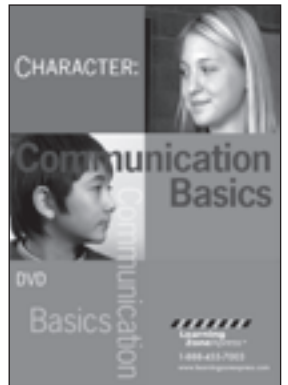
DVD ISBN: 1-57175-752-X

RUN TIME: 16 min.

©2009 

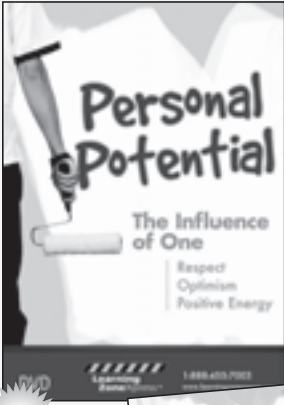
Join hosts Anne and Ben as they learn about the basics of communication! They speak with a communication professor and professional actors demonstrate the importance of body language and non-verbal communication. Anne and Ben discover how to communicate clearly through learning communication basics, active listening, non-verbal communication, and how we communicate online. Teaching materials online.

**3485D-DVD \$59.95**

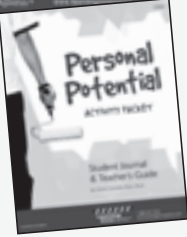


*"Effective verbal, non-verbal, and online communication is explained in this exceptionally well-produced program. The video and sound quality is excellent, the graphics are simple yet fun, and the music suits the program's overall tone... a superb choice for middle school classes."*

– School Library Journal



NEW



## Personal Potential: The Influence of One

AUDIENCE: Grade 6 - Adult

DVD ISBN: 1-57175-988-3

RUN TIME: 18 min.

©2010 CC

You may not think of yourself as a leader, but you are leading something – your life. An interview with Dr. Verna Price is teamed with a powerful vignette that dives into the topic of personal leadership. Dr. Verna challenges viewers to think critically about the power to influence, create change, and lead in your own life and in the world. Ideas explored include:

- Positional leadership vs. personal leadership
- What is personal power?
- Are you an “adder” or “subtractor”?

Teaching materials online.

**3518 \$59.95**

## Personal Potential Activities

Activities and structured discussions explore personal leadership, personal power, and “adders” and “subtractors”. Worksheets and activities support the Personal Potential DVD.

**120000 \$19.95**



NEW

## Goal Setting: Discovering Your Gifts

AUDIENCE: Grade 6 - Adult

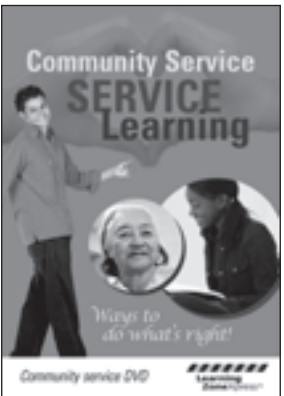
DVD UPC: 846742000751

RUN TIME: 20 min.

©2011 CC

Do you know what you want to do when you grow up? Do you know how to get there from here? Walk through the steps and strategies of goal-setting, and discover how these steps can help you accomplish your goal! Interviews feature real students who are pursuing their goals in order to discover their secrets to success. No matter what your dream in life, you will be inspired. Teaching materials online. **Available January 2011.**

**300012 \$59.95**



## Community Service

AUDIENCE: Grades 5 - 9

DVD ISBN: 1-57175-470-9

RUN TIME: 8 min.

©2007 CC

Help students become a positive force in their communities. Students will discover how to plan and develop a community service project. The narrator shares the benefits of being an agent of change. Teaching materials online.

**3430D-DVD \$59.95**

*“This short primer is packed with practical, useable advice, and the real-life stories of teens who started nonprofit programs provide an inspiring conclusion. Recommended.”*

★★★

– Video Librarian




## Secrets: Landing and Keeping a Job

AUDIENCE: Grade 9 - Adult

DVD ISBN: 1-57175-978-6

RUN TIME: 24 min.

©2010 

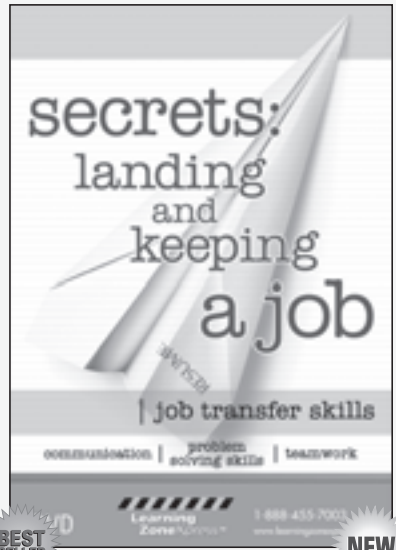
What are transferable job skills and why do we need them? They are skills acquired throughout your life that can be used at any job. Filmed in a sitcom format, like "The Office". Alex, Robby, and the crew at Anders-McMillan explain and demonstrate important job transferable skills including communication skills, problem solving skills, and teamwork in this entertaining and informative production. Teaching materials online.

**3522 \$59.95**

*"If you like The Office, you'll love this program - scripted, shot, and edited exactly like the NBC sitcom - which discusses an important aspect of landing and keeping a job: transferable job skills. An entertaining program that will also serve as an effective motivator, this is recommended."*

– Video Librarian

Edu-taining!



NEW

*"...well presented, with eye-catching scenarios and valuable information..."*

– Library Media Connection



## Customer Service Basics: Service with a Smile

AUDIENCE: Grade 9 - Adult

DVD UPC: 846742000768

RUN TIME: 20 min.

©2011 

In this humorous video that is reminiscent of "The Office," join the employees of the fictitious Lucky Star Coffee Company as they learn about customer service. Mark, the manager of the store, thinks he'll be leading this seminar. And why wouldn't he, since he knows everything there is to know on the subject? Well, Mark and his crew quickly discover exactly why when they are shown security camera footage of their misguided (and hilarious!) interaction with customers. But if the staff of Lucky Star can learn the three steps to good customer service including listening to the customer, anticipating needs, and admitting mistakes, maybe we can, too. Teaching materials online. **Available January 2011.**

**300013 \$89.95**

Sitcom Format –  
like NBC's "The Office"



Edu-taining!



## Career Day Videos

- Feature interviews with a variety of engaging professionals.



### Careers in Hospitality: Service & Adventure

**AUDIENCE:** Grade 7 - Adult

**DVD ISBN:** 1-57175-689-2

**RUN TIME:** 18 min.

©2008

Discover rewarding career opportunities in the hospitality industry. Get the inside scoop about jobs in hotel management and restaurants through engaging interviews. Educational, personal and professional requirements are discussed. Learn why kindness and goodwill are essential for success in this career field. Teaching materials online.

**3479D-DVD \$89.95**



### Careers in Fashion: Talent, Technology & Opportunity

**AUDIENCE:** Grade 7 - Adult

**DVD ISBN:** 1-57175-080-0

**RUN TIME:** 20 min.

©2005

The fashion industry can be a wonderful career choice with opportunities in fashion design, technology, product development, technical design, and marketing. Learn what skills and education are required for a career in fashion as you go behind the scenes with professionals in the industry: fashion designers, textile designer, technical designer, technical illustrator, buyer, entrepreneur, marketer and teacher. Teaching materials online.

**3379D-DVD \$89.95**



### Careers in Interior Design: The Business of Structure & Style

**AUDIENCE:** Grade 7 - Adult

**DVD ISBN:** 1-57175-078-9

**RUN TIME:** 17 min.

©2005

Would you like to work with luxurious fabrics, rich colors and interesting furniture to create fabulous spaces? Well, you can if you become an interior designer. Get a glimpse at this career from interior designers who have successful careers in residential and commercial design, "green" design, lighting design, sales, interior design education and design animation. Teaching materials online.

**3378D-DVD \$89.95**

## Health Science Careers

**AUDIENCE:** Grade 7 - Adult

**DVD ISBN:** 1-57175-979-4

**RUN TIME:** 23 min.

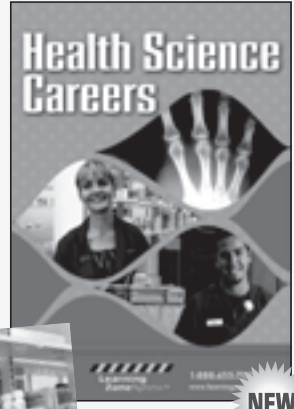
©2010

Do you consider yourself a team player? A career in health sciences may be just for you! Quality patient care relies on health care teams whose members communicate and collaborate well with others. In this video, explore a variety of health science career options, with varying levels of education required, including:

- Pharmacy Technician
- Home Health Aid
- Pediatrician
- Medical Administrative Support
- Radiographer
- Physical Therapist and Physical Therapy Assistant
- Certified Nursing Assistant

Teaching materials online.

**3523 \$89.95**



## Human Services Careers

**AUDIENCE:** Grade 7 - Adult

**DVD UPC:** 846742000775

**RUN TIME:** 20 min.

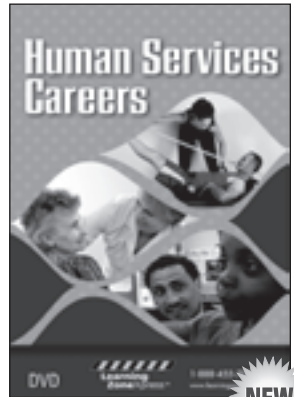
©2011

Do you enjoy helping other people? A career in human services may be just for you! Human services careers involve tending to families and to human needs, whether it be early childhood, counseling and mental health, family and community services, personal care, or consumer services. Explore a variety of human services career options, with varying levels of required education, including:

- Small Business Owner
- Marriage & Family Counselor
- Clergy
- Social Services Worker
- Personal Trainer
- Sales Consultant

Teaching materials online. **Available January 2011.**

**300014 \$89.95**



## Early Childhood Professions

**AUDIENCE:** Grade 7 - Adult

**DVD ISBN:** 1-57175-285-4

**RUN TIME:** 20 min.

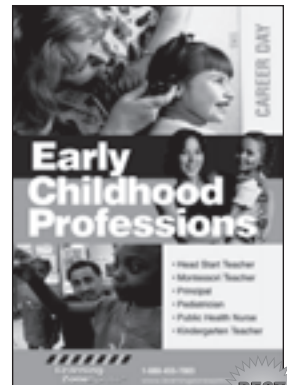
©2008

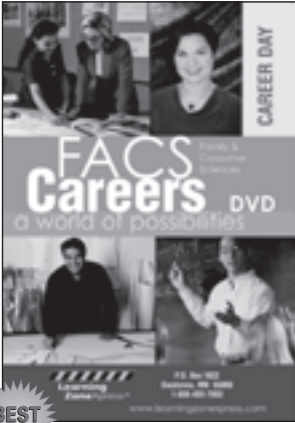
Who better to learn from about early childhood careers than professionals who are enjoying successful careers? Interviews with a variety of high-energy, engaging professionals who work with children will illustrate the range of choices for students today. Viewers will hear from a:

- Kindergarten Teacher
- Head Start Associate Director of Operations
- Public Health Nurse
- In-Home Childcare Provider
- Elementary School Principal
- Montessori School Director
- Pediatrician

Teaching materials online.

**3322D-DVD \$89.95**





## FACS Careers

**AUDIENCE:** Grade 9 - Adult

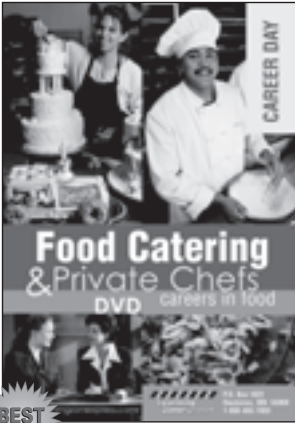
**DVD ISBN:** 1-57175-049-5

**RUN TIME:** 21 min.

©2002

Nine real people with fascinating jobs! Presents a variety of career opportunities for both males and females. Interviews only, not on the job site with people in: dietetics, food & nutrition; interior design & fashion; child development and more! Educational, personal and professional requirements are discussed. Teaching materials online.

**3115D-DVD \$89.95**



## Food Catering & Private Chefs

**AUDIENCE:** Grade 9 - Adult

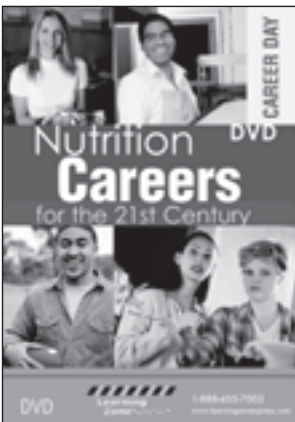
**DVD ISBN:** 1-57175-060-6

**RUN TIME:** 13 min.

©2004

Learn about exciting careers in the food industry! Join Chef Andrew Zimmern as he interviews industry professionals in the areas of both full-service catering and private chefs. It's sure to get students thinking of new and exciting career options. Teaching materials online.

**3323D-DVD \$89.95**



## Nutrition Careers for the 21st Century

**AUDIENCE:** Grade 9 - Adult

**DVD ISBN:** 1-57175-261-7

**RUN TIME:** 22 min.

©2006

From Carrie's career as a sports nutritionist for professional athletic teams to Tony's career as a public health nutritionist and Barbara's life as a famous food entrepreneur, engaging interviews provide a glimpse into the world of 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. Teaching materials online.

**3317D-DVD \$89.95**



# The "Confessions" Series



- Feature a "day in the life" of a variety of professionals. Gives viewers an inside glimpse at interesting careers through candid interviews and behind-the-scenes footage.

## Confessions of Chefs and a Restaurateur

AUDIENCE: Grade 9 - Adult

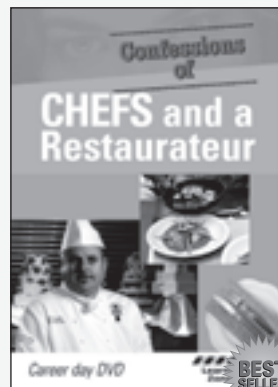
DVD ISBN: 1-57175-444-X

RUN TIME: 15 min.

©2007

Students learn the pros and cons of being a chef from culinary instructors at Le Cordon Bleu College of Culinary Arts. Spend time with Brenda Langton, chef restaurateur and owner of Cafe Brenda and Spoonriver restaurants, as she creates vegetarian and fresh seafood gourmet dishes. Teaching materials online.

**3452D-DVD \$89.95**



*"Excellent 'career day' video... skillful editing blends casual walk-and-talk tours of a restaurant with candid interviews and great behind-the-scenes footage... a sure-to-be popular title from Learning ZoneXpress... is highly recommended."*

★★★★

– Video Librarian

*"After viewing this film, students will have a better idea if they might be interested in pursuing a culinary career."*

– School Library Journal

## The "Confessions" Series Set

Includes all 6 "Confessions" DVDs

**3492D-DVD \$349.95**

## Confessions of a Food Stylist

AUDIENCE: Grade 6 - Adult

DVD ISBN: 1-57175-635-3

RUN TIME: 18 min.

©2008

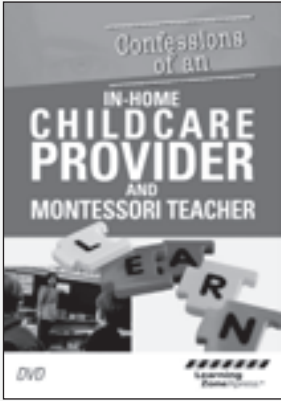
An interview and behind the scenes footage with Lisa Golden Schroeder, food stylist, cookbook author and teacher, gives a glimpse into the career of a food stylist. This program teaches viewers about:

- The education and training that is helpful to break into this profession
- The salary range for this career, and geographic locations where food stylists can earn a living
- The long-term career outlook for a food stylist
- The "highs and lows" of the job
- Demonstrates how to style a sandwich, a pork chop and a cheesecake

Teaching materials online.

**3470D-DVD \$89.95**





## Confessions of an In-Home Childcare Provider

AUDIENCE: Grade 6 - Adult

DVD ISBN: 1-57175-563-2

RUN TIME: 15 min.

©2007

Peer into the world of experienced Montessori teachers and in-home childcare providers. Through interviews and live footage of the experts, viewers discover what it takes to succeed in these professions as well as learn:

- Education and training required
- Salary range
- Long-term career outlook
- Typical daily activities
- Highs and lows of the job

Teaching materials online.

**3458D-DVD \$89.95**



*“...offers ‘confessions’ that give viewers a good idea of what is involved in these childcare careers... it’s inspiring... Recommended.”*

★★★

– Video Librarian



## Confession of an Interior Designer

AUDIENCE: Grade 9 - Adult

DVD ISBN: 1-57175-448-2

RUN TIME: 13 min.

©2007

Understand what it takes to be an interior designer from Brandi Hagen. She discusses the education necessary to become an interior designer, and the pros and cons of a professional interior design career. In addition to showing her office and a client meeting, Brandi gives an inside tour of several designer showrooms. Teaching materials online.

**3454D-DVD \$89.95**



Brandi Hagen,  
Interior Designer



*“Useful for guidance offices and high school career days.”*

– School Library Journal

## Confessions of a Fashion Designer

AUDIENCE: Grade 9 - Adult

DVD ISBN: 1-57175-446-6

RUN TIME: 12 min.

©2007 

The formal dresses from *DeBora Rachelle Designs* have been worn at major award programs and formal events all over the world. Learn what it takes to be a successful fashion designer from DeBora Rachelle and get a behind-the-scenes glimpse of a fitting session. She designs more than 100 dresses each season with purses and jewelry to match. Teaching materials online.

**3453D-DVD \$89.95**



*“Outstanding, technically flawless, full-color informed videos... strongly recommended additions to both school and community libraries.”*

– Midwest Book Review

*“School libraries looking to meet the growing demand for career information will find this a worthwhile addition.”*

– School Library Journal



## Confessions of an Event Planner

AUDIENCE: Grade 6 - Adult

DVD ISBN: 1-57175-636-1

RUN TIME: 15 min.

©2008 

Experience a day in the life of Dena Marie Modica, Director of Sales and Marketing for Solera Restaurant and Event Center, to gain insight into the career of an event planner. This program teaches viewers about:

- The education and training that is helpful to break into this profession
  - The salary range for this career
  - The long-term career outlook for an event planner
  - The types of event planners that exist
  - The “highs and lows” of the job
  - Provides a brief tour of an event center and a party rental facility
- Teaching materials online.

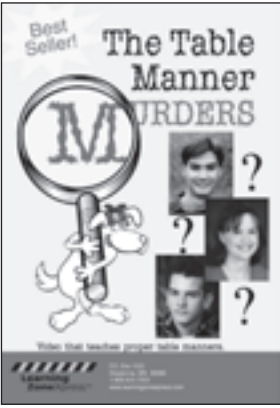
**3471D-DVD \$89.95**



*“Enthusiastically recommended for public library collections as well as high school career day”*

– Library Bookwatch





## The Table Manner Murders

**AUDIENCE:** Grade 5 - 8

**DVD ISBN:** 1-57175-474-1

**RUN TIME:** 15 min.

©2006

Stephanie is throwing a dinner party for eight of her friends from school. What starts as a fun evening turns into a terrible case of manner murders. Learn proper table manners through an entertaining "whodunnit?" approach. Teaching materials online.

**3032D-DVD \$59.95**

## Extreme Etiquette Series

► Manners education is exciting when students learn the ins and outs of etiquette in interesting environments such as rock climbing and ballroom dancing. From the dinner table to the classroom to the internet, knowing how to be naturally courteous will pay off in happier relationships and better opportunities. Teaching materials online.



## Take Your Manners Public

**AUDIENCE:** Grade 5 - Adult

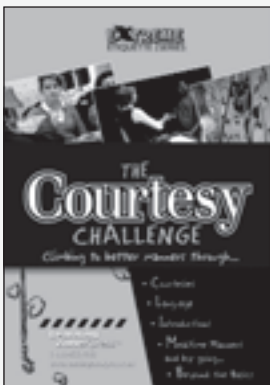
**DVD ISBN:** 1-57175-437-7

**RUN TIME:** 20 min.

©2007

Teens heading out to help with a charity event learn how to practice a variety of community courtesies in all kinds of public places. How do you act on public transportation, in a movie theater, in a restaurant, in a gym, at a laundromat, when shopping or as a guest? The teens learn small courtesies can add up to big impressions anywhere. Teaching materials online.

**3428D-DVD \$89.95**



## The Courtesy Challenge

**AUDIENCE:** Grade 5 - Adult

**DVD ISBN:** 1-57175-438-5

**RUN TIME:** 21 min.

©2007

The members of a rock-climbing team realize they need to brush up on the basics of manners. The more they learn, the higher they climb. They discover to master extreme etiquette they must use common courtesies, watch their language, make smooth introductions, know mealtime manners and go beyond the basics. Teaching materials online.

**3436D-DVD \$89.95**

*"This DVD would fit perfectly into any unit, curriculum, or class that focuses on character development and how students will be expected to behave beyond their school years... Recommended."*

**– Library Media Connection**



## Which Fork Do I Use?

AUDIENCE: Grade 6 - Adult

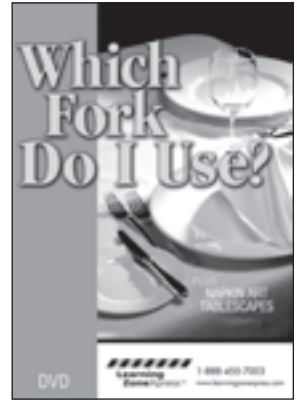
RUN TIME: 22 min.

©2008 

DVD ISBN: 1-57175-704-X

Learn the do's and don'ts of dining out – from the time you step into a restaurant through paying the bill. Make a good impression with proper etiquette for special occasions. Etiquette expert works with 4 ethnic teens preparing for prom. A bonus demonstration of creative napkin folding for special occasions at home is included. Teaching materials online.

**3480D-DVD \$59.95**



*“Concise and informative instructional program on proper dining etiquette...definitely recommended.”*

★★★

– Video Librarian



## Extreme Etiquette Series

Includes 3426D-DVD,  
3427D-DVD, 3428D-DVD,  
3436D-DVD on one DVD

DVD ISBN: 1-57175-439-3

**3455D-DVD \$229.95**



## The School Manners Adventure

AUDIENCE: Grade 5 - Adult

RUN TIME: 14 min.

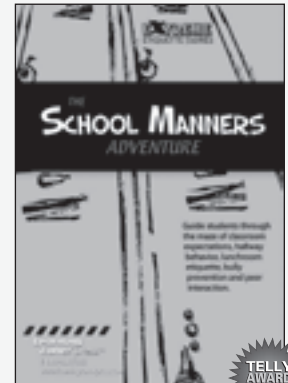
©2007 

DVD ISBN: 1-57175-436-9

Every day is an adventure at school with a maze of environments and interactions waiting for students. How do they maintain good manners and composure through it all? They'll find out in this video which covers classroom expectations, hallway behavior, lunchroom etiquette, bully prevention and peer interaction.

Teaching materials online.

**3427D-DVD \$89.95**



**BEST  
SELLER**

## The Netiquette Edge

AUDIENCE: Grade 5 - Adult

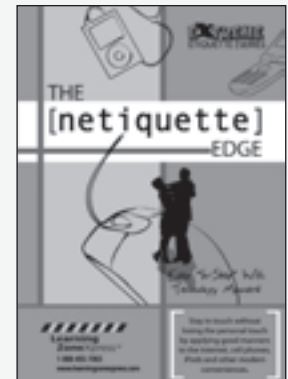
RUN TIME: 21 min.

©2007 

DVD ISBN: 1-57175-435-0

Teens getting into the ballroom dancing craze realize that learning the steps of technology manners is a lot like learning dance steps. By applying good manners to the Internet, cell phones, iPods and other gadgets, they see how to keep wired to today's technology without losing the personal touch. Teaching materials online.

**3426D-DVD \$89.95**



**TELLY  
AWARD  
WINNER**

*“Production quality is excellent and narration is perfectly paced with scenes. This program provides sound, practical information.”*

– School Library Journal

# Independent Living



## It's Your Money: Financial Flight School

AUDIENCE: Grade 10 - Adult

DVD ISBN: 1-57175-236-6

RUN TIME: 20 min.

©2006 CC

Maria is living on her own and gives tips to teens on what they can do NOW to get a head start financially to live on their own. Topics include:

- How to develop good saving and spending habits by designing a personal money management plan
- The power of compound interest
- How to avoid credit card traps
- The TOTAL cost of buying a car

Teaching materials online.

**3389D-DVD \$59.95**



*"A snappy practical program perfect for any teenager...highly recommended"*

★★★★

– Video Librarian



## Are You Ready to Live on Your Own?

AUDIENCE: Grade 10 - Adult

DVD ISBN: 1-57175-106-8

RUN TIME: 20 min.

©2006 CC

Anthony gets advice from a pilot, his dad and friends about living on his own. Viewers get an overview of what to consider when preparing to move out on their own. Topics include:

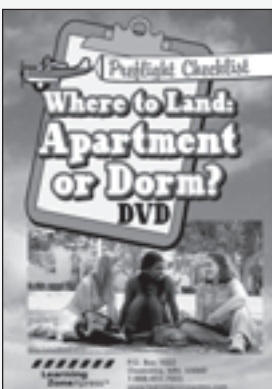
- Budgeting
- Time management
- Realistic expectations
- Creating a support network

Teaching materials online.

**3387D-DVD \$59.95**

*"It's breezy presentation will keep viewers interested."*

– School Library Journal



## Where to Land: Apartment or Dorm?

AUDIENCE: Grade 10 - Adult

DVD ISBN: 1-57175-108-4

RUN TIME: 12 min.

©2006 CC

Isabel is considering college housing options. Her girlfriends, brother and father help her compare dorm and apartment living. See the challenges of finding living arrangements. Topics include:

- Personal space and security
- Financial considerations
- Roommates
- Leases and more!

Teaching materials online.

**3388D-DVD \$59.95**

## D is for Decisions

**AUDIENCE:** Grade 6 - Adult

**DVD UPC:** 846742000324

**RUN TIME:** 16 min.

©2010

Teens' eyes and ears are coveted by advertisers, but how do you make wise purchasing decisions? Maggie and Ethan shop for a bike and online for an MP3 player while learning and applying the 4 steps consumers should consider when making a purchase to make sure you're getting what you want and need:

1. Set a goal
  2. List your resources
  3. Shop carefully
  4. Evaluate your purchase
- Resource management, goal setting, and the decision making process are covered.

Teaching materials online.

**3530 \$59.95**



## Cash, Credit and Your Future

**AUDIENCE:** Grade 9 - Adult

**DVD ISBN:** 1-57175-731-7

**RUN TIME:** 23 min.

©2009

What are students looking forward to most? More education? A great job? A cool car? Achieving dreams takes planning, hard work, and money. Follow along as two teen financial award show viewers learn:

- How to manage money
- How to understand paychecks
- The basics of credit and debit cards

Teaching materials online.

**3483D-DVD \$89.95**



*"It cannot be overstated how important the financial management basics of Cash, Credit and Your Future are for teens (and adults!) to know, particularly in today's economy Recommended.*

**– Midwest Book Review**

## Cracking the Advertising Code

**AUDIENCE:** Grade 7 - Adult

**DVD ISBN:** 1-57175-240-4

**RUN TIME:** 20 min.

©2006

Learn how to make good buying decisions by spotting common advertising ploys including:

- Celebrity endorsement
- Emotional appeal
- Unproven claims and urgency
- Customer testimony

Teaching materials online.

**3405D-DVD \$59.95**

*Perfect for  
classroom use.*

**– Booklist**



## Why We Eat What We Eat

**AUDIENCE:** Grade 5 - 9

**DVD ISBN:** 1-57175-061-4

**RUN TIME:** 14 min.

©2005

A group of friends organizes a potluck lunch at school and discovers that each of them have very different favorite foods. Viewers will begin to understand how heritage, popular culture, regions of the country and world, social events, and advertising all influence our choices in foods. Teaching materials online.

**3330D-DVD \$89.95**



## Why We Wear What We Wear

**AUDIENCE:** Grade 5 - 9

**DVD ISBN:** 1-57175-062-2

**RUN TIME:** 14 min.

©2005

A group of teens goes on a clothing scavenger hunt and discovers there are many reasons people choose certain types of clothing. Viewers will begin to understand how comfort, lifestyle, climate, occupation, age, culture, and cost—as well as personal style—all influence our decisions about what we wear. Teaching materials online.

**3331D-DVD \$89.95**

## Why We Live Where We Live

**AUDIENCE:** Grade 5 - 9

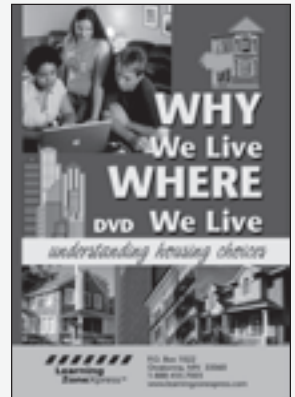
**DVD ISBN:** 1-57175-063-0

**RUN TIME:** 14 min.

©2005

Three teens e-mail friends across the country to find out about where they live. There are many reasons why people live where they live—family, economy, climate, age, work, personal style, and size and type of community. Viewers will begin to understand choices and decisions about where we call home. Teaching materials online.

**3332D-DVD \$89.95**



2-3 minute  
life skills skits

## Need-2-Know

**AUDIENCE:** Grade 5 - 8

**DVD ISBN:** 1-57175-092-4

**RUN TIME:** 50+ min.

©2005

Packed with tips everyone should know before heading out on his or her own. The format is “improv” fun, with comedian Stevie Ray and teens. It covers these skills: household maintenance, basic nutrition, car maintenance, financial management. 42 improv skits. Teaching materials online.

**3374D-DVD \$39.95**



**Sew Cool****AUDIENCE:** Grade 7 - Adult**DVD UPC:** 846742000140**RUN TIME:** 8 segments; 43 min.

©2010

Discover how sewing can be SEW cool! Create your own unique look and save some money by learning sewing basics that will give you the skills to make projects all your own. Sewing instructor Kimberly Oedekoven encourages viewers to "See it, like it, make it" while presenting sewing basics and two easy sewing projects in short segments, including:

- Sewing Tools and Essentials
- Hand Sewing
- Fabric Selection
- Sewing Techniques and Rules
- Sewing Machine Parts
- Fabric Selection
- Non-Pattern Project: T-Shirt Tote (Bonus: T-Shirt Bracelet)
- Pattern Project: Pajama Pants (Bonus: Fabric Store Tour)

Subtitled in English.

Teaching materials online.

**3533 \$59.95**

Kim Oedekoven,  
Sewing Instructor

**Sew Green: Recycle, Repurpose, Restyle****AUDIENCE:** Grade 7 - Adult**DVD ISBN:** 1-57175-921-2**RUN TIME:** 4 segments; 38 min.

©2009

One way to go green is to sew green! Using unconventional materials like sleeves from wool sweaters, designer fabric samples, or "fabric" made from fused plastic bags, learn the basics of sewing through simple and easy to make projects that incorporate recycled materials. Sewing instructor Kimberly Oedekoven encourages viewers to "make it your own" while demonstrating four fun and unique sewing projects. Additional project ideas made from the same recycled materials are also shown. Projects include:

- A fused plastic messenger bag
- A cell phone or MP3 player holder from old jeans
- A laptop case from designer fabric samples
- A reusable water bottle sleeve from a wool sweater

Subtitled in English.

Teaching materials online.

**3517D-DVD \$59.95**

*"A fine how-to for both home economics classrooms and personal use, this is recommended."*

– Video Librarian

*"...a wonderful DVD guide to using unconventional (recycled) materials to create practical and delightful handicrafts."*

– Midwest Book Review



# Sewing

## Got a Notion to Sew

**AUDIENCE:** Grades 5 - 9

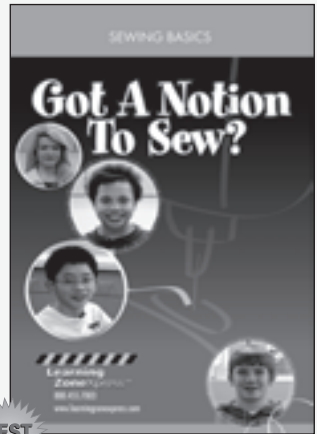
**DVD ISBN:** 1-57175-468-7

**RUN TIME:** 20 min.

©2007 

Covers all the essentials to get students ready to sew. This includes safety in the sewing lab, notions for sewing, hand-sewing basics and the sewing machine. Also features new sewing projects: pillow case, fleece hats and mittens, tote bag, name pennants, pillows and other easy projects from Haan Crafts and To-Sew. Teaching materials online.

**3431D-DVD \$59.95**



*“User-friendly and involving... excellent addition to home economics curriculums... a great way to get young people started in a useful and practical skill.”*

– The Midwest Book Review



## See 'N Sew

**AUDIENCE:** Grade 5 - 9

**DVD ISBN:** 1-57175-917-4

**RUN TIME:** 15 min.

©2003 

Students demonstrate step-by-step easy sewing projects like the Wavy Weaving Pillow. Step-by-step instructions make it easy to see construction steps. A variety of projects are demonstrated, including:

- Babysitting bag
- Photo images
- Cozy fleece blanket

Sewing notions are also presented.

Teaching materials online.

**3316D-DVD \$59.95**



## A Tour of a Fabric Store

**AUDIENCE:** Grade 5 - 9

**DVD ISBN:** 1-57175-297-8

**RUN TIME:** 20 min.

©2002 

From fiber to fabric to patterns and notions and understanding the pattern envelope and more. A high school student explains the basics. Teaching materials online.

**3129D-DVD \$59.95**

## Fashion Show Through History

AUDIENCE: Grade 6 - Adult

DVD ISBN: 1-57175-067-3

RUN TIME: 35 min.

©2005

A style show of fashions through the centuries. Imagine traveling back in time to wear the clothing of days gone by! Travel with three teens as they experience what people wore in

- Ancient Times
- Middle Ages
- Renaissance
- 1600s, 1700s & 1800s
- All the decades of the 1900s

Catch a glimpse at clothes of the future! Teaching materials online.

**3372D-DVD \$119.95**



## Fashion Frenzy: 100 Years of Clothing History

AUDIENCE: Grade 5 - Adult

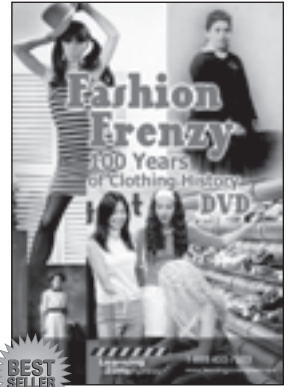
DVD ISBN: 1-57175-056-8

RUN TIME: 20 min.

©2002

As a teen prepares to leave for college, she thinks about the clothing she wants to bring and what sort of statement it will make. Join fashion expert Mary Botkin in examining fashion trends throughout history. Teaching materials online.

**3250D-DVD \$89.95**



*"Funny and practical... recommended."*

– Video Librarian

## Laundry Blues

AUDIENCE: Grade 6 - Adult

DVD ISBN: 1-57175-228-5

RUN TIME: 15 min.

©2006

There's been a robbery and our sleuths try to figure out who stole the necklace and why the laundry room is the center of the mystery. Learn the do's and don'ts of washing clothes and have fun deducing the answers. Teaching materials online.

**3410D-DVD \$59.95**



## Laundry 101: Clothing Care for Looking Good

AUDIENCE: Grade 6 - Adult

DVD ISBN: 1-57175-648-5

RUN TIME: 20 min.

©2001

A lively format! The perfect primer on clothing care. Jacki and Duane, two Junior High students, follow five easy steps as they sort, pre-treat, wash, dry, and fold clothes for a clothing drive project. Covers all laundry room basics. Teaching materials online.

**3252D-DVD \$59.95**



# Interior Design



## Design I: The Elements

**AUDIENCE:** Grade 9 - Adult

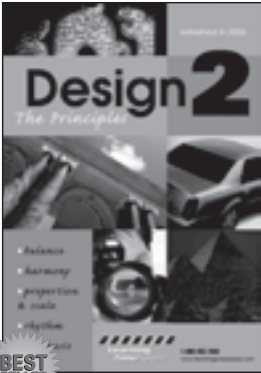
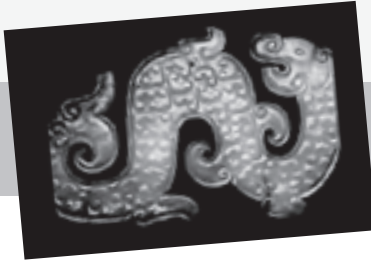
**DVD ISBN:** 1-57175-114-9

**RUN TIME:** 19 min.

©2006

Anytime you create something, a sketch or a skyscraper, you are designing. Explore the ELEMENTS of design—color, line, shape, form, pattern and texture—in the usual design disciplines: interior, clothing, landscape, and architecture, as well as more unusual venues, like the family dog, kids and professional models. Teaching materials online.

**3223D-DVD \$89.95**



## Design II: The Principles

**AUDIENCE:** Grade 9 - Adult

**DVD ISBN:** 1-57175-116-5

**RUN TIME:** 23 min.

©2006

Takes viewers on a whirlwind tour of the natural world, fashion, ancient times, childhood, interiors, exteriors, and everything in between for a thorough grounding in the PRINCIPLES of design. Teaching materials online.

**3224D-DVD \$89.95**

## Housing Styles

**AUDIENCE:** Grade 9 - Adult

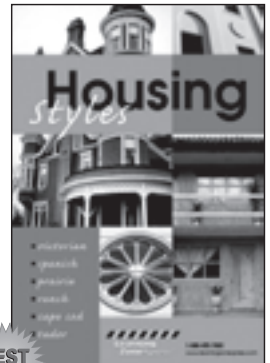
**DVD ISBN:** 1-57175-055-X

**RUN TIME:** 19 min.

©2001

A tour of homes is more than just architectural style... it's a tour through history. Tour a city and view examples of Modern, Victorian, Rambler, Cape Cod, Tudor, Colonial, and others. Architectural terms are provided along with time periods of popularity and specific characteristics of each housing style. Teaching materials online.

**3234D-DVD \$89.95**



## Fun Teen Rooms on a Budget

**AUDIENCE:** Grades 5 - 8

**DVD ISBN:** 1-57175-654-X

**RUN TIME:** 20 min.

©2005

Students love "make-over" television shows. Six teen girls give tours of their own bedrooms and offer creative and fun ideas for designing bedrooms on a budget! Teaching materials online.

**3367D-DVD \$59.95**



## Design: All About Textiles

**AUDIENCE:** Grade 6 - Adult

**DVD UPC:** 846742000591

**RUN TIME:** 24 min.

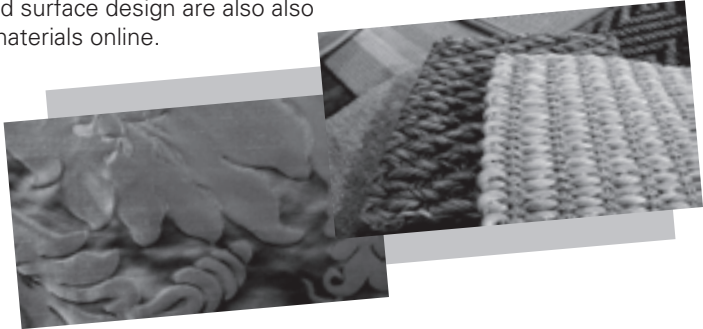
©2010

The human body is almost constantly in contact with some form of textile, whether it be the clothing that we wear or the interiors that we live and work in. Join interior designer Brandi Hagen as she showcases samples and explains different types of natural and synthetic fibers, fabric construction and surface designs. Fibers include:

- Plant (cotton, flax, jute, sisal, bamboo)
- Animal (wool, silk)
- Mineral
- Synthetic (nylon, polyester, rayon, acrylic, microfibers)

Fabric construction and surface design are also also discussed. Teaching materials online.

**300006 \$89.95**



## Design: All About Color

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-980-8

**RUN TIME:** 21 min.

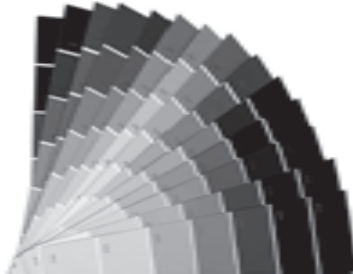
©2010

Color has the ability to create emotion and influence our moods. Color is a powerful tool in interior design and fashion. Interior designer Brandi Hagen discusses:

- History of color and the development of color theories
- The color system: hue, value, and chroma
- Color wheel
- Warm & cool colors
- Color schemes

Teaching materials online.

**3528 \$89.95**



## Design: The Elements

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-981-6

**RUN TIME:** 21 min.

©2010

The elements of design are the components that are used to create a complete design. Interior designer Brandi Hagen presents a basic overview of the elements of design applied to interiors and fashion, including:

- Line – vertical, horizontal, diagonal, curved
- Shape – symmetrical and asymmetrical
- Texture – smooth, reflective, rough, matte
- Color – hue, value, chroma

Teaching materials online.

**3529 \$89.95**



Brandi Hagen,  
Interior Designer



# Interior Design & Housing



## Interior Design

**AUDIENCE:** Grade 9 - Adult

**DVD ISBN:** 1-57175-054-1

**RUN TIME:** 21 min.

©2006

Learn the basics of interior design and make good decorating choices with the help of interior designer Robin Strangis.

- Develop a design concept by defining personal style, who's using the room, and the room's function.
- Tour a furniture store for examples of Traditional, Contemporary, French Country, Mission, Up North and more.
- View examples of lighting, accessories, color, and fabric selection.

Teaching materials online.

**3225D-DVD \$89.95**

Bright ideas  
for beautiful spaces –



## Interior Design Project: Step by Step Bathroom Remodel

**AUDIENCE:** Grade 9 - Adult

**DVD ISBN:** 1-57175-786-4

**RUN TIME:** 21 min.

©2009

An interview and behind the scenes footage with Brandi Hagen, the award winning Principal Designer of Eminent Interior Design, gives the audience insight into the process, pitfalls and professional touches involved in designing an amazing master bathroom. From studio to showroom to final tour, Brandi's focus is on client service. It gives students a glimpse at interior design career opportunities. Teaching materials online.

**3490D-DVD \$89.95**

## Interior Design Project: Green Design

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-846-1

**RUN TIME:** 21 min.

©2009 

Designing homes with the environment in mind or “green design” can be beautiful and practical, as well as a meaningful personal choice. In this video, award-winning principal designer Brandi Hagen of Eminent Interior Design demonstrates how ecological choices can be gorgeous. She showcases natural flooring options, unique recycled and organic materials, water-saving plumbing designs, safer paints, and energy-efficient lighting and appliance choices.

Teaching materials online.

**3512D-DVD \$89.95**



## Hot topics in interior design



## Interior Design Project: Furniture Styles

**AUDIENCE:** Grade 6 - Adult

**DVD ISBN:** 1-57175-844-5

**RUN TIME:** 20 min.

©2009 

Do you know the names of the styles you love? When you see a room that delights you, is it the strong lines of Mission style or the warm colors of Southwest? Let award-winning principal designer Brandi Hagen of Eminent Interior Design take you on a tour of the furnishings and finishes of eleven different styles, including: Traditional, Victorian, Mission, Art Deco/Nouveau, Retro, African, Asian, Southwestern, Shabby Chic, Country and Contemporary. Teaching materials online.

**3510D-DVD \$89.95**



► 2010 Telly  
Award Winner!

## ► Textiles - from fiber to fabric

### New Fabrics Then Fibers

AUDIENCE: Grade 9 - Adult

DVD ISBN: 1-57175-050-9

RUN TIME: 20 min.

©2003 

A fast-paced introduction to the world of textiles. Learn properties of natural and manufactured fibers including comfort, warmth, cost and care. See the process of how fibers are woven into textiles and the uses of different fibers. Teaching materials online.

**3166D-DVD \$89.95**

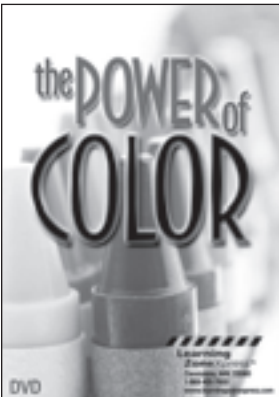
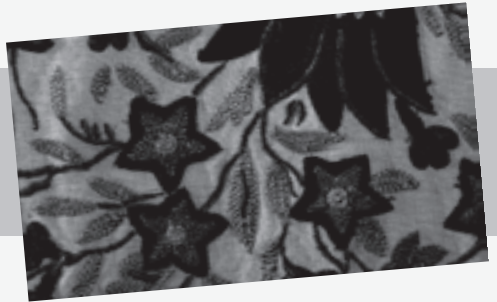
### New Fabrics Then Fibers Lesson Plans

Follow the process from fiber to yarn to fabric in this complete curriculum on fiber and textiles. Includes:

- Names and characteristics of natural and synthetic fabrics
- How yarns are made from fibers
- How fabrics are made
- Label requirements for textiles
- Origins of fabrics
- Fabric finishes

Supplements the New Fabrics Then Fibers DVD (3166D-DVD) and includes "Fiber Facts" booklet from Cornell University.

**1168 \$49.95**



### The Power of Color

AUDIENCE: Grade 9 - Adult

DVD ISBN: 1-57175-051-7

RUN TIME: 18 min.

©2002 

Understand the most powerful tool in decorating and fashion to create a personal image: color. Colors can calm, stimulate, or create emotion and energy. Expert Robin Strangis discusses:

- What is color?
- Color combinations
- Historical and psychological aspects
- Color for fashion and home
- Tips for selecting color

Teaching materials online.

**3222D-DVD \$89.95**



NUTRITION	
3482D-DVD	Breakfast Because.....5
3403D-DVD	Eat to Win.....4
3499D-DVD	Fast Food Nutrition.....7
300016	Fresh Ingredients: Healthy International Food Tips.....10
3314D-DVD	Fruits & Vegetables: Color Your Plate.....10
3315D-DVD	Fruits & Vegetables: Let's Make a Meal.....10
3532	Happy Mealtimes & Healthy Kids.....3
120001	Happy Mealtimes & Healthy Kids Training Guide.....3
300008	Kids & Family Food Issues.....3
300015	Kids in the Kitchen.....9
13168-DVD	All About Nutrients.....6
3380D-DVD	Nutrient Basics.....9
3507D-DVD	Nutrition Controversies.....7
3513D-DVD	Nutrition Labels: Start With Breakfast.....4
3429D-DVD	Obesity in a Bottle.....4
300007	Obesity in a Bottle II: How to Pick Healthy Beverages.....5
3401D-DVD	Portion Size Me.....8
3409D-DVD	Portion Size Me, Too.....8
3464D-DVD	Project Nutrition For Life.....9
3506D-DVD	Smart Nutrition.....7
3218D-DVD	Snack Smart.....8
3600D-DVD	Teen Nutrition: Canada Food Guide.....6
SUSTAINABILITY	
3508D-DVD	Easy Being Green.....11
3534	Fresh Food: What is Farm to Table?.....11
3466D-DVD	Go Green Around Your Home.....11
HEALTH	
3481D-DVD	CATCH onto Good Hygiene.....12
3384D-DVD	Teens & Tanning.....12
3449D-DVD	Hip Hop: Chair Dancing.....12
SAFETY	
300005	Digital Footprint.....13
120002	Digital Footprint Activities.....13
3460D-DVD	Teen Safety: Myths vs. Reality.....14
3461D-DVD	Teen Safety: When You're Alone.....14
3462D-DVD	Teen Safety: Dating and Relationships.....14
3467D-DVD	7 Ways to Block a Cyberbully.....13
CHILD DEVELOPMENT & PARENTING	
300010	Brain: Activity, Sleep & Boredom.....33
3525D-DVD	The Brain: Developing Memory in Developing Brains.....33
300011	Brain and Patterns.....33
3366D-DVD	Child Development Basics.....30
3494D-DVD	Child Development Theorists.....31
3407D-DVD	Encouraging Moral Development in Children.....30
3408D-DVD	How I Learn.....30
3433D-DVD	Look... A Babysitter.....31
3500D-DVD	The Montessori Method.....31
3413D-DVD	Taking Care of Baby: Basic Care.....32
3414D-DVD	Taking Care of Baby: Nurturing Care.....32
PARENTING	
3509D-DVD	Fathering: What It Means To Be a Dad.....34
3014D-DVD	The History of Parenting Practices.....32
3406D-DVD	Joys & Concerns of Parenting.....32
3474D-DVD	The Power of the Family.....34
3404D-DVD	The Scoop on Blended Families.....34
INTERNATIONAL FOODS	
3197D-DVD	A Tour of a Mexican Food Store.....16
3127D-DVD	A Tour of Ethnic Food Stores.....17
3475D-DVD	Easy Stir-Fry.....18
3338D-DVD	Ethnic Eating: Japanese Foods.....18
3337D-DVD	Ethnic Eating: Spanish Foods.....18
3023D-DVD	The History of American Cuisine.....18
3511D-DVD	World Food Markets: China.....17
3489D-DVD	World Food Markets: France.....17
3488D-DVD	World Food Markets: Italy.....16
3487D-DVD	World Food Markets: Spain.....16
3504D-DVD	World Foods: Chinese Cooking.....15
3505D-DVD	World Foods: French Cooking.....15
3503D-DVD	World Foods: Mexican Cooking.....15
CULINARY	
3164D-DVD	Adventures in the Grocery Store.....21
3212D-DVD	Amazing Eggs.....28
628001	Amazing Egg Activities.....28
3381D-DVD	Baking Basics.....24
3105D-DVD	Baking Basics - Cookies.....24
3106D-DVD	Baking Basics - Pies.....25
3104D-DVD	Baking Basics - Quick Breads.....25
3103D-DVD	Baking Basics - Yeast Breads.....25
3319D-DVD	Baking Math.....20
3109D-DVD	Basics - Fruits & Vegetables.....23
3439D-DVD	Breakfast.....27
3444D-DVD	Cake Decorating.....26
3108D-DVD	Cooking Basics - Meat.....25
3519D-DVD	Food Science Experiments.....19
3498D-DVD	Foodservice Equipment & Tools.....20
3501D-DVD	Grocery Shopping Challenge.....21
3125D-DVD	Herbs.....23
3502D-DVD	Herbs and Spices.....23
3443D-DVD	Just the Facts Series.....26
3521D-DVD	Kitchen Fundamentals.....21
3026D-DVD	Kitchen Math: Measuring.....20
3437D-DVD	Knives.....26
3495D-DVD	Math in the Kitchen: Do You Measure Up?.....19
3217D-DVD	Meal Appeal - Quick Garnishes.....22
3477D-DVD	Meal Planning.....22
3434D-DVD	Microwave Ovens.....26
3448D-DVD	Muffins.....27
3483D-DVD	Salads.....26
3124D-DVD	Say Cheese - Morning, Noon & Night.....28
3029D-DVD	Small Appliances A to Z.....20
3435D-DVD	Superfoods.....27
3221D-DVD	Tablescapes Setting the Table.....22
3446D-DVD	Teen Parties on a Budget.....22
3476D-DVD	Vegetarian.....28
3400D-DVD	Wrap & Roll.....23
3447D-DVD	Yeast Breads.....27
FOOD SAFETY	
3343D-DVD	Food Safety.....27
3478D-DVD	Kitchen & Food Safety.....29
3390D-DVD	Kitchen Safety Smart.....29
3376D-DVD	Spoiled Rotten Food Safety.....29
INDEPENDENT LIVING	
3387D-DVD	Are You Ready to Live On Your Own?.....46
3483D-DVD	Cash, Credit, and Your Future.....47
3405D-DVD	Cracking the Advertising Code.....47
3530	D is for Decisions.....47
3389D-DVD	It's Your Money: Financial Flight School.....46
3374D-DVD	Need-2-Know.....48
3388D-DVD	Where to Land: Apartment or Dorm?.....46
CAREERS	
3379D-DVD	Careers in Fashion: Talent, Technology & Opportunity.....38
3479D-DVD	Careers in Hospitality Service & Adventure.....38
3378D-DVD	Careers in Interior Design: The Business of Structure & Style.....38
3458D-DVD	Confession of an In-Home Childcare Provider.....42
3453D-DVD	Confessions of a Fashion Designer.....43
3470D-DVD	Confessions of a Food Stylist.....41
3471D-DVD	Confessions of an Event Planner.....43
3454D-DVD	Confessions of an Interior Designer.....42
3452D-DVD	Confessions of Chefs and a Restaurateur.....41
300013	Customer Service.....37
3322D-DVD	Early Childhood Professions.....39
3115D-DVD	FACS Careers: A World of Possibilities.....40
3323D-DVD	Food Catering & Private Chefs.....40
3523	Health Science Careers.....39
300014	Human Services Careers.....39
3317D-DVD	Nutrition Careers for the 21st Century.....40
3522	Secrets: Landing and Keeping a Job.....37
SEWING	
3129D-DVD	A Tour of a Fabric Store.....50
3431D-DVD	Got a Notion to Sew.....50
3316D-DVD	See 'N Sew.....50
3533	Sew Cool.....49
3517D-DVD	Sew Green: Recycle, Repurpose, Restyle.....49
LAUNDRY, FASHION & CLOTHING	
3250D-DVD	Fashion Frenzy: 100 Years of Clothing History.....51
3372D-DVD	Fashion Show Through History.....51
3252D-DVD	Laundry 101.....51
3410D-DVD	Laundry Blues.....51
3166D-DVD	New Fabrics Then Fibers.....56
CHARACTER	
3485D-DVD	Character: Communication Basics.....35
3484D-DVD	Character: Friendship Basics.....35
3486D-DVD	Character: Self-Esteem Basics.....35
3430D-DVD	Community Service.....36
300012	Goal Setting: Discovering Your Gifts.....36
3518D-DVD	Personal Potential: The Influence of One.....36
120000	Personal Potential Activities.....36
MANNERS	
3436D-DVD	The Courtesy Challenge.....44
3455D-DVD	Extreme Etiquette Series.....45
3426D-DVD	The Netiquette Edge.....45
3427D-DVD	The School Manners Adventure.....45
3032D-DVD	The Table Manner Murders.....44
3482D-DVD	Take Your Manners Public.....44
3480D-DVD	Which Fork Do I Use?.....45
INTERIOR DESIGN & HOUSING	
3528	Design: All About Color.....53
300006	Design: All About Textiles.....53
3529	Design: The Elements.....53
3223D-DVD	Design I: The Elements.....52
3224D-DVD	Design II: The Principles.....52
3367D-DVD	Fun Teen Rooms on a Budget.....52
3234D-DVD	Housing Styles.....52
3225D-DVD	Interior Design.....54
3510D-DVD	Interior Design Project: Furniture Styles.....55
3512D-DVD	Interior Design Project: Green Design.....55
3490D-DVD	Interior Design Project: Step By Step Bathroom Remodel.....54
3222D-DVD	The Power of Color.....56
SOCIOLOGY	
3330D-DVD	Why We Eat What We Eat.....48
3332D-DVD	Why We Live Where We Live.....48
3331D-DVD	Why We Wear What We Wear.....48

# Ordering Information

## YES! PREVIEWS ARE AVAILABLE!

Simply email us with your requests and we will email you back with links to the programs. Or if you prefer to receive the DVDs "on approval" that can be done too.

## PUBLIC PERFORMANCE RIGHTS

DVDs purchased from KINETIC VIDEO can be shown an unlimited amount of times in a classroom setting or other learning environment. The downloadable teaching materials can be duplicated for classroom use. DVDs are not reproducible and cannot be put on a video on demand server for multiple users to access at the same time without additional cost.

## DIGITAL STREAMING RIGHTS

Interested in digital streaming options? Digital licensing is available on all of these titles. To learn more about the digital streaming options best for you, call us at **(416) 538-6613** or **(800) 263-6910**.

## Your Learning ZoneXpress Team



## Accuracy Statement:

Kinetic Video strives for accuracy in all of our information both on our website and in our catalogues. Occasionally, there may be typographical errors, inaccuracies, or omissions in relation to product descriptions, pricing and availability. We apologize for such oversights. We reserve the right to make corrections and to change or update information at any time without prior notice. Availability, prices, and delivery rates are subject to change.

## Return Policy:

We hope that you're happy with your purchase. If you need to return or exchange items, KINETIC VIDEO offers a 30-day money back guarantee on all DVDs. We also offer free preview to consider purchase. We hope that you will be happy with all purchases but if you need to return or exchange items, please include a copy of the invoice and the reason for return. Please note that the customer is responsible for return shipping costs. Please return prepaid to: KINETICVIDEO.COM  
511 Bloor Street West, 2nd Floor  
Toronto, Ontario M5S 1Y4

## Shipping:

Shipping unless otherwise requested is via UPS Ground at \$12 for the first DVD and \$3 for each additional. Expedited shipping is also available - call us to obtain a quote. All deadlines can be met.

## Other Catalogues:

The following DVD catalogues and newsletters are also available from KINETIC VIDEO. Copies can be downloaded from our website at [www.kineticvideo.com](http://www.kineticvideo.com) or requested by phone or email.

ADDICTIONS	(alcohol & drugs / youth & adults)
SOCIAL	(anger, family violence, bullying, abuse, relationships, etc)
HEALTH	(nutrition, anatomy, hiv/aids, depression, sex education, etc)
EDUCATION	(science, environment, math, media literacy, etc)
BUSINESS	(customer service, leadership, jobs, communication, diversity, etc)
CRIMINAL JUSTICE	(addiction, recidivism, anger management, gangs, etc)
NATIVE / FIRST NATIONS SPECIFIC	New DVDs Newsletter
PRO-CHEF / CULINARY	New DVDs Newsletter
CHILD ABUSE & FAMILY VIOLENCE	New DVDs Newsletter
JOBS / CAREERS	New DVDs Newsletter
SPORTS & FITNESS	New DVDs Newsletter

# Order Form |



Call Toll-Free: **1 (800) 263-6910**  
Mail this form to: KINETICVIDEO.COM  
511 Bloor Street West, 2nd Floor  
Toronto, Ontario M5S 1Y4  
Fax this form to: 1 (416) 538-9984

## ORDER FORM

CHARGE TO:

NAME

TITLE

ADDRESS

CITY

PROVINCE

POSTAL CODE

PHONE (required)

E-MAIL

☐ Please send me special offers and new product releases via e-mail.

SHIP TO (organization):

NAME

ADDRESS (no P.O. Boxes)

CITY

PROVINCE

POSTAL CODE

PHONE (required)

☐ Payment Enclosed ☐ Credit Card Order ☐ Purchase Order # \_\_\_\_\_

CREDIT CARD ORDERS (Please provide card number in boxes below)

Authorization Code

SIGNATURE:

Expiration Date:

\_\_\_\_ / \_\_\_\_

PLEASE SPECIFY: QUANTITY, CATALOG NUMBER, DESCRIPTION AND UNIT PRICE

QUANTITY	CATALOG ITEM NUMBER	DESCRIPTION OF ITEM WANTED	UNIT PRICE	TOTAL	
				DOLLARS	CENTS
Shipping unless otherwise requested is via Canada Post Courier at \$12 for the first DVD and \$3 for each additional. Expedited shipping is also available - call us to obtain a quote. All deadlines can be met.			SUBTOTAL		
			*Add for Shipping/Handling/Tax		
			TOTAL		



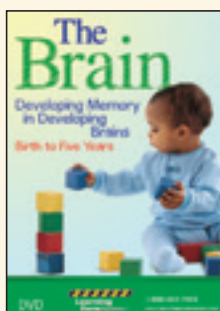
KINETICVIDEO.COM

511 Bloor Street West, 2nd Floor  
Toronto, Ontario M5S 1Y4

©2010 Learning ZoneXpress

**TO ORDER TOLL-FREE 800.263.6910 FAX 416.538.9984**

ASK ABOUT OUR OTHER DVD CATALOGUES ON HEALTH, ADDICTION & SOCIAL ISSUES!!!



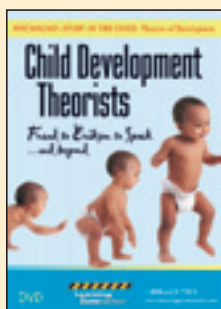
**Cash,  
Credit, and  
Your Future**  
See pg. 47  
for details.



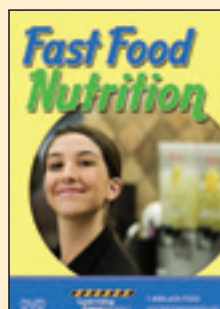
**Obesity in  
a Bottle  
II: How  
to Pick  
Healthy  
Beverages**  
See pg. 5 for  
details.



**The Brain:  
Developing  
Memory in  
Developing  
Brains**  
See pg. 33  
for details.



**Child Development Theorists**  
See pg. 31 for details.



**Fast Food Nutrition**  
See pg. 7 for details.



**Digital Footprint**  
See pg. 13 for details.

**COMING 2011: • Food Dyes DVD • New Middle School Nutrients DVD**