



KIT LIBRARY
(formerly Video & Kit Library)
HEALTH KITS
PRIMARY, JUNIOR, INTERMEDIATE & SENIOR

BOOKINGS CAN BE SCHEDULE BY CONTACTING
519-822-4420 EXT. 553

OR

TERRYJAMES.LIBRARY@UGDSB.ON.CA

PLEASE NOTE THAT BOOKINGS HAVE A SCHEDULED START & END DATE AND MUST BE RETURNED ON TIME TO PREVENT DELAYS IN GETTING THEM TO THE NEXT SCHEDULED BOOKING.

[A quick cup of empty calories : activity set.](#)

Summary Shows all the empty calories in coffee shop beverages. Participants tally empty calories from fat and sugar in a particular drink by filling beverage cups with colored dice.

Subject Term Beverages -- Nutritional aspects. Sugar -- Health aspects. Fat -- Health aspects. Nutrition. Diet. Health.

Audience Level Professional. Primary, Junior, Intermediate.

Call Number

K960

[Canadian active living fitness circuit charts a classroom resource kit for teachers](#)

Summary Each chart includes picture of the activity position, instructions and safety tips.

Subject Term Exercise for children. Physical education and training. Children -- Health and hygiene. Teenagers -- Health and hygiene.

Series Canadian Active Living

Series Title Canadian Active Living

Audience Level Professional.

Call Number

K916

[GlitterBug hand washing kit.](#)

Summary Enables the user to test their handwashing technique. Using the GlitterBug potion, which is basically hand lotion which has been jazzed up with a UV fluorescent glow that illuminates "the trail of contamination" that often leads to, or spreads via, hands. Fluorescent particles present on hands will sparkle under the UVA GlowBar.

Subject Term Hygiene. Hand washing. Cleanliness. Health.

Audience Level Professional. Primary, Junior, Intermediate.

Call Number

K959

K959

[How does your salt stack up?](#)

Summary The display board shows the sodium content of 18 popular foods in this updated three-dimensional display. Teaspoons of salt in each item are shown in clear plastic tubes. Labels list teaspoons of salt and milligrams of sodium for each food.

Subject Term Salt. Salt -- Health aspects. Nutrition. Diet. Health.

Audience Level Professional. Primary, Junior, Intermediate.

Call Number

K958

[How does your sugar stack up?](#)

Summary The display board shows hidden amounts of sugar in 18 of the most popular food and drink items. The teaspoons (and grams) of sugar are shown in clear plastic and labeled boxes.

Subject Term Sugar. Sugar -- Health aspects. Nutrition. Diet. Health.

Audience Level Professional. Primary, Junior, Intermediate.

Call Number

K957

[How sweet is this?](#)

Summary An interactive display board that visually demonstrates the sugar content of common snack foods. This game allows students to guess how many teaspoons of sugar are in their favourite treats.

Subject Term Sugar. Sugar -- Health aspects. Nutrition. Diet. Health.

Audience Level Professional. Primary, Junior, Intermediate.

Call Number

K961

[Reflections of me Grades 1-6 Primary/Junior body image kit.](#)

Subject Term Body image in adolescence. Self-perception. Eating disorders in adolescence. Body image. Body, Human -- Social aspects. Self-esteem. Mass media.

Audience Level Grades 1-6. Primary, Junior.

Call Number

K940

[Reflections of me Grades 7-8 Intermediate body image kit.](#)

Subject Term Body image in adolescence. Self-perception. Eating disorders in adolescence. Body image. Body, Human -- Social aspects. Self-esteem. Mass media and teenagers.

Audience Level Grades 7-8. Intermediate.

Call Number

K939

[The Portion Plate.](#)

Summary Reinforces balanced eating and a healthy diet. The plate's messages are simple: when you eat a meal, try to make half your plate fruits and vegetables, eat more whole grains, and don't oversize your portions.

Subject Term Nutrition. Diet. Health.

Audience Level Professional. Primary, Junior, Intermediate.

Call Number

K964