

Resourceful Websites for Middle Years
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Below is a list of various Health & Nutrition, and Media Awareness websites that can be easily integrated into your classroom practice. Fee free to email me at miles.macfarlane@7oaks.org for further information.

HEALTH AND NUTRITION

1. Nutrition Analysis Tool

<http://nat.crgq.com/>

VERY COOL! Select a food and serving size and this utility will return a complete analysis of the nutritional content. Assemble a complete meal, what you ate yesterday, perhaps, and see how you did. It returns the contribution of each item toward meeting the recommended daily allowance. Challenge your students to create a daily meal plan that meets all the RDA's. It will also identify foods that will help bring up areas that are low. The NATs tool also has an activity calculator. Select an activity and duration and it will return the number of calories it will burn. Alternatively, enter a desired number of calories to burn and the tool will recommend activities to meet your goal.

2. Fast Food Facts

<http://www.foodfacts.info/>

Ever wonder how many calories there are in a Whopper? How about the fat content of a Big Mac? What about a Starbucks Toffee Nut Latte - no whip, Grande, with Whole Milk? It's all here. Select a restaurant, or food category, and this tool will return the nutritional content of the search item.

Media Awareness

1. Buy Nothing Christmas

<http://www.buynothingchristmas.org/>

A grassroots movement to "put the spirit back into Christmas". The site resists the consumerist messages of the media during this season and explores other ways of celebrating this season. The message translates to birthdays, anniversaries, and other occasions where people are 'guilted' into purchasing in order to express their feelings.

2. Don't Buy It

<http://pbskids.org/dontbuyit/>

Fun site geared for teens on consumerism. Visitors to this site will read, play interactive games, and participate in polls that explore the impact of advertising on our purchasing behaviour. It also explores the entertainment industry and its' impact on how we view our own lives.

3. Merchants of Cool

<http://www.pbs.org/wgbh/pages/frontline/shows/cool/view/>

This Frontline documentary is available online for viewing via streaming video. This excellent documentary shows the intricate connections between print, television, radio, and film media and other consumer products. The filmmaker reveals how corporate America views kids and how kids then respond to the marketing message. Good support online for classroom discussions.

It's Just Neat

1. Historic Tale Construction Kit

<http://www.adgame-wonderland.de/type/bayeux.php>

This is a flash program that lets the user create pictures using clipped images from the Medieval Bayeux Tapestry.