

FALL 2010

Food & Nutrition

ON DVD



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Food Chemistry

This program explores the chemical structure of carbohydrates, proteins, and fats and explains how they are metabolized by the body. It also discusses industrial processes involved in the production of food, details the two classes of vitamins, looks at the chemical structure of alcohol, and highlights the difference between polyunsaturated and saturated fats.

•Not available in Australia or New Zealand.

DVD / 20 min / 1993 / #FNAW2862 - \$199

Chemistry of Cooking

Physical and chemical changes to food during preparation and cooking include aeration, denaturation, coagulation, gelatinization, browning, emulsification, and crystallization. This DVD illustrates these processes through chef Louis Ferguson's creation of an egg sponge.

•Not available in Canada.

DVD / 20 min / 2000 / #FNAW3672 - \$169

Food Science Technology

Exploring food science technology, this program covers microorganisms, looks at such food preservation methods as freeze drying and irradiation, outlines the functions of nutrients, considers emulsions and mixtures, discusses food additives, and examines food toxicology. It offers laboratory experiments that demonstrate mold growth, food spoilage, and the roles of acids and bases in food production and highlights career opportunities.

•Not available in Australia, Hong Kong, the United Arab Emirates, or the U.K.

DVD / 23 min / 1996 / #FNAW6566 - \$159

Food Science Experiments

Featuring Susan Turgeson, this program explores kitchen chemistry and food science. It introduces the scientific method and offers experiments that explore the science behind sensory evaluation, the biochemistry of milk, hand washing and food safety, emulsion, and fermentation. The DVD also offers an interview with a food science professor and tours a sensory evaluation laboratory.

DVD / 50 min / 2010 / #FNAW6484 - \$149

The Mechanics of Organic Foods (POWERPOINT)

Questioning what makes a food organic, this presentation discusses organic food standards and examines such related issues as the environment, pesticide use, and food safety considerations.

POWERPOINT Mac|Win / 2007 / #FNAW5084 - \$129

Organic Choice

This program explains what constitutes an organic food and shows how organic foods are produced.

DVD / 12 min / 1991 / #FNAW5549 - \$99

Nutrient Basics

This entertaining program follows a fictional team of science students as they prepare for a presentation about nutrients. The program examines six key nutrients: proteins, vitamins, minerals, carbohydrates, fats, and water. It also explains the functions of various nutrients in the body and discusses their food sources.

DVD / 15 min / 2005 / #FNAW4071 - \$129

Human Nutrition: Macro- and Micronutrients

This set explores the varied components of human nutrition. It looks at simple and complex carbohydrates, outlines the helpful and harmful properties of fat, considers the role of protein in the immune system, and explores vitamins and minerals.

5 DVD / 93 min total / 2001 / #FNAW2882 - \$189

Nutrients and Your Body (POWERPOINT)

Explaining that nutrients provide the body with energy, regulate growth, and repair tissues, this presentation examines the six classifications of nutrients and shows how they function in the body. It identifies sources of nutrients, discusses nutrient deficiencies, and compares the nutritional values of different foods.

POWERPOINT Mac|Win / 2004 / #FNAW4818 - \$149

Fats

All About Fat

Introducing dietary fat, this program explains what fat is and explores a variety of issues associated with fat. It considers the meaning of good and bad cholesterol; examines fat-free and calorie-free foods; and explores the dietary uses of margarine, butter, and Olestra.

DVD / 16 min / 2007 / #FNAW5606 - \$179

Fats: Healthy or Harmful? (POWERPOINT)

This presentation compares healthy and unhealthy fats. It identifies trans fats, saturated fats, polyunsaturated fats, and monounsaturated fats found in packaged foods, restaurant foods, and home-cooked meals and teaches how to choose healthy food options.

POWERPOINT Mac|Win / 2007 / #FNAW5097 - \$129

Fats: The Real Scoop (POWERPOINT)

Featuring presenter notes, a short quiz, and a fat facts tablet, this presentation introduces types of fat and differentiates between healthy and unhealthy dietary fats. It explores the fear of dietary fats and emphasizes that fats are an essential part of any diet. The presentation also offers tips for healthy grocery shopping and cooking.

POWERPOINT Mac|Win / 2008 / #FNAW6037 - \$139

All About Fluids

Emphasizing the importance of fluids to the human diet, this program covers such topics as the role of water in bodily processes, foods that provide fluids, the fluid requirements of a variety of populations, and factors that increase fluid needs.

DVD / 14 min / 1999 / #FNAW5605 - \$179

All About Fiber

This DVD examines fiber. It discusses soluble and insoluble fiber, offers ways to augment fiber intake, and shows how to determine fiber content of foods.

DVD / 16 min / 2006 / #FNAW5607 - \$179

All About Carbohydrates

This program examines carbohydrates and contrasts simple and complex carbs. It refutes the myth that sugar causes hyperactivity and emphasizes the benefits of consuming complex carbohydrates.

DVD / 16 min / 1998 / #FNAW5604 - \$179

Carbs on Trial

This entertaining program examines the carbohydrate debate. It considers the role of carbohydrates in a healthy diet and defines simple and complex carbohydrates.

DVD / 15 min / 2005 / #FNAW6040 - \$129

Proteins

All About Protein

Highlighting the many nutritional roles of protein, this DVD examines a variety of protein sources, including grains and vegetables. It considers the problems associated with high-protein, low-carbohydrate weight loss diets and features cooking demonstrations.

DVD / 14 min / 1998 / #FNAW5610 - \$179

Proteins

Featuring computer animations, this program examines the structures and functions of proteins and considers their role in the body. **Recommended, American Society for Microbiology.**

DVD / 37 min / 1994 / #FNAW4359 - \$189


Aspects of Protein Structure: The Role of Individual Amino Acids in Structure and Function (CD-ROM)

Illustrating the physical and chemical behaviors of amino acids, this interactive CD-ROM explores key concepts in protein structure and function.

Windows CD-ROM / 1999 / #FNAW1235 - \$199

Vitamins & Minerals

The ABCs of Vitamins

Featuring graphics and expert commentary, this program explains the role of vitamins and minerals in the body. It considers food and supplementary sources of nutrients, explores the issue of vitamin and mineral deficiency, and discusses the dangers of megadosing. 

•Not available in Australia or the U.K.

DVD / 24 min / 2003 / #FNAW3609 - \$149

All About Vitamins

Examining the dietary importance of vitamins, this DVD discusses soluble and insoluble vitamins, highlights the best food sources for vitamins, and considers antioxidant issues. It explores supplementation and refutes myths and unfounded claims surrounding vitamins.

DVD / 16 min / 1999 / #FNAW5608 - \$179

What's New About Vitamins and Phytonutrients

This program explains the functions of vitamins and phytonutrients in the body, emphasizes their importance, and considers the benefits of obtaining them from food sources rather than from pills. It also explores the dangers associated with high-dose supplements.

DVD / 20 min / 2005 / #FNAW5598 - \$189

Vitamins: Understanding the Basics

This program discusses facts and misconceptions surrounding vitamin supplementation. It considers the impacts of vitamins on energy level and athletic performance, discusses their roles in disease prevention, and examines sources of major vitamins.

DVD / 31 min / 2006 / #FNAW4831 - \$139

All About Minerals

Explaining that minerals regulate many bodily processes, this program examines major and trace minerals. It covers such major minerals as calcium, iron, phosphorus, magnesium, potassium, and sodium and such trace minerals as chromium, copper, and selenium. The DVD also discusses supplementation.

DVD / 14 min / 1999 / #FNAW5609 - \$179

All About Iron

Examining dietary iron, this program discusses the best food sources of iron, considers the role of nutritional supplements in obtaining iron, examines iron-deficiency anemia, looks at heme and non-heme iron, and covers iron toxicity.

DVD / 11 min / 1999 / #FNAW5603 - \$179

Nutrition Made Clear

In this lecture series, dietitian Roberta Anding explores the fundamentals of good nutrition, looks at nutrition facts and fiction, and offers techniques for applying basic nutritional concepts to a particular lifestyle. Anding covers such topics as the digestive system, caloric intake, hydration, and food composition and looks at the role of nutrition in health and well-being. The series also considers weight management, functional foods, organic foods, food safety, and food labels.

•Not available in China or Colombia.

DVD / 36 segments, 30 min each / 2009 / #FNAW6381 - \$399

Smart Nutrition

This entertaining program explores nutrition and considers the countless and confusing food choices and nutrition messages presented to consumers. It covers such topics as breakfast, body image, portion size, physical activity, fruits and vegetables, beverages, significant nutrients, late-night snacking, and vegetarian diets.

DVD / 21 min / 2009 / #FNAW6146 - \$149


Food and Health

This program offers practical guidelines for achieving a wholesome and balanced diet. It explains how to divide foods into whole grains, vegetables, and legumes; offers information on foods that provide proteins, fats, carbohydrates, calcium, and iron; and looks at sources of vitamins. The DVD also encourages consumption of organic and locally grown foods and discusses the dangers associated with processed foods.

•Not available in the U.K.

DVD / 35 min / 2008 / #FNAW6052 - \$209

Nutrition Controversies

Considering the pervasiveness of confusing and often mixed messages about nutrition and its impact on human health, this DVD explores a variety of controversial topics in nutrition and offers information to help students better understand the issues. It explores food safety, irradiation, organic foods, local foods, food allergies, genetically modified organisms, MSG, functional foods, and dietary supplements. 

DVD / 22 min / 2009 / #FNAW6229 - \$149

Health Issues

Nutritional Issues

This DVD examines nutritional issues and shows how doctors make medical decisions. Following a team of doctors as they tackle actual medical cases, the program covers doctor-patient communication and discusses health literacy issues.

DVD / 30 min / 2007 / #FNAW6172 - \$599

Best 7 ¼ Tips for Nutrition and Nutrients

This program examines food labels and discusses minerals, calcium, food supplements, and breakfast. It features a registered dietitian and a public health educator.

DVD / 10 min / 2007 / #FNAW6385 - \$129

Best 10 ¼ Tips for Eating Healthy — Featuring the New Pyramid

This program teaches students how to make healthy food and drink choices. It features a nutritional expert who shows how to use the U.S. Department of Agriculture's food pyramid as a guide to healthy eating, explains which foods are appropriate for different times of day, and evaluates contradictory nutritional information.

DVD / 15 min / 2006 / #FNAW4518 - \$169

Enjoy Nutrition

Outlining the fundamental principles of nutrition, this set teaches how to make informed choices for better health. It covers such topics as calories, energy, metabolism, USDA recommendations, antioxidants, healthy weight, body mass index, diet and disease, stress, sleep, exercise, organic food, and gastronomic travel.


2 DVD / 122 min total / 2006 / #FNAW4812 - \$149

Hot Topics in Nutrition (POWERPOINT)

Featuring a presenter script, activities, a quiz, and copy-ready handouts, this presentation explores current topics in nutrition. It examines such issues as the vitamin D dilemma, food allergies, unhealthy vegetarianism, childhood obesity, and food safety.

POWERPOINT Mac|Win / 2010 / #FNAW6394 - \$129

Food Facts and Myths

This program debunks popular food myths. It discusses the relationship between bran and fiber, examines the role of vitamin supplements in a healthy diet, debates the overall health properties of chicken and beef, and explores the efficacy of various weight loss strategies. 

•Not available in Germany, Hong Kong, Ireland, Israel, South Africa, Sweden, Taiwan, the United Arab Emirates, or the U.K.

DVD / 25 min / 2000 / #FNAW6098 - \$199

Food and Medicine Interactions

Explaining how and why food and medicines interact, this DVD considers such issues as the speed of drug absorption and the effects of medicine on nutrient absorption. It considers issues for special populations, including elderly patients and individuals with chronic diseases, and highlights the ways in which antibiotics and antidepressants interact with food.

DVD / 14 min / 1997 / #FNAW5611 - \$179



Breakfast Because

Emphasizing the importance of breakfast, this entertaining program shows how breakfast enhances mental and physical performance. It presents breakfast facts and covers such topics as the need for breakfast in specific parts of the body, meal ideas, and nutrition labels.

DVD / 25 min / 2009 / #FNAW5885 - \$159

Rethink Your Drink (POWERPOINT)

Providing tips for choosing beverages, this presentation examines beverages that maintain hydration, health, and energy and questions whether beverages add considerable amounts of calories and fat to a diet. It offers presenter notes and features a short quiz.

POWERPOINT Mac|Win / 2008 / #FNAW6035 - \$139

Alcohol and Nutrition

This program shows how alcohol affects nutritional status and general health. It covers such topics as differences between males and females, the effects of alcohol on the elderly, pregnancy and alcohol abstinence, health issues, the benefit-risk ratio, and tailoring the U.S. Department of Agriculture's food guide pyramid to suit an alcohol recovery program.

DVD / 15 min / 2005 / #FNAW6160 - \$179

Smoking and Nutrition

This program examines the nutritional effects of smoking. It considers weight management issues, examines the effects of smoking on digestion, and presents nutritional choices that benefit individuals who are in the process of quitting smoking.

DVD / 16 min / 2007 / #FNAW6173 - \$179

Diet Analysis (CD-ROM)

Considering such dental health problems as tooth wear, this CD-ROM teaches how to provide diet and nutrition analysis and advice to dental patients with such conditions as asthma, caffeine addiction, bulimia, diabetes, Praeder-Willi Syndrome, bruxism, alcoholism, and polypharmacy.

Windows CD-ROM / 2003 / #FNAW5152 - \$169

Special Diets

Special Diet Explanations for Food Service Workers

This program examines nutrition basics and considers the reasons behind specially prepared foods and special diets. It presents the nutrition facts behind such special diets as dysphagia, pureed, mechanical soft, restricted sodium, low cholesterol, and diabetic diets.

DVD / 18 min / 1997 / #FNAW5618 - \$179

The Dysphagia Diet

Discussing conditions that make chewing and swallowing foods and fluids difficult, this program introduces the National Dysphagia Diet (NDD) and outlines its four levels, from regular food to a pureed diet. The program offers suggestions for preparing and serving appealing, attractive, and nutritious meals at all levels of the NDD scale.

DVD / 20 min / 2005 / #FNAW5600 - \$179

Diet as a Means to Prevent and Control Elevated Blood Pressure

In this DVD, Lawrence J. Appel examines the role of dietary modifications in the prevention and control of elevated blood pressure.

DVD / 60 min / 2008 / #FNAW6042 - \$299

Functional Food: Dietary Management of Cholesterol

Reviewing research, this DVD examines the roles of saturated fat, plant sterol-containing foods, oats, and polyunsaturated fats in cholesterol management.

DVD / 101 min / 2007 / #FNAW5580 - \$139

Diabetes and Food Myths

This DVD refutes myths surrounding diabetes. It considers assumptions that sugar causes diabetes, diabetics can never eat sugar, diabetic diets differ greatly from those of non-diabetics, fat-free equals calorie-free, and exercise is ineffective.

DVD / 15 min / 1997 / #FNAW5878 - \$179

Nutritional Supplements

Nutritional Supplements

Explaining that over 40 percent of all Americans take vitamins and other supplements, this DVD considers the safety issues associated with self-medicating through supplementation. It features a debate among practitioners of conventional and integrative medicine.

DVD / 30 min / 2008 / #FNAW6391 - \$199

Convenience Foods

Best 7 ¼ Tips for Making Healthy Food Choices

Considering the role of a fast-paced consumer society in creating the modern junk food culture, this program teaches how to make healthy food choices.

DVD / 10 min / 2007 / #FNAW6386 - \$129

Fast Food Nutrition

Considering the negative image of fast food in modern society, this program discusses such associated issues as high amounts of saturated fat, trans fat, sugar, sodium, and calories in fast food products and the lack of fruits and vegetables on fast food menus. It follows two young adults as they explore the world of fast food and teaches how to make healthy fast food choices.

DVD / 16 min / 2009 / #FNAW6145 - \$149

Test Your Fast Food Knowledge

Featuring an entertaining quiz format, this program provides tools to help students make healthier fast food decisions. It considers the dangers associated with eating over-processed, sugar- and fat-laden fast foods; examines the calorie counts and nutritional information of a fast food cheeseburger meal; and compares typical items on menus from different fast food restaurants. The DVD teaches how to make smart choices in fast food restaurants and shows how weight control, a balanced diet, vitamins, and nutrients can be part of a smart, limited fast food diet.

DVD / 28 min / 2010 / #FNAW6470 - \$189

Great Nutrition for the Cheapest Price: Tips for Healthy and Affordable Eating

Explaining that fast food is loaded with fat, sodium, and calories, this program emphasizes that individuals can cook much healthier and less expensive meals at home. It teaches how to determine a meal's nutritional and monetary value.

DVD / 13 min / 2008 / #FNAW5869 - \$209

Nutritional Supplements

Featuring nutrition expert Kris Clark of Penn State University, this DVD examines the different categories of nutritional supplements. It discusses the possible benefits and risks of supplements in each category, presents recommended dosages, explores U.S. labeling laws, and highlights key words to look for when reading labels.

DVD / 37 min / 2006 / #FNAW4527 - \$139

Digestion

A Scientific Look at Nutrition

This interactive program travels inside the human body to illustrate what happens after food is consumed. It shows how the six essential nutrients work in the body and explains digestion, metabolism, and energy expenditure.

DVD / 26 min / 2007 / #FNAW4809 - \$179

Digestion and Nutrition

Examining the chemical structure of food, this program explores the human body's ability to convert food into fuel and raw materials. It illustrates the physical and chemical processes that facilitate digestion and traces the sequence of digestion in the human body.

DVD / 22 min / 2009 / #FNAW6153 - \$149

Life Cycle Nutrition

Nutrition Through the Life Cycle

Explaining that the body requires different amounts of the six essential nutrients at different stages of life, this program offers detailed information about nutritional needs during infancy, childhood, middle childhood, adolescence, young adulthood, middle adulthood, and old age.

DVD / 31 min / 2008 / #FNAW5253 - \$159

Childhood Nutrition

This set teaches parents how to help their children develop lifelong healthy eating and exercise habits to prevent obesity. It examines age-appropriate food choices for infants, young children, and pre-teens and explains the long-term health consequences of obesity.

3 DVD / 42 min total / 2005 / #FNAW4542 - \$269

Early Childhood: Nutrition

This DVD examines nutritional guidelines for young children and discusses the effects of early nutrition on growth and development. It looks at the nutritional needs of children from birth to six years of age and considers the long-term effects of negative eating habits established during early childhood.

DVD / 27 min / 2000 / #FNAW5115 - \$169

Early Childhood: Food Safety

In this program, a childcare expert teaches how to provide safe food for children from birth to age six. She discusses foodborne illnesses, offers techniques for safe food shopping, and emphasizes the importance of disinfecting food preparation surfaces.

DVD / 31 min / 2000 / #FNAW5132 - \$169

Diet During Pregnancy

This program examines the effects of nutrition on the developing fetus and the mother. It emphasizes the importance of micronutrients, including folic acid, calcium, vitamin D, and zinc, and discusses contraindicated substances and foods.

•Not available in Australia, Fiji, New Guinea, New Zealand, or the Solomon Islands.

DVD / 24 min / 2003 / #FNAW6560 - \$349

Older Adults

Healthy Eating for Elders

Emphasizing the importance of daily nutrients to fitness and strength, this program explores the significance of a healthy diet for older adults.

•Not available in China or Hong Kong.

DVD / 15 min / 2002 / #FNAW4358 - \$319

Nutrition for the Mature Adult

This program reviews nutritional concerns for elders and offers recommendations for meeting the nutritional needs of older adults. It discusses the ways in which nutrition and health concerns change with age and explores age-related nutritional challenges.

DVD / 38 min / 2006 / #FNAW4521 - \$139



Nutrition for the Older Adult

This program emphasizes the importance of good nutrition and a balanced diet to older adults and explains how nutrition affects overall health.

•Not available in Taiwan.


DVD / 25 min / 2006 / #FNAW6074 - \$269

Nutrition Problems of the Elderly

Addressing nutrition problems facing the elderly, this DVD examines malnourishment, obesity, and protein-calorie malnutrition; covers chewing problems; looks at alcoholism and drug-food interactions; discusses constipation; explores iron deficiency; and considers issues associated with dehydration.

DVD / 14 min / 1997 / #FNAW5881 - \$179

Diet and Weight Management: What Really Works?

Exploring reasons for overeating and considering factors that influence weight gain, this program addresses the benefits and drawbacks of popular diets and describes such dangers as yo-yo dieting and eating disorders.  •Not available in Australia or the U.K.

DVD / 30 min / 2000 / #FNAW3605 - \$149

Weight Loss: What Works, What Doesn't, and Why Diets Don't Work

Considering issues with dieting to lose weight, this DVD teaches safe and effective weight loss strategies. It covers the dangers of rapid weight loss, considers the concept of eating to lose weight, and explores calorie counting as a weight-loss method.

DVD / 33 min / 2006 / #FNAW4516 - \$139

Fad Diets

This program outlines common fad diets. It reviews the purported claims of each fad, discusses related research, and provides tips for losing weight safely.

DVD / 34 min / 2006 / #FNAW4523 - \$139

Top Ten Tips to Improve Your Diet

This DVD provides tips for improving dietary and lifestyle habits. It features nutritionist Kris Clark of Pennsylvania State University, who explains the importance of eating breakfast, consuming adequate amount of fruits and vegetables, and drinking plenty of water. She also discusses portion sizes, the difference between good and bad carbohydrates, and ways to make healthy snack choices.

DVD / 45 min / 2004 / #FNAW4499 - \$139

Body Composition: Health Is More Than Skin Deep

This program defines body composition, describes its significance, and explains its role in positive exercise training and diet programs. It covers such topics as body mass index, essential versus storage fat, and techniques used to measure body composition.

DVD / 38 min / 2004 / #FNAW5081 - \$139

Eating to Improve Body Composition: The Science and the Art

This DVD examines strategies for improving body composition. It features a doctor and a fitness expert who discuss proper nutrition and supplementation and explain how to integrate these strategies into daily life. The program covers such topics as genetics, nutritional studies, and exercise.


DVD / 57 min / 2007 / #FNAW5589 - \$139

Exercise and Weight Loss: A Look at the Scientific Research

This program reviews scientific research on exercise and weight loss; considers effective weight loss strategies; and questions the amount, type, and intensity of exercise needed for weight loss.

DVD / 59 min / 2010 / #FNAW6567 - \$139

Food, Health, and Exercise: Putting It All Together

Studies indicate that nearly 25 percent of all school-age children are overweight and that 12 percent are clinically obese. This DVD examines this dilemma and provides diet and exercise tips for improving health.  •Not available in Australia, Canada, England, or Hong Kong.

DVD / 25 min / 2002 / #FNAW4839 - \$189

Portion Size Me

This DVD teaches how to make healthy fast food choices. It follows an experiment in which two students ate exclusively at fast food restaurants and gas stations for one month. The program shows how sensible food choices and suitable portion sizes helped the students lose weight and lower their cholesterol levels.

DVD / 25 min / 2006 / #FNAW4371 - \$129

Portion Size Me, Too

This program builds on the concepts introduced in *Portion Size Me*, in which two students lost weight and lowered their cholesterol levels after eating only fast food for one month. It considers who determines portion size, correct methods to determine portion size, and ways to make healthy choices at fast food restaurants.

DVD / 25 min / 2006 / #FNAW4372 - \$129




Obesity

Obesity and the Relative Roles of Exercise and Genetics

This DVD explores the relative roles of genes, diet, and physical activity on an individual's weight. It covers such topics as obesity trends in adults and children, energy intake and expenditure, genetic factors in the regulation of body weight, and lifestyle factors.

DVD / 48 min / 2003 / #FNAW6562 - \$139

Fries With That? The Overweight Epidemic

This DVD defines fat and explains why fat is a necessary component of the human diet. The program covers the reasons behind the overweight epidemic, considers the health implications of fatty diets, emphasizes the societal effects of poor individual diets, and outlines lifestyle changes that decrease the harmful effects of fat. 

•Not available in Germany, Hong Kong, Ireland, Israel, South Africa, Sweden, Taiwan, the United Arab Emirates, or the U.K.

DVD / 28 min / 2003 / #FNAW3615 - \$209

Obesity in Youth: Tackling a Growing Problem

This DVD discusses the complex and interrelated factors that have contributed to the rise in obesity among children and adolescents. It addresses the dual epidemic of weight gain and inactivity in youth and provides evidence-based strategies for combating childhood obesity.

DVD / 51 min / 2005 / #FNAW4382 - \$139

Obesity in a Bottle: Understanding Liquid Calories and Nutrition

Featuring a fast-paced, teen-friendly format, this DVD shows how beverages contribute to obesity. It examines their effects on weight gain, considers the dangers of regular and diet sodas, and highlights the benefits of drinking water. The program also compares sports and energy drinks and provides a nutritional breakdown of popular beverages.

DVD / 20 min / 2006 / #FNAW4514 - \$149

Obesity and Type II Diabetes

Considering research findings, this DVD explains how being overweight or obese contributes to the development of insulin resistance and type II diabetes. It considers complications of diabetes and shows how lifestyle changes can prevent and help treat the disease.

DVD / 20 min / 2006 / #FNAW5883 - \$179

Sports Nutrition Essentials

Emphasizing the importance of quality nutrition to athletic performance and exercise utility, this DVD examines the elements of proper nutrition. It shows how individuals use food for energy; presents nutrition guidelines specific for use before, during, and after activity; and offers techniques that ensure proper hydration.

DVD / 28 min / 2006 / #FNAW4526 - \$159



Nutrition for Optimal Performance

This program examines sound nutritional principles and shows how to use them to select appropriate foods for athletic performance.

DVD / 55 min / 2006 / #FNAW5619 - \$139

Sport and Nutrition

This DVD examines the roles of nutrients in sports performance. It considers planning for competition and features interviews with athletes to illustrate differences among sports. The program addresses the legitimacy of fad diets and supplements that are common in competitive sports.

•Not available in Germany, Hong Kong, Ireland, Israel, South Africa, Sweden, Taiwan, the United Arab Emirates, or the U.K.

DVD / 29 min / 2000 / #FNAW2865 - \$199

Review of Protein Intake for Clients and Athletes

This DVD considers how protein affects athletic performance and recovery and traces historical trends in recommendations for dietary protein. The program explains protein metabolism, absorption, and digestion rates; discusses eating protein to lose weight; and explores ways to optimize muscle recovery and growth through correct timing of meals and supplements. The DVD also addresses safety considerations for high-protein diets.

DVD / 64 min / 2008 / #FNAW5874 - \$139

Girls, Sports, and Eating Disorders: What's the Connection?

In this program, sports medicine experts and an eating disorder specialist discuss preventing, recognizing, and treating sports or eating excesses in children. The DVD profiles three young women who improved their health and self-images through exercise and diet.

•Not available in India.

DVD / 27 min / 2007 / #FNAW5582 - \$209

Portion Control

Best 7 ¼ Tips for Portion Control

Emphasizing that most people do not know exact serving sizes, this program considers the consequences of this lack of awareness, including excessive calorie consumption. Featuring a registered dietitian, it offers concrete examples that illustrate healthy portion sizes.

DVD / 10 min / 2007 / #FNAW6404 - \$129



Food Production & Processing

Vegetables: From Field to Freezer to Fork

Introducing the food manufacturing industry, this program examines the ways in which vegetables are grown, harvested, and prepared for inclusion in frozen meals. It covers such topics as processing techniques, food handling, and food preparation trends.

•Not available in Germany, Hong Kong, Ireland, Israel, South Africa, Sweden, Taiwan, the United Arab Emirates, or the U.K.

DVD / 23 min / 2004 / #FNAW3907 - \$199

Cocoa (Cacao): A Story of Chocolate

This DVD traces the journey of the cacao bean from harvest to consumer. It examines the roles of growers, harvesters, brokers, and exporters and explains why only five percent of the profits from chocolate sales reach producers. The program also visits cocoa producers in Ecuador and tours the Cailler-Nestlé Chocolate Factory in Broc, Switzerland.

•Not available in Europe.

DVD / 52 min / 2007 / #FNAW4784 - \$219

Inside a Factory: Tyrrells and Walkers — The Crisp Makers

This DVD profiles potato chip manufacturers Walkers and Tyrrells. It compares the mass manufacturing, continuous flow approach of Walkers with the hand cooked method used by Tyrrells. The program also examines such business components as IT systems; emphasizes the importance of quality control, food safety, and environmental standards; and explores the efforts of each company to improve the health quality of their products.

DVD / 30 min / 2006 / #FNAW4811 - \$299

Food Additives: Fact or Fiction?

This DVD examines the effects of additives on various foods. It covers coloring agents, flavors, emulsifiers, and preservatives.

DVD / 26 min / 2000 / #FNAW1215 - \$159

Investigation of Modern Food Preservation: Exploring Methods and Processes

Using examples from the pasta and jam industries, this program examines leading food preservation methods, including modified atmosphere packaging, cook-chill, and ultra-high temperature processing, and discusses such traditional preservation methods as canning, bottling, and pickling. The DVD also investigates controversial irradiation processes used in more than 40 countries.

DVD / 32 min / 2002 / #FNAW3613 - \$159

Egg Grading

This DVD explains and discusses quality grading for eggs. It teaches how to candle eggs for interior egg-quality grading, visually inspect eggs for exterior egg-quality grading, and place and grade cartoned eggs.

DVD / 56 min / 1994 / #FNAW6411 - \$139

Environmental Issues in Food Production

This program looks at the environmental issues caused by agriculture, farming, fishing, and food manufacturing.

•Not available in Germany, Hong Kong, Ireland, Israel, South Africa, Sweden, Taiwan, the United Arab Emirates, or the U.K.

DVD / 31 min / 2003 / #FNAW4093 - \$209

Genetically Engineered Food: Frankenfood or Nutrition Panacea?

This DVD examines controversies surrounding genetically engineered food. It compares genetic food engineering with traditional hybrid techniques and questions whether genetically engineered foods should be specifically labeled as such. The program also discusses the possible evolution of superbugs.

DVD / 15 min / 2001 / #FNAW6171 - \$179

Genetically Engineered Food: Are We at Risk?

This program examines the controversies surrounding genetically engineered foods. It questions whether genetic engineering will solve the global problems of starvation and malnutrition or if they will endanger consumers and the environment.

•Not available in Spain or the U.K.

DVD / 30 min / 2001 / #FNAW6558 - \$199

Poultry & Meat Processing

Chicken: From Eggs to Takeaway!

This program traces the production of chicken meat from newly hatched eggs to processed meat. It features descriptions of processing techniques and food handling methods and addresses such industry issues as antibiotic use. **Contains graphic content.**

•Not available in Germany, Hong Kong, Ireland, Israel, South Africa, Sweden, Taiwan, the United Arab Emirates, or the U.K.

DVD / 25 min / 2004 / #FNAW3905 - \$199

CHICKEN: FROM EGGS TO TAKEAWAY!



Poultry Processing (POWERPOINT)

This presentation illustrates standards, grades, types, and classes of poultry. It discusses inspection; dressing; handling; and such processing procedures as bleeding, dry picking, hot scalding, wax picking, chilling, and eviscerating.

POWERPOINT Mac|Win / 2004 / #FNAW4834 - \$149

Meat Cut ID (CD-ROM)

In this CD-ROM, a butcher introduces 154 wholesale and retail cuts of beef, pork, and lamb. The CD-ROM also looks at supplemental cuts and variety meats.

Mac|Win CD-ROM / 2002 / #FNAW4835 - \$179

Product Development & Marketing

New Food Trends: A Case Study in Product Development

Featuring industry experts, this DVD explores trends in food production. It looks at food production, covers food choices, and shows how consumers influence product development.

•Not available in Germany, Hong Kong, Ireland, Israel, South Africa, Sweden, Taiwan, the United Arab Emirates, or the U.K.

DVD / 27 min / 2006 / #FNAW4810 - \$199

Developing New Food Products

This program highlights the team effort required to develop new food products. It shows how a food chemist mixes a recipe, a marketing team ensures its desirability, and food engineers conduct trials.

•Not available in Canada.

DVD / 22 min / 2000 / #FNAW3611 - \$169

Cheese Production

Cheese Production

This program examines the cheese production process. It explores pasteurizing and standardizing the milk, using a starter culture, setting with rennet, forming curds, cutting and draining the whey, packaging and knitting, cheddaring, adding salt, pressing, and aging the cheese.

DVD / 42 min / 1992 / #FNAW4502 - \$169

Cheese Production (POWERPOINT)

This presentation details the cheese making process. It examines cheese varieties and considers such issues as cheese classification, moisture percentage, and ripening methods.

POWERPOINT Mac|Win / 2004 / #FNAW5762 - \$149

Camembert: France

Considering the popularity of camembert, this program tours the last farmhouse producer in Camembert and explains the difference between camembert and brie.

•Not available in Australia, New Zealand, or the U.K.

DVD / 30 min / 2007 / #FNAW5764 - \$219

Cheeses of the Alps: France

This DVD explores cheese production in the Alps and Savoie and explains that the weather of the region limits cheese making to a seasonal affair. It looks at the ripening of Mont D'Or, shows how to grill Reblochon, and profiles one of the few remaining cheese makers still producing Beaufort and Abondance.

•Not available in Australia or the U.K.

DVD / 30 min / 2007 / #FNAW5545 - \$219

Agriculture

World Agriculture and Population: Seeking a Balance for Survival

This program investigates successes and failures in world agriculture and addresses concerns surrounding population and international food production.

DVD / 30 min / 1998 / #FNAW6564 - \$179

A Cow at My Table

Featuring animal rights activists, agribusiness representatives, and animal welfare experts, this program investigates modern agribusiness. It considers the history, culture, anthropology, science, and spirituality of raising animals for human consumption. **Teacher discretion advised. Gold Special Jury Award, WorldFest Houston. Media Commendation Award, Canadian Federation of Humane Sciences.**

•Not available in Canada.

DVD / 90 min / 2001 / #FNAW6561 - \$319


Food Preparation

Kitchen Basics (POWERPOINT)

Featuring activities, a quiz, and handouts, this presentation explores the work centers of the kitchen and explains how to follow recipes. It covers kitchen appliances and tools, outlines measuring methods, introduces cooking terms, and emphasizes the importance of safety.


POWERPOINT Mac|Win / 2003 / #FNAW3897 - \$129

Basic Kitchen Preparation Food Service

Offering tests, learning objectives, and module introductions, this DVD teaches 30 fundamental culinary techniques. It features traditional and contemporary methods. 

DVD / 79 min / 2002 / #FNAW5301 - \$159

Kitchen Fundamentals

Featuring professional chef Dave Christopherson, this program teaches basic food preparation techniques. It covers such preparation fundamentals as hand hygiene and knife cuts and reviews cooking basics, including measuring, broiling, and steaming. The program discusses common cooking tools and defines important terminology. 

DVD / 40 min / 2010 / #FNAW4108 - \$129

Students Can Cook

Written by a registered dietitian, this DVD presents a system that can teach anyone how to cook. It shows how to plan, purchase, and prepare meals; discusses food safety; and covers organizing, shopping, preparing the cooking area, and building cooking skills. The DVD offers detailed instructions and demonstrations, examines necessary kitchen equipment and tools, and explores safe cooking temperatures and unit conversions.

DVD / 45 min / 2007 / #FNAW5257 - \$139

Healthy Cooking

The Healthy Palate

In this DVD, chefs, nutritionists, and researchers from the Culinary Institute of America teach how to prepare foods that are healthy and flavorful. They cover such topics as phytonutrients; monosaturated, polysaturated, and trans-saturated fats; carbohydrates; protein; and healthy menu options.

DVD / 122 min / 2005 / #FNAW5291 - \$169

Meals in Minutes: Vegetarian

Featuring comedian Stevie Ray, this entertaining program explores vegetarianism. It outlines reasons for becoming a vegetarian, describes the different types of vegetarianism, offers meatless meal ideas, looks at complementary proteins, and highlights key nutrients for vegetarians.

DVD / 15 min / 2008 / #FNAW5754 - \$129

Math in the Kitchen: Do You Measure Up?

Emphasizing the value of basic math skills, this DVD examines the role of mathematics in cooking and grocery shopping. It teaches how to read a recipe, shows how to measure ingredients, details measurement equivalents, examines recipe conversions, and covers cost comparison shopping.

DVD / 15 min / 2009 / #FNAW6063 - \$129

Measuring Solids and Liquids

This program explores the equipment needed to achieve best results when measuring cooking or baking ingredients. It features a demonstration that illustrates measuring techniques for solid, liquid, and dry substances; teaches how to achieve precise measurements; and explains conversions. **Recommended, Video Rating Guide.** •Not available in South Africa.


DVD / 8 min / 1991 / #FNAW3925 - \$129

Pork: Beyond the Chop

This DVD examines pork and considers the versatility of the popular protein. It explores myths surrounding pork, teaches how to use underutilized cuts of pork to lower food costs, and explains what to look for when buying pork. The DVD also offers a variety of recipes.

DVD / 8 min / 2004 / #FNAW5304 - \$129

Herbs and Spices

In this DVD, cookbook author Paulette Mitchell explains how to cook with herbs and spices and shows how they enhance foods and give cuisines personality. The program offers cooking demonstrations. 

DVD / 18 min / 2009 / #FNAW6230 - \$129

Superfoods

In this program, chef Jonathan Locke presents recipes for such nutrient-dense foods as avocados, black beans, blueberries, broccoli, cantaloupe, dark chocolate, oats, onions, salmon, spinach, sweet potatoes, tomatoes, and yogurt. He shows how to prepare such foods as quesadillas, sweet potato casserole, oatmeal chocolate chip pancakes, and Asian salmon salad.

DVD / 17 min / 2007 / #FNAW5107 - \$129

Basics: Fruits and Vegetables


In this DVD, chef Paulette Mitchell examines a variety of fruits and vegetables and considers the role of fruits and vegetables in a healthy diet. She also demonstrates preparation and cooking methods and teaches how to make such foods as fruit kabobs, fruit smoothies, vegetable pizza, and a veggie tortilla roll-up.

DVD / 16 min / 2008 / #FNAW6041 - \$129

Food Service Equipment & Tools

Get to Know...

Food Service Equipment and Tools

Featuring professional chefs Tim Cockram, Dave Christopherson, and Jason Hudock, this program introduces the equipment and tools used in food service kitchens. It looks at important food service tools and utensils and explains how their construction affects usage. The DVD also includes a guided tour of a commercial kitchen that identifies equipment and describes its characteristics and common uses. 

DVD / 18 min / 2009 / #FNAW6217 - \$129

Food Service Equipment

This DVD shows how to safely use such food service equipment as scales, fryers, mixers, steam tables, conveyor and convection ovens, roasters, grills, slicing and chopping equipment, proofing cabinets, rotisseries, chafing dishes, dishwashers, and impingers. It also teaches how to properly wash food service equipment to maintain hygiene and safety standards.


DVD / 27 min / 1995 / #FNAW5278 - \$149

Food Service Tools

Emphasizing the importance of familiarity with a wide variety of food service equipment, this program examines tools used in baking, cooking, food preparation, and food handling. It teaches proper handling and usage, highlights safety precautions, and outlines the basic rules of sanitation.

DVD / 28 min / 1995 / #FNAW5276 - \$159

Microwave Ovens

In this DVD, chef Jonathan Locke explains how microwave ovens cook food. He offers safety and cooking techniques for using microwave ovens and demonstrates easy recipes. 

DVD / 16 min / 2007 / #FNAW5273 - \$129

Knives

Featuring chef Jonathan Locke, this program shows how to handle knives of all sizes, from a small paring knife to a large cleaver. It also details necessary safety measures for working with knives.

DVD / 17 min / 2007 / #FNAW4783 - \$129

Knife Skills

This DVD offers knife techniques and includes money-saving knife procedures. It outlines knife holding styles; covers such vegetable cuts as long, diced, shaped, and decorative; examines the fabrication of meat, fish, shellfish, and poultry; delineates types of knives; and reviews knife care.

DVD / 145 min / 2004 / #FNAW5284 - \$169

Knife Care

This DVD teaches how to properly handle and care for knives. It covers such topics as specialty knives, edge types, safer knife handling, storage, sharpening and honing, and cleaning and sanitizing knives.

DVD / 102 min / 2004 / #FNAW5283 - \$169

Dry & Moist Heat Cooking Methods

Dry Heat Methods 1

This program teaches how to grill, broil, roast, and bake foods. It shows how to select foods that are appropriate for each preparation method; offers specific techniques for grilling, broiling, roasting, and baking a variety of meats and vegetables; presents menu options; explains how to check for doneness; outlines basic techniques for each dry heat cooking method; and presents recipes that utilize each preparation method.

DVD / 90 min / 2003 / #FNAW5285 - \$169

Dry Heat Methods 2

Offering recipes, this DVD teaches how to sauté foods; finish, garnish, glaze, deglaze, and plate a sautéed item; and apply proper batters to food for frying. The program also outlines the basics of deep-frying and introduces stir-frying.

DVD / 94 min / 2003 / #FNAW5286 - \$169



Moist Heat Methods

This DVD teaches how to select and prepare foods for steaming, explains how to capitalize on the health benefits of steaming, and offers steaming techniques. The DVD also presents methods of submersion cooking, shows how to braise foods, and examines stewing.

DVD / 92 min / 2003 / #FNAW5287 - \$169

Baking & Candy Making

Skills in Food Service: The Bake Station

Explaining that the bake station is often differentiated from other kitchen stations because much of the work is done early in the day, this program considers the role of the bake station in a food establishment and discusses the preparation of breads, cakes, and pastries. It examines the equipment, tools, ingredients, and techniques used in baking and demonstrates the preparation of yeast breads, quick breads, cakes, cookies, pies, and pastries. The DVD also highlights the role of high-quality baked goods in customer satisfaction and emphasizes that baking is a valuable skill in the food service business.

•Not available in Australia or New Zealand.

DVD / 14 min / 2000 / #FNAW4366 - \$149

Baking Basics

In this program, chef Colleen Miner discusses the history of the pie and highlights its versatility as a dessert and main dish. She teaches how to bake cookies, detailing necessary ingredients and demonstrating important measuring techniques. The program also features Nancy Mauer, who shows how to make muffins, breads, popovers, and biscuits.

DVD / 60 min / 2001 / #FNAW4356 - \$219

Gluten-Free Baking

Featuring chef Richard Coppedge, this program teaches how to prepare several gluten-free baked goods and shows how to utilize flour blends to make delicious baked goods using alternatives to gluten. The DVD presents recipes for molten lava cakes, cookie dough, pizza crust, pancakes, pie dough, and bagels and explains how to thicken soups and sauces using gluten-free roux.

DVD / 105 min / 2009 / #FNAW6067 - \$119

Candies & Pastries

Filled Chocolates

This DVD teaches how to melt, temper, handle, mold, and decorate chocolates. It explores the artistry of piping, filling, and sealing chocolates and shows how to create high-quality chocolates.

DVD / 92 min / 2002 / #FNAW5297 - \$149

Hand-Formed Chocolates

This program introduces the art of preparing cream ganache and butter ganache. It also explores the finer points of working with chocolates and presents the steps involved in making truffles, Knackerli, and rochers.

DVD / 99 min / 2002 / #FNAW5298 - \$159

The Basic Steps of Baking Bread and Laminating Dough

This DVD teaches how to produce high-quality pizza dough, baguettes, hard rolls, and focaccia. It examines the ingredients and equipment needed for lean doughs, presents the straight-dough mixing method, and offers shaping and scoring techniques. The program also shows how to make and use laminated dough for puff pastry, Danishes, and croissants and highlights mixing, rolling, and shaping methods.

DVD / 105 min / 2007 / #FNAW5295 - \$129

The Baking of Bread

This program discusses the batch processing bread-making method that is used in the production of hard-crusted, soft-crumb dinner rolls. It shows how to combine dry and liquid ingredients, mix, shape, proof, bake, cool, and package different types of breads.

DVD / 12 min / 1992 / #FNAW4503 - \$169

Yeast Breads

Featuring chef Jonathan Locke, this program discusses the art of creating yeast breads and explores the food science behind yeast. It teaches vital measuring and mixing techniques and traces the progress of a loaf of bread from the raw ingredients to the final product.

DVD / 24 min / 2007 / #FNAW5631 - \$129

Quick Breads

This program offers examples of three types of quick breads: pour batters, drop batters, and doughs. It introduces the muffin and biscuit methods of quick bread preparation and includes tips for preparing and storing quick breads.

DVD / 13 min / 1993 / #FNAW6497 - \$139

Sugar Decoration Techniques With Ewald Notter

Featuring chef Ewald Notter, this DVD teaches how to boil sugar to prepare it for handling; cast, pull, and pour sugar into a Valentine heart, an Easter display, and a variety of flower displays; blow sugar and add color and embellishments to sugar pieces; store and transport finished works; and design and create sugar-based centerpieces.

DVD / 85 min / 2007 / #FNAW5294 - \$139

Cake Decorating

Featuring a professional chef, this program teaches cake decorating techniques. It shows how to create visually appealing and great-tasting works.

DVD / 20 min / 2007 / #FNAW5759 - \$129

Food Presentation

The Art of Food Presentation

Featuring demonstrations by professional chefs, this program presents food preparation and presentation techniques. It explains the principles of color, shape, texture, and arrangement; considers garnish and plate choices; and emphasizes the importance of food flavor in conjunction with visual design.

DVD / 21 min / 2007 / #FNAW4788 - \$139

Food Presentation Techniques

Featuring chef Barry Wells, this program teaches food presentation techniques. It shows how to enhance food presentation with garnishes; carve and cut fruits and vegetables for attractive displays; bone, marinate, cut, and display turkey buffets; create displays of continental meats; and fold and garnish cold sliced meats.

DVD / 120 min / 1989 / #FNAW5321 - \$279

Garde Manger

Exploring cold food services, this program presents techniques for preparing and presenting several types of composed salads, offers recipes for five common condiments and teaches how to use them in hors d'oeuvres and appetizers, and shows how to present appetizers and hors d'oeuvres.

DVD / 72 min / 2002 / #FNAW5300 - \$169

Tablescapes: Setting the Table

This DVD shows how appealing presentations can make mealtime more enjoyable. It features table-setting techniques and simple table decoration ideas for family, restaurant, and buffet-style serving.

DVD / 13 min / 2000 / #FNAW6495 - \$129

Dining Etiquette

Dining 101

This program explores the fundamentals of dining. It teaches how to use utensils; explains the difference between American and Continental styles of dining; and discusses assembling at the table, saying grace, tasting, ordering, eating soup and salad, and using a napkin. The DVD also considers seating, sharing food, and managing gristle and presents etiquette for bread, butter, salt, and pepper.

DVD / 20 min / 2004 / #FNAW6474 - \$129

Dining Etiquette (POWERPOINT)

This presentation teaches manners and etiquette for restaurants and special occasions. It covers such topics as table settings, appropriate dinner conversation, and paying the bill.

POWERPOINT Windows / 2005 / #FNAW4509 - \$129

Basic Design

Design: Understanding the Elements

Featuring John Roach from Parsons School of Design, this program examines the elements of design. It discusses line, shape, texture, size, and color.

DVD / 20 min / 2007 / #FNAW4862 - \$219

Design: The Elements

This program discusses the nature of the design process and explains such elements of design as color, line, shape, form, pattern, and texture. It demonstrates applications of each design element.

DVD / 20 min / 2010 / #FNAW3994 - \$149

Design: The Principles

This DVD introduces and explores the principles of design. It examines design in the natural world, looks at changing design trends, and considers the enduring aspects of aesthetic design.

DVD / 23 min / 2005 / #FNAW3995 - \$149

Design: All About Color

Tracing the history of color and color theories, this program considers color's ability to influence mood and emphasizes that color is a powerful tool in design. It discusses the color system of hue, value, and chroma; the color wheel; warm and cool colors; and color schemes.

DVD / 20 min / 2010 / #FNAW6425 - \$149



Kitchen and Food Safety

This program examines kitchen and food safety. It features entertaining demonstrations that highlight proper and improper food preparation techniques and outlines correct and incorrect kitchen methods. The program covers such topics as hand washing, knife safety, cross-contamination, burns, and cuts and discusses safe practices for food storage.

DVD / 18 min / 2008 / #FNAW6043 - \$129




Food Safety

Introducing food safety, this program explores the safe handling and preservation of various food products. It covers such topics as protecting at-risk populations.

DVD / 133 min / 2004 / #FNAW5261 - \$259

Food Safety

This DVD introduces the key processes that keep food safe: cleaning, separating, cooking, and chilling. Featuring chef Jonathan Locke, it covers such concepts as safe food preparation, foodborne illness, and storage. 

DVD / 16 min / 2007 / #FNAW6086 - \$129


Safety in Food Handling

This program presents practical steps for keeping food safe from contamination. It covers such topics as micro-organisms that cause food poisoning, potential cross-contamination issues, and safe food handling.

•Not available in Australia.

DVD / 30 min / 2007 / #FNAW5275 - \$209

Food Sensitivities: Allergy and Intolerance

This program explains the differences between food allergies and food intolerances and lists the most common food allergens. It details symptoms of food allergies and intolerances and describes relief strategies. The DVD also teaches how to create a response plan in case of a severe allergic reaction. 

•Not available in Ireland or the U.K.

DVD / 19 min / 2000 / #FNAW5148 - \$149

Kitchen Safety Smarts

Featuring comedian Stevie Ray, this entertaining program offers vignettes that illustrate kitchen safety. It covers such topics as knife safety, burns, broken glass, preparation, and emergency response. The DVD includes expert demonstrations of proper equipment usage.

DVD / 8 min / 2005 / #FNAW6044 - \$129

Food Safety and Sanitation

This DVD explains how to reduce the risk of foodborne illness. It discusses personal hygiene, presents illness and injury precautions, examines kitchen cleanliness and sanitation, details proper cooking temperatures and temperature control, and shows how to reduce the risk of foodborne illness when eating out. The DVD features interactive vignettes.

DVD / 32 min / 1997 / #FNAW4827 - \$169

Introduction to Foodborne Illness

This program discusses the types of organisms that cause foodborne illness and outlines rules for minimizing the spread of foodborne disease. It explains how to properly handle, store, and cook foods and describes the temperature danger zone, ideal conditions for bacterial growth, and cross-contamination.

DVD / 39 min / 1996 / #FNAW6296 - \$169

Understanding Foodborne Pathogens

This DVD examines common pathogens responsible for such foodborne illnesses as hepatitis A, *E. coli*, and *Salmonella*. It describes the characteristics of these organisms, outlines symptoms of their related illnesses, and presents preventive measures to reduce the risk of infection.

DVD / 40 min / 1996 / #FNAW4779 - \$169

Food Safety: Protecting At-Risk Populations

This DVD explores the food safety concerns of such at-risk populations as children, pregnant women, the elderly, and those with weakened immune defenses. It offers strategies for dining out and handling food at home.

DVD / 28 min / 2000 / #FNAW5344 - \$159

Food Service in the Healthcare Industry

Designed to orient food service employees to safe and sanitary food handling and preparation, this program examines food safety standards and workplace safety in the healthcare industry. It covers such topics as the FDA food code, critical control points, common problems in food handling, hand washing, time and temperature abuse, approved thawing methods, cross-contamination, cleaning and sanitizing, dry and cold storage, and proper body mechanics.

DVD / 15 min / 2002 / #FNAW6089 - \$189

Establishing a Small Business: Case Study of a Café

This DVD examines the processes involved in establishing a small business. It features owner-operators who discuss personal, practical, and legal considerations for entrepreneurship.

•Not available in Canada.

DVD / 21 min / 2003 / #FNAW4836 - \$169

Entrepreneurs: The Salad Bar

This DVD profiles Vincent McKevitt and examines his salad bar chain Tossed. It considers the traits of a successful entrepreneur; covers the difficulties posed by the current economic crisis; and looks at marketing efforts, financial problems, franchising, and customer service.

•Not available in the U.K.

DVD / 27 min / 2009 / #FNAW6236 - \$219

Running a Restaurant: Menus and More (CD-ROM)

Featuring interactive exercises, instructional video clips, and supplemental printouts, this CD-ROM addresses the challenges of opening a restaurant. It also presents ways to improve any menu.

Mac|Win CD-ROM / 2001 / #FNAW1210 - \$149

Designing a Restaurant


Told from the perspectives of the entrepreneur, architect, interior designer, builder, furniture maker, and subcontractors, this program follows the setup of a restaurant and event center. It covers the architect's plans, layout, and concept; reviews the restaurant's interior design; and follows the launch.

•Not available in Canada.

DVD / 22 min / 1999 / #FNAW3726 - \$169

Customer Service

Exceeding Expectations: Service Tips and Techniques to Keep Your Customers Coming Back

This DVD examines the principles and practices that define outstanding service. It covers such topics as dining room guidelines, reservations, seating, taking orders, entrée service, check handling, and safety. 


DVD / 80 min / 2006 / #FNAW5290 - \$179

Communication Skills: Food Service and Hospitality

Featuring the director of human resources for the Hilton hotel chain, this DVD emphasizes the importance of communicating effectively with customers and co-workers. It covers orders, reservations, nonverbal cues, and issues associated with unhappy customers.

DVD / 17 min / 2004 / #FNAW6559 - \$179

Developing a Business Plan

Using the case study of a newly established restaurant, this program investigates what a business plan is and why it is important. The DVD covers key elements, planning tools, and the role of evaluation. 

•Not available in Canada.

DVD / 18 min / 2004 / #FNAW5325 - \$179

Back- and Front-of-the-House Training Tools (CD-ROM)

This CD-ROM provides tools for establishing and maintaining cost controls and creating service standards. It covers such topics as challenging guests, sanitation, wine service, kitchen calculations, and upselling.


Mac|Win CD-ROM / 2003 / #FNAW6091 - \$139

Restaurant Economics: Understanding the Business of Restaurants

This program examines restaurant economics; teaches how to read, interpret, and prepare financial statements; shows how to measure financial conditions; and explains how to drive a business plan.

DVD / 120 min / 2005 / #FNAW5288 - \$169


Recipe Costing: The Bottom Line

This DVD teaches how to control food costs through intelligent menu design and planning. It shows how to price menu items and perform yield testing to determine total recipe cost; establish standard recipes and portion sizes; and assess such factors as weight versus volume, cost per unit, and edible portions. 

DVD / 32 min / 2007 / #FNAW5289 - \$139


Critical Thinking

Introduction to Critical Thinking

Featuring expert John Chaffee and offering vignettes and group discussions, this DVD shows how to become a critical thinker. It outlines the qualities of critical thinkers, looks at active and independent thinking, and emphasizes the importance of a solid knowledge base and good communication skills. 

DVD / 25 min / 2008 / #FNAW5697 - \$219

Critical Thinking: Analyzing Problems and Decisions

This program uses illustrative vignettes and group discussions to explore the problem solving process. It introduces a problem solving methodology and features *Thinking Critically* author John Chaffee. 

DVD / 29 min / 2008 / #FNAW5698 - \$219

continued

Restaurant Management (continued)

Menu Planning & Design

Meal Planning and Management (PowerPoint)

This presentation explores considerations in daily nutrition and examines budgets, costs, skills, and time limitations as they relate to daily menu planning.

PowerPoint Mac/Win / 2004 / #FNAW4819 - \$139



What's for Dinner? Planning a Menu

In this DVD, chef, Mark Sherwood introduces the five principles of menu planning as he prepares a well-balanced five-course meal. The program includes tips for selecting quality foods, managing time in the kitchen, and following basic kitchen protocols.

DVD / 67 min / 2001 / #FNAW3694 - \$149

Out to Lunch: Eating in Restaurants

This program examines current trends in restaurant practices and menu offerings. It also shows how to make healthy choices when eating out.

DVD / 20 min / 2006 / #FNAW4525 - \$139

Designing Menus for Balanced Diets

This program explores the role of nutrients in promoting good health and explains why nutritional requirements vary among individuals. Using such examples as vegetarian teenagers living on a budget, the program highlights the importance of menu planning to achieving a balanced diet.

•Not available in Canada.

DVD / 20 min / 2002 / #FNAW3676 - \$169

Structure of the Food Service Industry (PowerPoint)

This presentation examines commercial and institutional food services. It covers market segments, food and beverage operations, and technological innovations in food service.

PowerPoint Windows / 2004 / #FNAW4539 - \$149

Wine & Beer

The Everyday Guide to Wine

In this entertaining lecture series, Master of Wine Jennifer Simonetti-Bryan introduces wine and winemaking. She covers such topics as the history of wine, basic wine tasting skills and techniques, wine tasting vocabulary, and the winemaking process; explores such general wine varieties as white wines, red wines, champagne and sparkling wines, fortified wines, and dessert wines; and looks at French, Italian, German, Austrian, Spanish, Portuguese, U.S., Mexican, Canadian, Chilean, Argentinian, Australian, Tasmanian, New Zealand, and South African wine regions and products. Simonetti-Bryan also presents tips for ordering and storing wines and discusses wine pairings and wine service.

•Not available in China or Colombia.

DVD / 24 segments, 30 min each / 2010 / #FNAW6485 - \$299

The Perfect Match: Wine and Food

Exploring three different settings (fine dining, bistro, and patio), this program examines the role of wine in the dining experience. It looks at contrasting and complementary flavors, textures, and intensity; shows how to guide customers in pairing food and wine; and teaches such wine service skills as opening and serving still and sparkling wines.

DVD / 25 min / 2007 / #FNAW5292 - \$139

Wine Service for Wait Staff

This DVD presents tips and techniques for wine service. It teaches how to open, present, and serve red, white, and sparkling wines; outlines the decanting process; shows how to retrieve a broken or pushed-in cork; explains the quadrant system pairing method; and teaches techniques for serving cheese tableside.

DVD / 48 min / 2008 / #FNAW6090 - \$139

A Vineyard

Touring Australia's Barossa Valley wine country, this program explains why the region is especially suited in climate and soil to grape cultivation. It outlines types of grapes grown; looks at such issues as pruning, weed control, and irrigation; details the grape harvesting process; discusses bottling and fermentation; shows how winemakers prevent oxidation; and explores marketing efforts.

•Not available in Australia or New Zealand.

DVD / 25 min / 1994 / #FNAW5318 - \$189

The Brewing of Beer

Touring the Straub Brewery in Marys, Pennsylvania, this program details the centuries-old process of brewing beer. It shows such procedures as converting barley and corn, mashing and lautering, cooking and cooling the wort, injecting yeast, fermenting, aging, filtering, bottling with the gravity filling method, and pasteurizing.

DVD / 32 min / 1992 / #FNAW4787 - \$169

Catering

Catering: An Insider's Guide to the Business

This program examines the food preparation and business aspects of catering. It explains how to develop a successful business plan, prepare and equip a professional kitchen, and organize and serve a catered event. The DVD also looks at menu planning, budgeting, and pricing; discusses food sanitation and proper cooking methods; and examines ways to transport food.

•Not available in Australia or the U.K.

DVD / 22 min / 2003 / #FNAW3670 - \$159

Party Time Catering (CD-ROM)

This CD-ROM allows users to plan and create party menus and employ artistic presentation ideas. It covers canapés; discusses fruit, sandwiches, and hot hors d'oeuvres; and features recipes and food presentation ideas.

Windows CD-ROM / 2002 / #FNAW5322 - \$189

Lavish Gala: Behind the Scenes

This DVD offers a behind-the-scenes look at food production, management, and service. It examines the skills, procedures, and techniques used in catering and specialized cooking and covers such topics as necessary personnel, cost control, and potential clients.

DVD / 25 min / 2004 / #FNAW5277 - \$169

Buffet Catering and Functions (CD-ROM)

This CD-ROM examines the steps necessary for buffet catering, including menu selection and food presentation. It covers cheeses, meats, platters and plates, mirrors, showpieces, antipastos, seafood, poultry, fruits, vegetables, salads, dressings, *bain marie*, chafing dishes, and *mise en plus*. The CD-ROM also considers budget and cost issues.

Windows CD-ROM / 2002 / #FNAW5323 - \$269


Careers

Culinary

This program profiles individuals in the culinary field. It features such professionals as culinary educators, executive chefs, a cake designer, and a restaurant owner who outline their professional responsibilities and explain why they love what they do.

DVD / 22 min / 2008 / #FNAW5751 - \$219

Confessions of Chefs and a Restaurateur

Featuring chef instructors from Le Cordon Bleu College of Culinary Arts, this program explores the fundamentals of being a chef. 

DVD / 15 min / 2007 / #FNAW4800 - \$149

Confessions of a Chef

Featuring chef instructors from Le Cordon Bleu College of Culinary Arts, this program looks at career options for chefs. It includes commentary from experts.

DVD / 15 min / 2007 / #FNAW5758 - \$149

Kings of the Kitchen 2009

This program profiles 26 master chefs from Europe and Australia, presents interviews that explore the contemporary approach to world-class hospitality, and includes footage of these chefs in action. It explores the careers of such figures as Hélène Darroze, Armen Petrossian, Dominique Bouchet, Manuel Martinez, Alain Senderens, Gordon Ramsay, Marcus Wareing, Arnaud Bignon, Shannon Bennett, Tadashi Takahashi, Guillaume Brahimi, Matthew Moran, and Mark Best.

DVD / 97 min / 2009 / #FNAW6220 - \$279

Food Catering and Private Chefs

In this program, chef Andrew Zimmern defines catering and interviews such food industry professionals as full-service caterers and private chefs. The DVD introduces careers specifically in the food services.

DVD / 13 min / 2004 / #FNAW5629 - \$149

Confessions of a Food Stylist

In this program Lisa Golden Schroeder provides insights into her career as a food stylist. The program covers such topics as education and training, salary ranges, locations where food stylists can earn a living, long-term career outlook, and the highs and lows of the job. It features behind-the-scenes footage and shows how to style such foods as a sandwich, a pork chop, and a cheesecake. 

DVD / 18 min / 2008 / #FNAW5670 - \$149

Nutrition Careers for the 21st Century

Featuring interviews with nutrition professionals, this DVD introduces careers in nutrition. It profiles such professions as sports nutritionist, public health nutritionist, entrepreneur, nutrition consultant, dietitian, food scientist, and food stylist.



DVD / 22 min / 2004 / #FNAW3624 - \$149

Confessions of an Event Planner

In this program, Dena Marie Modica discusses her career as an event planner. The DVD covers such topics as education and training, salary range, career outlook, and types of events.



DVD / 15 min / 2008 / #FNAW5669 - \$149

Principles of Interpersonal Communication

This program outlines the functions and teaches how to increase the effectiveness of interpersonal interactions. It features Karina Alexanyan of Columbia University, who explores the variables that define communication context, considers the influences of group affiliation and diversity on interpersonal interactions, discusses nonverbal communication, examines listening, and looks at specific interpersonal skills. The DVD includes vignettes.  



DVD / 25 min / 2008 / #FNAW5393 - \$219

Listening

Differentiating between listening and hearing, this DVD examines different types of listening, including discriminative, comprehensive, critical-evaluative, therapeutic, and appreciative forms, and looks at the elements of the listening process.  



DVD / 26 min / 2008 / #FNAW5699 - \$219

Interpersonal Communication and Conflict

This program defines conflict, outlines the potential benefits of conflict, discusses sources and patterns of conflict, and looks at conflict management and prevention. It features illustrative vignettes.  



DVD / 21 min / 2008 / #FNAW5724 - \$219

Gender and Communication: How Men and Women Communicate Differently

Discussing research findings, this program presents and analyzes vignettes that illustrate the differences among male-male communication interactions, male-female interactions, and female-female interactions.  



DVD / 20 min / 2007 / #FNAW5056 - \$219

Cross-Cultural Communication: How Culture Affects Communication

This DVD examines cross-cultural communication. It discusses public behavior, taboos, power, stereotyping, prejudice, miscommunication, time conceptualization, socialization, directness, and context.  

DVD / 20 min / 2005 / #FNAW4558 - \$219



Nonverbal Communication and Culture

This DVD examines cultural issues that affect nonverbal communication. It differentiates between conscious and unconscious gestures; considers facial expressions; discusses cultural differences in voice, paralanguage, and the use of silence; and explores space and body distance. The program features expert commentary, illustrative vignettes, and student discussions.  

DVD / 20 min / 2005 / #FNAW4559 - \$219



Research

Quantitative Research: Methods in the Social Sciences

This program introduces quantitative research methods and shows the types of questions covered by quantitative research. It examines such measurement issues as validity, sampling, and distribution; discusses the protocols of experimental design and statistical analysis; and covers survey design, scales of measure, sampling procedures, and data analysis.  



DVD / 20 min / 2006 / #FNAW4286 - \$219

Qualitative Research: Methods in the Social Sciences

This DVD discusses the types of questions addressed through qualitative research and considers problems of validity in the process, protocols, and analysis of qualitative research. It examines such forms of qualitative textual analysis as rhetorical criticism, conversation analysis, and content analysis and looks at the primary methods of qualitative research used throughout the social sciences.  



DVD / 20 min / 2006 / #FNAW4287 - \$219

How to Read and Understand a Research Study

This program teaches how to understand research studies and evaluate the quality of information presented. It outlines the structure of a scientific paper, differentiates among research method types, and features interviews with experts and illustrative examples.  

DVD / 24 min / 2008 / #FNAW5642 - \$219

Research Ethics

Featuring vignettes that follow students devising a research proposal, this entertaining program examines ethical issues in research. It defines and offers examples of such reporting issues as plagiarism, credits and citations, and falsification and fabrication of data. The DVD explores ethical issues in research conduct, including uses of animals in scientific research and such issues surrounding human research subjects as informed consent, freedom from harm, debriefing, and confidentiality. It also discusses conflicts of interest.  

DVD / 21 min / 2008 / #FNAW5643 - \$219

History's Harvest: Where Food Comes From

This DVD presents 10,000 years of agricultural history from the origin of agriculture in the Near East through the modern development of genetic engineering. It also explores food production.

DVD / 62 min / 2002 / #FNAW2891 - \$169

Why We Eat What We Eat

Following a group of friends as they organize a potluck lunch, this program explores food preferences. It considers the influences of such areas as heritage, popular culture, regions of a country and the world, social events, and advertising on an individual's food choices and preferences. The DVD features commentary from a food expert.

DVD / 20 min / 2004 / #FNAW3928 - \$149

Food Choices, Customs, and Habits (POWERPOINT)

This presentation examines personal nutrition and looks at individual food choices. It also considers nutrition principles related to individual and family health decisions.

POWERPOINT Mac|Win / 2004 / #FNAW4820 - \$139



Etiquette, Manners, and Rituals With Food

This DVD examines the etiquette and rituals associated with food in a variety of cultures around the world. It covers cultural variations in manners, the religious symbolism of food, and celebratory uses of food.

•Not available in Canada.

DVD / 23 min / 2001 / #FNAW4408 - \$209

Food Trends (POWERPOINT)

This presentation explores food trends and shows how society influences the development of new trends. It looks at restaurant dining, ethnic foods, convenience foods, and frozen foods.

POWERPOINT Mac|Win / 2004 / #FNAW5109 - \$129

World Cuisine

International Foods (POWERPOINT)

This presentation explores the cultures and cuisines of Latin America, the British Isles, and Western Europe. It discusses the characteristics of each region's cuisine and considers such influences on cuisine as customs, geography, religion, and economics.

POWERPOINT Mac|Win / 2004 / #FNAW4813 - \$129

International Foods: Africa (POWERPOINT)

This presentation surveys the cultures and cuisines of Africa. It looks at foods from such countries as Egypt, Morocco, Senegal, Nigeria, Ethiopia, Kenya, and South Africa and surveys the cuisine of the Middle Eastern region.

POWERPOINT Mac|Win / 2005 / #FNAW4814 - \$129

World Foods: Mexican Cooking

This program explores traditional Mexican ingredients and looks at Mexican beverages. It includes cooking demonstrations by Paulette Mitchell that teach how to prepare guacamole, salsa, quesadillas, tortilla soup, and chiles rellenos.

DVD / 20 min / 2009 / #FNAW6231 - \$129

The History of American Cuisine

Tracing food history in the U.S. from 1519 to the end of the 20th century, this DVD explores the heritage and qualities that typify American cuisine. Featuring an executive chef and a historian, it shows how diversity influences U.S. cuisine.

DVD / 22 min / 1999 / #FNAW4106 - \$149

Milk

This program examines the U.S. emphasis on milk as a crucial component of a healthy child's diet, considers its relationship to nutrition and propaganda, highlights its effects on the American physique, and outlines its differing role in the cuisines of the rest of the world.

•Not available in Canada.

DVD / 23 min / 2000 / #FNAW6557 - \$219

Pasta

From Italian *haute cuisine* to Asian noodles to canned spaghetti, pasta is a staple for much of the world. This DVD examines the evolution and popularity of pasta. Addressing its various manifestations from ancient Persia to contemporary New York, the program considers folklore, sociocultural trends, nutritional values, and economic facts associated with pasta.

DVD / 23 min / 2000 / #FNAW6101 - \$219



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FEATURED PROGRAMS

All About Vitamins

Examining the dietary importance of vitamins, this DVD discusses soluble and insoluble vitamins, highlights the best food sources for vitamins, and considers antioxidant issues. It explores supplementation and refutes myths and unfounded claims surrounding vitamins.

DVD / 16 min / 1999 / #FNAW5608 - \$179

Nonverbal Communication and Culture

This DVD examines cultural issues that affect nonverbal communication. It looks at gestures; considers facial expressions; discusses cultural differences in voice, paralanguage, and the use of silence; and explores space and body distance. The program features expert commentary, illustrative vignettes, and student discussions.  

DVD / 20 min / 2005 / #FNAW4559 - \$219



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