

# Home Economics Teachers: DVD



# Resources to Meet Your Needs

*A list of professional materials available for borrowing  
from the Stewart Resources Centre – September 2015*

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## The STF's Stewart Resources Centre – CHECK US OUT!

In order to serve you better, we have compiled the following list of resources that directly address some of your professional needs. We hope you find this publication helpful, and we would be pleased to hear from you if you would like us to continue producing more specialized resource lists, or if you have suggestions on how we can improve our service to you. We want to serve you better!

We make it easy for you to use the Stewart Resources Centre:

- For schools outside of Saskatoon, we mail our resources directly to you and provide a postage-paid mailing label for you to use to mail the resources back to us.
- For schools in Saskatoon, your resources arrive at your school through the weekly interschool mail delivery. Materials may also be returned to us using this courier system.
- You don't need to know the exact titles for resources you need. Provide a topic and an approximate grade level at which you would like to use the materials, and we will do the rest!
- We are accessible 24 hours a day through the STF website: [www.stf.sk.ca](http://www.stf.sk.ca) You may search our catalogue online or e-mail us your resource requests at: [src@stf.sk.ca](mailto:src@stf.sk.ca)
- Call us! STF members may call the Stewart Resources Centre toll-free at 1-800-667-7762, ext. 6323, or we can be reached at 373-1660, ext. 6323 for local calls.
- Visit us in person! We are open 8:30 a.m. to 5:00 p.m. from Monday to Friday.





659.1 A244

**Advertising in the digital age [DVD]**

Owatonna, MN: Learning ZoneXpress, 2012.

Subjects: Advertising—21st century. Consumer education.

Summary: This documentary features interviews with advertising about new media marketing techniques in the digital age. Discussions focus on traditional as well as new advertising strategies. Viewers also learn where they are targeted for marketing and how to control their privacy. Grades 7-12.

641.675 A489

**Amazing eggs [DVD]**

Owatonna, MN: Learning ZoneXpress, 2012.

Subjects: Cooking (Eggs). Eggs.

Summary: In this DVD, students discover the uses of various sizes and grades of eggs, what the eggshell's colour means, egg nutrients, how to store eggs, cooking temperatures and more. Chef Dave Christopherson explains the many uses of the egg while demonstrating a variety of delicious, easy-to-prepare egg dishes, including scrambled eggs, sunny-side-up egg, over-easy egg, baked egg, poached egg, Hollandaise sauce, omelet, strata, frittata, and quiche.

641.71 B168

**Baking fundamentals : success in the kitchen [DVD]**

Owatonna, MN: Learning ZoneXpress, 2014.

Subjects: Baking—Study and teaching.

Summary: Sweet treats are easy to prepare on your own when you have a basic understanding of baking skills. This video features recipe segments with Chef Dave Christopherson demonstrating a variety of baking techniques to prepare his favorite recipes. Step by step instructions and recipe tips take viewers through each recipe from start to finish, including: rolled sugar cookies, drop cookies, Rice Krispie bars, brownies, sponge cake, white cake, cream biscuits, scones, pancakes, and quick breads - granola muffins, banana bread, & cornbread.

641.71 B168

**Baking fundamentals : success in the kitchen : cookies, bars & cakes [DVD]**

Owatonna, MN: Learning ZoneXpress, 2014.

Subjects: Baking—Study and teaching.

Summary: With a knowledge of baking basics, cookies, bars, and cakes are easy to prepare. Join Chef Dave in his kitchen as he demonstrates and explains how to make a variety of sweet treats. Step by step instructions take viewers through each recipe from start to finish, including: rolled sugar cookies; oatmeal, walnut and dried cranberry drop cookies; Rice Krispies; brownies; sponge cake; white cake; boxed cake mix; and clafouti. Grades 6-12.

641.71 B167

**Baking fundamentals : success in the kitchen : muffins & quick breads, biscuits & scones, pancakes [DVD]**

Owatonna, MN: Learning ZoneXpress, 2012.

Subjects: Cooking—Study and teaching (Secondary). Baking—Study and teaching.

Summary: In this DVD, Chef Dave Christopherson demonstrates and explains how to make a variety of different quick breads. Step-by-step instructions take viewers through each recipe from start to finish, including: Cream Biscuits, Scones, Cranberry Granola Muffins, Pancakes, Banana Bread and Cornbread.

\* Annotations have been excerpted from book descriptions provided by the publishers.

752 D457

**Design : all about color [DVD]**

Owatonna, MN: Learning ZoneXpress, 2010.

Subjects: Color in design. Interior decoration. Color.

Summary: This program examines the history of colour and the development of colour theories, the colour system of hue, value, and chroma, the colour wheel, warm and cool colours, and colour schemes. Grades 6-12.

745.4 D457

**Design : the elements [DVD]**

Owatonna, MN: Learning ZoneXpress, 2010.

Subjects: Interior decoration. Design. Fashion design.

Summary: Join interior designer Brandi Hagen in this revealing program as she presents a basic overview of the elements of design applied to interiors and fashion, including the use of line (vertical, horizontal, diagonal and curved), the use of various shape (symmetrical and asymmetrical), texture (smooth, reflective, rough, matte and how it impacts on the overall flow of a design) and colour (hue, value and chroma). Grades 6-12.

613.2 E56

**Energy balance [DVD]**

Owatonna, MN: Learning ZoneXpress, 2012.

Subjects: Food. Health behavior. Nutrition. Diet.

Summary: In this DVD, a dietitian and a personal trainer help the viewer discover the best food choices, short-term and long-term benefits of physical activity, tips to be active each day, how to overcome common excuses, and how to continue being active into adulthood.

641.5 E93

**Everyday math in foods [DVD]**

Owatonna, MN: Learning ZoneXpress, 2013.

Subjects: Weights and measures. Cooking—Mathematics. Measurement.

Summary: Join Chef Dave Christopherson as he takes a closer look at practical applications of math at the grocery store and in the kitchen. Basic math skills are used to determine recipe costs, converting recipes, determining timing, and more. Grades 5-12.

746.92 F248

**Fashion design careers : do you have what it takes? [DVD]**

Owatonna, MN: Learning ZoneXpress, 2012.

Subjects: Fashion. Fashion designers. Fashion design—Vocational guidance.

Summary: Join eight up-and-coming fashion designers as they discuss the characteristics, traits, and skills needed to make it in the fashion industry. Candid interviews with young designers tackle questions about careers in fashion design, including: What It Takes: What traits do you need to have? Inspiration: Where do designers get ideas? The Tough Stuff: What are the realities of being a fashion designer? and Success and Joy: What success have the designers received? Why do they love doing what they do? Grades 6-12.

613.2 F565

**54321+8 : countdown to your health [DVD]**

Owatonna, MN: Learning ZoneXpress, 2012.

Subjects: Nutrition. Teenagers—Health and hygiene. Teenagers—Nutrition. Diet. Food. Physical fitness for youth.

Summary: This 24-minute DVD is an overview of the six things high school students can do each day to stay healthy. *54321 +8* is an easy to remember countdown that gives viewers a simple way to remember each wellness tip. It features health professionals presenting the facts behind the number and real high school students sharing some practical advice about how they live each number of the countdown every day.

616.975 F686

**Food allergies : a little knowledge can prevent some big problems [DVD]**

Owatonna, MN: Learning ZoneXpress, 2012.

Subjects: Food allergy.

Summary: What is the difference between a food allergy and a food sensitivity? Why do some schools have peanut-free zones? What is Celiac disease? Are some people sensitive to food dyes? Join in on a discussion of food issues with an allergy expert as well as real people who live with food sensitivities and life-threatening food allergies every day. Learn the steps one can take whether they have an allergy, work with food, or know someone with an allergy.

363.192 F686

**Food safety : it's in your hands [DVD]**

Owatonna, MN: Learning ZoneXpress, 2015.

Subjects: Food service—Sanitation. Food handling—Safety measures.

Summary: Ever get sick from something you ate? An estimated 1 in 6 people contract a foodborne illness each year, so what can you do to stay safe? Discover the steps to keeping food safe from foodborne illness by joining a chef in the kitchen along with a microbiologist to learn what you need to know for clean and safe food storage and preparation. Grades 6-12.

641.5123 F686

**Food science experiments [DVD]**

Owatonna, MN: Learning ZoneXpress, 2010.

Subjects: Food—Experiments—Juvenile films. Cooking—Juvenile films.

Summary: Host Susan Turgeson and students demonstrate six fun and easy food science experiments and explain the science behind them. Experiments include: sensory evaluation, biochemistry of milk using mozzarella cheese, hand washing and food safety, scientific method of what makes popcorn pop, emulsions using mayonnaise, and fermentation using root beer. Includes an interview with a food science professor and a tour of a sensory evaluation lab. Teaching materials are included. Grades 6-12.

613.0433 F773

**4 weeks 2 a higher food IQ [DVD]**

Owatonna, MN: Learning ZoneXpress, 2012.

Subjects: Teenagers—Health and hygiene. Teenagers—Nutrition. Diet. Physical fitness for youth.

Summary: Registered dietitian Christina Meyer-Jax gives teen Lexi advice, feedback and encouragement with four dietary/fitness challenges, including: Eat balanced. Move more. Eat more good stuff. Eat less bad stuff. Move! Grades 6-12.

338.1 F885

**Fresh food : what is farm to table? [DVD]**

Owatonna, MN: Learning ZoneXpress, 2011.

Subjects: Sustainable agriculture. Farm produce. Food industry and trade—Social aspects. Natural foods.

Summary: Tap into the current trend of eating locally grown foods without the use of chemical pesticides or hormones. The basics of sustainable farming are explored through the eyes of three

highly trained chefs who leave big-city jobs to carve out a place to grow fresh, healthy ingredients for their gourmet dishes.

613.2 F944

**Fruits & vegetables. Color power [DVD]**

Owatonna, MN: Learning ZoneXpress, 2014.

Subjects: Nutrition—Study and teaching. Vegetable—Nutrition. Fruit—Nutrition.

Summary: When it comes to fruits and vegetables, more is better. Fruits and veggies are filled with a host of health-promoting benefits, but often times we fall short on our daily servings. How can we get ourselves to eat and enjoy more fruits and veggies? Discover the power of fruits and vegetables in short segments that discuss: the importance of eating fruits and vegetables, daily requirements and what counts as a serving, ways to encourage eating more fruits and vegetables, and selection and basic preparation methods. Grades 6-12.

613.2 G394

**Get wise to portion size [DVD]**

Owatonna, MN: Learning ZoneXpress, 2014.

Subjects: Food portions—Study and teaching. Teenagers—Nutrition. Nutrition—Study and teaching.

Summary: Viewers learn more about why portion size matters and how to eat the right amount for you. Short segments and an interview with a registered dietitian explain the issues with portion sizes, including: Portion Distortion is Everywhere, Why Portion Size Matters, Portion Size Wise Tips for Eating Out, and Portion Size Wise Tips for Eating at Home. Grades 6-12.

641.5 K62

**Kitchen fundamentals : basic techniques used in food preparation [DVD]**

Owatonna, MN: Learning ZoneXpress, 2010.

Subjects: Cookery.

Summary: What is the difference between mincing and dicing? How do you whip an ingredient? Chef Dave Christopherson demonstrates a variety of food preparation techniques. The first segment covers the fundamentals of preparation, including hand washing and knife cuts. The second segment reviews the basics of cooking, from measuring to broiling to steaming and more. Grades 6-12.

641.589 K69

**Knife skills [DVD]**

Owatonna, MN: Learning ZoneXpress, 2014.

Subjects: Cooking—Safety measures. Knives—Safety measures.

Summary: Join Chef Marshall O'Brien to learn basic knife cuts and essential knife skills to gain confidence in the kitchen. Chef Marshall explains how to stay safe, identifies common types of knives, and demonstrates basic cutting techniques. Short video segments include: knife safety; types of knives; using a food processor and blender; cutting produce - slice, dice, chop; and cutting techniques for meat. Grades 6-12.

641.589 K69

**Knife skills for foodservice [DVD]**

Owatonna, MN: Learning ZoneXpress, 2014.

Subjects: Cooking—Safety measures. Knives—Safety measures.

Summary: Join Chef Marshall O'Brien to learn basic knife skills essentials for foodservice operations. Chef Marshall offers insight and practical advice to train foodservice workers to safely and efficiently cut fresh fruits and vegetables with a knife and an industrial food processor. Short video segments include: knife safety; types of knives; using an industrial food processor; and cutting fruits and vegetables with a knife - slice, dice, chop. Grades 6-12.



370.114 M282

**Manners bootcamp : professional courtesy [DVD]**

Owatonna, MN: Learning ZoneXpress, 2014.

Subjects: Manners and customs. Etiquette—Juvenile films.

Summary: Having good manners will help you stand out from the crowd and knowing how to act with professional courtesy can help you land a job and succeed once you have your foot in the door. Join Sasha and Sean as they work to get their etiquette in shape for the professional world of work.

613.2 N976

**Nutrient basics [DVD]**

Owatonna, MN: Learning ZoneXpress, 2012.

Subjects: Nutrition. Diet.

Summary: In this 20-minute DVD, registered dietitian Melissa Halas-Liang and two students explore the functions, benefits and sources of the six types of nutrients, including fat, protein, minerals, carbohydrates, vitamins and water .

338.17 N976

**Nutrition 7. Where does your food come from? [DVD]**

San Francisco, CA: Cerebellum Corporation, 2011.

Subjects: Nutrition. Natural foods. Food industry and trade.

Summary: Students learn where and how food is grown in this program. Learn the process of getting fruits, vegetables, grains and other foods from farm to table. Includes a teacher's guide on CD-ROM. Grades 6-12.

641.552 N976

**Nutrition starts here : smart eating on a budget [DVD]**

Owatonna, MN: Learning ZoneXpress, 2014.

Subjects: Nutrition. Diet. Food. Low budget cooking.

Summary: Develop healthy eating habits that will last a lifetime and join Chef Marshall O'Brien as he shares nutritious food choices and healthy eating strategies.

649.1 P228

**Parenting principles [DVD]**

Owatonna, MN: Learning ZoneXpress, 2014.

Subjects: Parent and child. Parenting.

Summary: Positive parenting begins by creating an emotionally healthy environment for children to grow, filled with love, guidance, and respect. Join leading adolescence and parenting expert Laurence Steinberg, PhD, in an examination of the ten basic principles of good parenting. Parents share their personal experiences of raising their children while Dr. Steinberg delves into the important role parents play in shaping emotionally healthy children throughout the span of childhood. Grades 6-12.

646.4 S512

**Sew cool [DVD]**

Owatonna, MN: Learning ZoneXpress, 2010.

Subjects: Sewing.

Summary: Sewing instructor Kimberly Oedekoven encourages viewers to see it, like it, make it while presenting sewing basics and two easy sewing projects in short segments, including: Sewing Tools and Essentials; Hand Sewing; Fabric Selection; Sewing Techniques and Rules; Sewing Machine Parts; Fabric Selection; Non-Pattern Project: T-Shirt Tote (Bonus: T-Shirt Bracelet); and Pattern Project: Pajama Pants (Bonus: Fabric Store Tour). Grades 9-12.

646.2 S512

**Sew green : recycle, repurpose, restyle [DVD]**

Owatonna, MN: Learning ZoneXpress, 2010.

Subjects: Recycling (Waste, etc.). Handicraft. Sewing.

Summary: This program contains instructions for sewing projects using materials recycled from clothing, fabric samples, or plastic bags, including a messenger-style bag, a cell phone or MP3 player holder, a laptop sleeve, and a water bottle holder. Grades 7-12.

646.4 S512

**Sew thrifty [DVD]**

Owatonna, MN: Learning ZoneXpress, 2012.

Subjects: Clothing and dress—Remaking. Sewing.

Summary: Create a unique and fashionable look using second-hand thrift store clothing for any sewing project! Instructor Kimberly Oedekoven explores her local thrift store while explaining what to look for when shopping and practical thrifting tips to find used clothes to refresh and refashion into something new. Back in the studio, easy sewing projects are demonstrated from start to finish, including: freezer paper stencil on a sweatshirt, skirt from pair of jeans, and more.

643.3 S635

**Small kitchen appliances [DVD]**

Owatonna, MN: Learning ZoneXpress, 2012.

Subjects: Cookery. Kitchens—Equipment and supplies.

Summary: The right small appliances can help you skillfully and efficiently prepare healthful foods from scratch. Learn the importance of reading owners' manuals and properly caring for appliances such as blenders, food processors, toasters and toaster ovens, mixers, slow cookers, electric grills, and more. Paulette Mitchell offers advice on selecting kitchen appliances and shows how to use them while demonstrating simple, delicious recipes including a banana-berry smoothie, sunshine carrot salad, and a tuna melt. Grades 7-12.

302.30285 S678

**Social media manners : polite behavior in the social media world [DVD]**

Owatonna, MN: Learning ZoneXpress, 2014.

Subjects: Manners and customs. Online social networks—Social aspects. Social media—Social aspects.

Summary: Social media is a whole new universe when it comes to manners and etiquette. Manners used to be something that happened in person, but today we conduct many of our relationships online and the rules and courtesies can be a little unclear.

391 W266

**Wardrobe planning [DVD]**

Owatonna, MN: Learning ZoneXpress, 2013.

Subjects: Clothing and dress—Study and teaching (Secondary). Consumer education.

Summary: This DVD presents hints and tips for both women and men to dress and look your best in short video segments that can be used separately or as one presentation. Topics include shopping strategies and clothing quality, dressing for your body type, using colour and pattern, and accessorizing your look. Grades 7-12.



Saskatchewan Teachers' Federation  
2317 Arlington Avenue  
Saskatoon, SK S7J 2H8  
Telephone: (306) 373-1660 or 1-800-667-7762  
Facsimile: (306) 374-1122  
Email: [src@stf.sk.ca](mailto:src@stf.sk.ca) Website: [www.stf.sk.ca](http://www.stf.sk.ca)