

# 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.



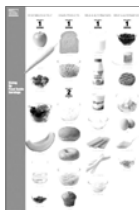
**STUDY PRINTS** \$10.00  
A set of 10 study prints that showcase each of the four food groups, meals, active play, healthy classroom lunch and a family mealtime.



**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** \$10.00  
(VHS OR DVD)  
Supports grade 6 workshop material.



**GRADE 8 VIDEO** \$10.00  
(VHS OR DVD)  
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](http://www.milk.mb.ca)

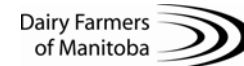
Other resources available online at [www.milk.mb.ca](http://www.milk.mb.ca) under the "Teachers" tab include:

**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 VHS	\$10.00 x	_____	_____
Grade 6 Video DVD	\$10.00 x	_____	_____
Grade 8 Video VHS	\$10.00 x	_____	_____
Grade 8 Video DVD	\$10.00 x	_____	_____
Bone Zone DVD + booklet	\$25.00 x	_____	_____

Subtotal \_\_\_\_\_



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:**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone number \_\_\_\_\_ E-mail address \_\_\_\_\_