



## **NUTRITION VIDEOS**

**Virtual Grocery Store** - <https://www.healthyfamiliesbc.ca/home/articles/topic/grocery-shopping>

**Mindful and Intuitive Eating** - <https://foodinsight.org/mindful-and-intuitive-eating-the-perfect-pair/>

**The Healthy Plate** -

[https://healthy.kaiserpermanente.org/static/health/pdfs/nutrition/nat\\_the\\_healthy\\_plate.pdf](https://healthy.kaiserpermanente.org/static/health/pdfs/nutrition/nat_the_healthy_plate.pdf)

### **Kitchen Tips and Food Handling Videos**

- [Video: Everyday tips for washing vegetables and fruit](#)  
Keep these tips in mind when washing your vegetables and fruit.
- [Video: How to store fruit to keep them fresh](#)  
Keep these tips in mind when storing your fruit.
- [Video: How to store vegetables to keep them fresh](#)  
Keep these tips in mind when storing your vegetables.
- [Video: Simple steps to freeze food right](#)  
With a few simple tips, your frozen foods will taste great and stay safe to eat.

### **Nutrition Labelling Videos**

- [Episode 1 of 5: Introduction to Nutrition Labelling \(Video\)](#)  
Learn more about the information found on food packaging labels such as the Nutrition Facts table, the ingredient list and nutrition claims.
- [Episode 2 of 5: Nutrition Facts Table Important Nutrients \(Video\)](#)  
Learn how to use the information on serving size, calories and how key nutrients are important to your health.
- [Episode 3 of 5: Nutrition Facts Table Five Features \(Video\)](#)  
Take a closer look at the five key features of the Nutrition Facts table: Serving size, calories, % Daily Value and the nutrients you need to get more of and which nutrients you should avoid.
- [Episode 4 of 5: % Daily Value \(Video\)](#)  
Learn more about what % Daily Value means and how it can be used to make healthy choices.
- [Episode 5 of 5: Focus on Carbohydrate \(Video\)](#)  
Learn more about carbohydrate including food sources, what to look for on the nutrition facts table and how carbohydrate impacts your blood sugar levels. This segment is especially useful for people with diabetes.



## **Raising Our Healthy Kids Videos**

### **Infants**

- [Video: Breastmilk and other drinks for babies](#)  
Find out how long you should offer breastmilk to your baby and when other drinks may be given.
- [Video: Iron rich foods for babies](#)  
Learn when to introduce iron rich foods and which iron rich foods should be offered first.
- [Video: Learning to self feed](#)  
Find out when your baby is ready to self feed and which foods are safe to give.
- [Video: Offering a variety of textures to your baby](#)  
Learn how and when to offer suitable textures to your baby.
- [Video: Responding to baby's cues](#)  
Learn about your baby's cues that tell you he or she is hungry or full.

### **PreSchoolers**

- [Video: Eating together](#)  
Get tips on how to enjoy meals together as a family.
- [Video: Enjoy more vegetables and fruit](#)  
Learn how to get your kids involved in preparing vegetables and fruit. Get quick and easy tips on preparing them.
- [Video: Find out if your child is a healthy eater](#)  
How to find out if your child is a healthy eater
- [Video: Food skills](#)  
Help your child develop food skills.
- [Video: Healthy drinks healthy kids](#)  
Take a closer look at healthy drinks for your kids.

### **School Aged Children**

- [Video: Eating together – Role modelling](#)  
Learn about the benefits of eating together as a family and how to role model healthy eating for your kids.
- [Video: Enjoy vegetables and fruit for active kids](#)  
Learn about the benefits of eating vegetables and fruit. Get tips on enjoying them on the go.



- [Video: Enjoying breakfast – Start the habit early](#)  
Find out about the benefits of eating breakfast and get some tasty breakfast ideas.
- [Video: Food skills](#)  
Help your child develop food skills.
- [Video: Healthy beverages – Choose water](#)  
Get tips on how your kids can enjoy water every day. Learn how to keep water bottles clean and ready to use.

### **Portion Control**

- [Video: Keeping your portions in control](#)  
If you get to know your serving sizes it will be easier to keep your portions under control.
- [Video: Plate size matters](#)  
Did you know that the size of your plate might make you eat more than you need? Watch this video to learn more.
- [Video: Size up your food portions](#)  
Learn how to use your hand to estimate different portions of food.
- [Video: Tips to manage your food portions](#)  
Get tips on how to manage your food portions when eating out, eating in snacking and grocery shopping.