Health and Physical Education - Healthy Living - Grade 2

**Break the Chain of Infection**
74564 DVD
PSIS 2006
This DVD, produced by the DDSB and Durham Regional Health Department demonstrates ways to protect yourself from infection and disease using proper hand washing.
No Other Versions Available

**Fruit**
75315 DVD
12 min KP 2009 Film Ideas Inc.
This series delivers a focused approach to enjoying healthful foods, the benefits of vitamins and minerals and the importance of exercise in age appropriate vignettes.
Young Victor and Sophie engage children as to the "what", "why" and "benefits" of smart eating that lead to a healthy lifestyle. Learning about their own choices now allows youngsters to build a solid foundation on nutrition, healthy eating and exercise; plus, provides a path for a lifetime of better health.
No Other Versions Available

**Germs Away: The ABC's of Hand Washing**
75340 DVD
6 min KP 2008 McIntyre Films
Hands spread 80% of common infectious diseases like the common cold and flu. So how can you prevent this? Hand washing is the most important thing we can do to prevent getting sick. It's a fact. Health Canada and the Centres for Disease Control and Prevention have proven it. Host Tara informs young children how to keep those nasty germs away. The dvd gives students in Preschool to Grade 2 simple facts about hand washing–why it's important, when to do it, and most importantly, how to do it properly.
No Other Versions Available

**Goofy's Health Hits**
74635 DVD
23 min KP 2005 Distribution Access
How to Catch a Cold: Goofy takes on cold viruses, showing youngsters how to keep their immune system strong and how to avoid spreading germs. Goofy Over Dental Health: With the help of Dr. Molars, Goofy teaches students that you must brush, floss, eat healthy snacks, and visit a dentist regularly. Live action and classic cartoon clips.
No Other Versions Available

**Long Live Kids - TV and Me**
75097 DVD
20 min KPJl 2008
Long Live Kids - TV&ME is a resource for K-8 teachers to use with their students. Wrapped around a series of "Teachable Television Moments," Long Live Kids - TV&ME provides comprehensive lesson plans which address media literacy and healthy life coping skills. This kit includes a video containing a series of public service announcements (PSAs) created by Concerned Childrens Advertisers (CCA), on a wide variety of media-related topics as well as supporting lesson plans to accompany the video. Lessons cover areas such as media literacy, substance abuse, self-esteem, peer pressure, active living, critical thinking and bullying.
No Other Versions Available

**Milk, Grains, Oils**
75313 DVD
12 min KP 2009 Film Ideas Inc.
This series delivers a focused approach to enjoying healthful foods, the benefits of vitamins and minerals and the importance of exercise in age appropriate vignettes.
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No Other Versions Available

**Minerals 1**
75320 DVD
12 min KP 2009 Film Ideas Inc.
This series delivers a focused approach to enjoying healthful foods, the benefits of vitamins and minerals and the importance of exercise in age appropriate vignettes.
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No Other Versions Available

**Minerals II**
75321 DVD
12 min KP 2009 Film Ideas Inc.
This series delivers a focused approach to enjoying healthful foods, the benefits of vitamins and minerals and the importance of exercise in age appropriate vignettes.
Young Victor and Sophie engage children as to the "what", "why" and "benefits" of smart eating that lead to a healthy lifestyle. Learning about their own choices now allows youngsters to build a solid foundation on nutrition, healthy eating and exercise; plus, provides a path for a lifetime of better health.
No Other Versions Available

**Minerals III**
75322 DVD
12 min KP 2009 Film Ideas Inc.
This series delivers a focused approach to enjoying healthful foods, the benefits of vitamins and minerals and the importance of exercise in age appropriate vignettes.
Young Victor and Sophie engage children as to the "what", "why" and "benefits" of smart eating that lead to a healthy lifestyle. Learning about their own choices now allows youngsters to build a solid foundation on nutrition, healthy eating and exercise; plus, provides a path for a lifetime of better health.
No Other Versions Available

**Personal Health and Hygiene**
613 DVD
23 min PJ 2005 Visual Education Centre
Taking care of yourself is a great way to show that you're growing up. And by setting goals for good hygiene, you'll develop the healthy habits that you need to keep your body as healthy as possible. Personal Health & Hygiene explores the importance of basic personal hygiene, including tooth brushing, bathing and proper skin care. But personal health doesn't end there! Students learn the benefits of getting plenty of sleep, good nutrition and loads of physical activity. It doesn't matter if you prefer organized sports or walking the dog get moving to improve your health!
No Other Versions Available

**Senses: Exploring the Senses**
74849 DVD
15 min KP 1998 Canadian Learning Company
Explore the five main senses and learn how different ones allow "different parts of the world in". Visit an eye doctor to learn about vision. Gain an understanding of how people who lack one sense are able to compensate.
No Other Versions Available

**Senses: Sight**
76693 DVD
24 min KP 2012 McNabb/Connolly Films
"Why do some spiders have eight eyes?" How do we see? Why CANT we see some things? Why do cats eyes glow in the dark? Harrison sheds some light on one of our five most important senses: sight! He also learns that seeing more, doesn't necessarily mean you can see well. Team Lion and Team Tiger search for camouflaged jelly beans. Harrison visits 12-year old Tait in Calgary to learn how to have fun using your other senses, when you cant see.
No Other Versions Available
Sickness
76675 DVD
24 min  KP 2011  Mcnabb/Connolly Films

“How does your nose get runny?” Harrison is vested by a microbiologist who helps him take a close look at an invisible world and figure out how to stop viruses from hurting us. In the name of science, Harrison performs a top secret experiment at an elementary school to find out how quickly germs can spread. Viewers at home learn how to grow their own fungus. Harrison tests school kids by seeing who among them can get their hands the cleanest.

No Other Versions Available

Sports
76695 DVD
24 min  KP 2012  Mcnabb/Connolly Films

“Why do we wear helmets in some sports and not in others?” Harrison takes an in-depth look at sports from the precise designs of the various balls, to the specialty clothing, to the importance of practice. There’s a lot of science in sports; Harrison finds out how even cheering for your favourite team is good for you! Who has the fastest slap shot? Harrison uses a radar gun to find out which Challenger has the best wind-up! Harrison tests his abilities to find out if he can throw like a professional pitcher, run faster than an Olympian and if he’s got what it takes to race in a wheelchair.

No Other Versions Available

Teeth
76694 DVD
24 min  KP 2012  Mcnabb/Connolly Films

Why are human teeth and animal teeth different?” Humans and animals have all different kinds of teeth because they eat all different kinds of things. Harrison finds out lots of new stuff about teeth, including why some are sharp and some are flat, why birds have beaks instead of teeth, and how overworked the poor Tooth Fairy is! Herbivore, carnivore or omnivore? Challengers guess if an animal is a meat eater, a plant eater or both based on their teeth. Harrison visits his dentist, Dr. Cooperberg, to find out why taking care of his teeth is so important.

No Other Versions Available

Timon and Pumbaa - Safety Smart
75604 DVD
12 min  KP 2011  Distribution Access

Timon and Pumbaa show students how to be healthy and fit with their germ-free philosophy. From the importance of hand-washing to making healthy food choices, Timon and Pumbaa’s Safety Smart Checklist is brimming with valuable kid-friendly lessons on how to prevent the spread of germs and maintain overall well-being.

No Other Versions Available

Vegetables
75316 DVD
12 min  KP 2009  Film Ideas Inc.

This series delivers a focused approach to enjoying healthful foods, the benefits of vitamins and minerals and the importance of exercise in age appropriate vignettes. Young Victor and Sophie engage children as to the “what”, “why” and “benefits” of smart eating that lead to a healthy lifestyle. Learning about their own choices now allows youngsters to build a solid foundation on nutrition, healthy eating and exercise; plus, provides a path for a lifetime of better health.

No Other Versions Available

Vegetables 1
75317 DVD
12 min  KP 2009  Film Ideas Inc.

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