The Art of Food Preservation
74933 21 min IS 2007 McIntyre Films
To any good cook, a meal is more than just food - it's a form of visual self-expression. This video demonstrates techniques used by professional chefs to create and serve food that pleases the eye as well as the taste buds. The principles of color, shape, texture, and arrangement are explained, in addition to garnish and plate choices that can make or break a dish. Flavor, which must work in conjunction with visual design, is also a crucial topic.
No Other Versions Available

Cafeteria Confidential
75200 10 min IS 2005 Canadian Broadcasting Corp.
Been in a high school cafeteria lately? You might have noticed that a lot of the fare is greasy, high carb foods. In Toronto, one grade 11 high school student has had enough and, with the help of her friends, has decided she's going to do something about it. With guidance from a local group called FoodShare, Allison and her posse of like-minded food advocates go undercover to collect evidence and testimony. Then they bring in a nutritionist and a food critic to put cafeteria food to the test. Along the way they learn what it takes to lobby the school board and how they can pursue alternatives including starting their own school kitchen!
No Other Versions Available

Calorie Confidential
75208 25 min IS 2007 Canadian Broadcasting Corp.
Marketplace had nutritional analyses done on popular items from several chain restaurants. As Wendy Mesley reports, a single meal at one of these restaurants could actually contain more calories than most of us should eat in a whole day. We've all been trained to think of fast food as junk food, but as most burger chains publish detailed nutrition charts on their websites and will even hand out info at the counter if you ask. Maybe a lot of the choices are unhealthy, but at least the facts are out in the open. Marketplace catches up with both sides of a recent battle over how restaurants display nutrition facts on their foods. Toronto MP Tom Wappel championed a failed private member's bill trying to get nutrition facts on menus, but met stiff opposition from the Canadian Restaurant and Foodservices Association, a business group representing Canada's foodservice industry.
No Other Versions Available

Fast Food Survival Guide
73220 22 min IS 2004 McIntyre Films
Fast Food Survival Guide shows how fast food can be part of a healthy diet. It explores the problems with fast food without labeling it all as "junk food".
No Other Versions Available

Food-Borne Illness
74656 24 min IS 2006 McIntyre Films
No one wants a burger with a side of salmonella or a taco topped with E. coli, but that's what you can get when food isn't prepared correctly. This video describes common and serious food-borne illnesses, how they're spread, and how they can be prevented through careful food handling and proper food preparation. Salmonella, Campylobacter jejuni, Escherichia coli, and shigella are discussed, along with botulism, listeriosis, and viruses like hepatitis A.
Tips for selecting safe food at the market and the optimal temperatures for cooking meats and eggs are covered as well.
No Other Versions Available

Food Safety
74655 24 min IS 2006 McIntyre Films
The simple fact is most food-borne illnesses can be avoided by applying common sense at every meal and snack break. This video illustrates how to shop for the freshest foods, store them wisely, and prepare them correctly. Topics include signs of freshness and contamination; proper storage in the refrigerator, freezer, and pantry; ways to safely thaw frozen foods; food cross-contamination; the optimal temperatures for cooking meats and poultry; and the right way to store and reheat leftovers. Use by and sell by dates and what they mean to consumers are also addressed.
No Other Versions Available

Food Safety - Just the Facts
75197 16 min IS 2007 McIntyre Films
Clean, separate, cook, chill - the key processes to keep food safe! With more than 20 years of kitchen experience, Chef Jon shares his extensive knowledge of safe food preparation, food-borne illness, clean-up and storage.
No Other Versions Available

A Growing Season
75377 51 min IST 2007 Mcnabb/Connolly Films
A Growing Season follows vegetable farmer John Gorzo Jr. and his family over eight months on his farm in the Holland Marsh, located north of Toronto. This growing season gets off to a cold, wet start in April, which means the planting season is delayed. By late May things are looking up. He has crops in the ground and some of his acreage has plants well on their way. But its already getting dry and John is forced to get out the irrigation to keep things moist. By July, the temperature is getting hotter and irrigation day and night has become crucial to keep the crops alive. By early August, the entire Gorzo operation is in full high mode. A number of crops are being harvested daily for delivery to markets in Toronto and beyond. In early September, John is beginning to harvest his onion crop. Things continue to be tight money wise and he wonders how things are going to end up this season. A few week later he continues to struggle to get the crop off as the colder fall weather begins in early November. The family has only managed to cover their bills this year after selling some land John had purchased years earlier.
No Other Versions Available

Heart (Bill Nye)
72987 26 min JI 1997 Magic Lantern Communications
Bill Nye checks out the heart, the most important muscular pump's function in the body, by pulling nine "gs" with U.S. Navy's blue angels, and chatting with Seattle Mariner Edgar Martinez.
No Other Versions Available

Highjacked Future
75214 43 min IS 2008 Mcnabb/Connolly Films
Eating breakfast toast: a simple ritual to start the day. The bread probably came from a bakery or grocery store, but beyond that who knows where the wheat came from - never mind the seeds that grew the wheat. Do we need to know? A new documentary, Hijacked Future says yes, because those seeds that became the toast you ate this morning are being hijacked - right into a looming world food security catastrophe. While our industrial system of agriculture is providing abundance and variety today, this documentary warns us that it's an unsustainable system that will not be able to nourish and provide for us and our grandchildren in the future. It's a system that literally runs out of fuel - oil - for fertilizers and pesticides, to the trucks and planes that transport food. And the source of our food - seeds - is being hijacked by a handful of corporations from the farmers who have for millennia, grown and saved them. The film looks at the increasingly fragile base of our North American industrial food system in order to bring all of us consumers of food to a better understanding of just what's at stake with our daily bread. It asks us to question the wisdom of a system precariously based on oil and...
Hungry for Change
75414 DVD
24 min IS 2009

"I'm Hungry". As a complaint, a demand or a simple statement, this short phrase articulates the most simplest of our basic needs. The issues surrounding food, however, are anything but simple. Around the world, as the number of mouths calling out to be fed continues to increase, the way in which we grow, distribute and consume our food is becoming more complicated. Raising people's awareness of the complexity of food-related issues can be a challenge. Hungry for Change brought together members from across the province who were interested in tackling the complex issues surrounding food. They travelled to Brazil and throughout Ontario in their search for best practices. Their goal was to explore these issues and bring them to the classroom in a thoughtful and meaningful way.
No Other Versions Available

Hyping Health: Is Health Check Always Right?
75218 DVD
26 min IS 2008 Canadian Broadcasting Corp.

You've seen the Health Check logo. It's the friendly red checkmark that appears on nearly 1,500 packaged food products in this country, indicating the approval of the Heart and Stroke Foundation. If a product bears the logo, that means Heart and Stroke has evaluated it and concluded it complies with their criteria, which is based on the recommendations of Canada's Food Guide to Healthy Eating. Does the logo represent a healthy choice? The answer is complicated, as Wendy Mesley reports, some of Heart and Stroke's Health Check products don't get top marks in other food-rating systems.
No Other Versions Available

Lunchbox Breakdown
75524 DVD
24 min IS 2010 Canadian Broadcasting Corp.

Walk down the aisles of any supermarket, and you'll notice an explosion of prepared foods for kids lunches. This collection of three National mini-documentaries takes a closer look at these convenient snacks and meals to find out how they stack up nutritionally. Reporter Reg Sherren profiles Albertas APPLE Project promoting active living and healthy eating in schools. Ian Hanomansing assesses the nutritional content of some common lunch items, including the additives, dyes and other questionable ingredients they contain. He then visits one elementary school to see what lunch choices students make when they have healthy options.
No Other Versions Available

The Men Who Made Us Fat
76868 DVD
60 min T 2012 Mcnabb/Connolly Films

Around the world, obesity levels are rising. More people are now overweight than undernourished. Two thirds of British adults are overweight and one in four of us is classified as obese. In the first of this three-part series, Jacques Peretti traces those responsible for revolutionising our eating habits, to find out how decisions made in America 40 years ago influence the way we eat now. Peretti travels to America to investigate the story of high-fructose corn syrup. The sweetener was championed in the US in the 1970s by Richard Nixon's agriculture secretary Earl Butz to make use of the excess corn grown by farmers. Cheaper and sweeter than sugar, it soon found its way into almost all processed foods and soft drinks. HFCS is not only sweeter than sugar, it also interferes with leptin, the hormone that controls appetite, so once you start eating or drinking it, you don't know when to stop. Endocrinologist Robert Lustig was one of the first to recognise the dangers of HFCS but his findings were discredited at the time. Meanwhile a US Congress report blamed fat, not sugar, for the disturbing rise in cardiac-vessel disease and the food industry responded with ranges of 'low fat', 'heart healthy' products in which the fat was removed - but the substitute was yet more sugar.
No Other Versions Available

Nutrient Basics
74019 DVD
15 min IS 2005 McIntyre Films

It was a bad day for the nutrient team. It was a competition, and the winner would be on the school's health education team. Now they find out that most of the nutrient exhibit is missing. Follow along as the team searches for their missing nutrients. Learn how they solve the mystery and at the same time explain how six nutrients - protein, vitamins, minerals, carbohydrates, fat and water work to keep us healthy.
No Other Versions Available

Nutrition & Wellness

Nutrition & Wellness is designed for foods and nutrition courses in grades 8-10. It can be targeted in several ways: for courses that emphasize nutrition and fitness; for foods and nutrition courses that place less emphasis on food preparation than traditional foods courses; or for an introductory high school foods course in a two-course sequence. It should be noted food preparation is thoroughly covered in the special Food Preparation Handbook at the back of the book. Many teachers find Nutrition & Wellness appealing for traditional foods and nutrition courses as well, because of its upbeat, student-friendly approach and its high-impact visual design. The text's positive approach emphasizes enjoyment of food and physical activity. Nutrition information is geared toward teens.
No Other Versions Available

Product of Canada Eh? Misleading Food Labels
75211 DVD
24 min IS 2007 Canadian Broadcasting Corp.

Eating local is hot this year. Restaurant menus across the country boast of fresh local meat and produce. Bestselling books encourage us to take up the "100-Mile Diet," Almost everywhere, there's a growing sense that it would be smart to reduce our consumption of food that's traveled halfway around the world. Partly this is about flavour, and the idea that less travel means fresher food that tastes better. Partly it's about safety: being sure that food from where we live is subject to Canadian standards and inspections. Partly it's about supporting farmers who live nearby. Partly it's about using less fuel for the sake of the planet. So there are plenty of reasons to look for the "Product of Canada" label in the grocery store. But here's the thing. "Product of Canada" doesn't actually mean the food is from around here. All it means, legally speaking, is that "Product of Canada" doesn't actually mean the food is from around here. All it means, legally speaking, is that at least 51% percent of its production costs were spent in Canada. As Wendy Mesley's report reveals, sometimes "Product of Canada" has been to three continents before it lands here.
No Other Versions Available

Snack Smarts
74648 DVD
18 min IS 2006

Ricardo and his friends have a school assignment to make a video about their favorite subject. Food, of course... snacks to be exact! They meet a doctor, classmates, and a coach in the grocery store who discuss: looking good and having energy, choosing nutritious snacks, weighing options to choose healthy foods, and finding new foods they will eat and enjoy.
No Other Versions Available
Vegucated
76713 DVD
77 min 2010 McIntyre Films

Vegucated is a feature-length documentary that follows three meat-and cheese-loving New Yorkers who agree to adopt a vegan diet for six weeks. There's Brian, the bacon-loving bachelor who eats out all the time, Ellen, the single mom who prefers comedy to cooking, and Tesla, the college student who avoids vegetables and bans beans. They have no idea that so much more than steak is at stake and that the fate of the world may fall on their plates. Lured with true tales of weight lost and health regained, they begin to uncover hidden sides of animal agriculture and soon start to wonder whether solutions offered in films like Food, Inc. go far enough. Before long, they find themselves risking everything to expose an industry they supported just weeks before. Part sociological experiment, part science class, and part adventure story, Vegucated showcases the rapid and at times comedic evolution of three people who share one journey and ultimately discover their own paths in creating a kinder, cleaner, greener world, one bite at a time.

No Other Versions Available