

Nutrition Education - Resources for Teachers



FOOD PICTURE CARDS \$20.00
A set of 103 food pictures with a food group legend on the back.



FOOD PICTURES WITH NUTRITION INFORMATION \$30.00
185 life-like food photos on sturdy varnished cardboard with nutrient analysis on the back.



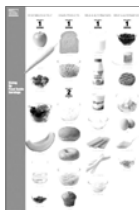
STUDY PRINTS \$10.00
A set of 10 study prints that showcase each of the four food groups, meals, active play, healthy classroom lunch and a family mealtime.



FOOD GUIDE RAINBOW \$10.00
This re-useable fabric rainbow (approx. 24"x40") can be incorporated into many nutrition activities at any grade level.



PRESCHOOL FOOD PUZZLE* \$10.00
Colourful, sturdy cardboard floor puzzle that links food and agriculture. Big pieces; great for little hands.



SERVING SIZE POSTER \$5.00
An excellent tool to teach the concept of serving sizes. Full-colour, actual size photographs of foods from each food group.

* This resource is specifically designed to show the agricultural origins of food. It does not reflect Canada's Food Guide 2007.



THINK YOUR DRINK \$5.00
Cost and nutrient comparison of various beverages (e.g. pop, sport drinks, juice, water and milk).



SO WHAT IS NORMAL? \$8.00
Teen body image poster with lesson plans.



GRADE 6 VIDEO (DVD) \$10.00
Supports grade 6 workshop material.



GRADE 8 VIDEO (DVD) \$10.00
Supports grade 8 workshop material.



BONE ZONE \$25.00
Video & Booklet give students an in-depth look at how to build healthy bones through calcium and exercise.

Now order on-line!

Check out all our resources at www.milk.mb.ca

Other resources available online at www.milk.mb.ca under the "Teachers" tab include:

MAKING FOOD MODELS (pdf)
A guide to creating food models that provide students with a visual of actual serving sizes.

Order Form

Resource	Price	Quantity	Cost
Food Picture Cards	\$20.00 x	_____	_____
Food Pictures with Nutrition Information	\$30.00 x	_____	_____
Study Prints	\$10.00 x	_____	_____
Food Guide Rainbow	\$10.00 x	_____	_____
Preschool Food Puzzle	\$10.00 x	_____	_____
Serving Size Poster	\$5.00 x	_____	_____
Think Your Drink	\$5.00 x	_____	_____
So What is Normal?	\$8.00 x	_____	_____
Grade 6 Video DVD	\$10.00 x	_____	_____
Grade 8 Video DVD	\$10.00 x	_____	_____
Bone Zone DVD + booklet	\$25.00 x	_____	_____

Subtotal _____

Dairy Farmers of Manitoba



Postage & Handling \$5.00

G.S.T. (5%) _____

Total _____

Please return this form with cheque or money order payable to:

Dairy Farmers of Manitoba
36 Scurfield Boulevard
P.O. Box 724, Station Main
Winnipeg, MB R3C 2K3

Ship order to:

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E-mail address _____