



# Film Guide



Sponsored by **CHILDREN'S HOSPITAL  
& RESEARCH CENTER OAKLAND**

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# Hall of Health Films

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## AIDS and STDS

Slim Goodbody, Immune System and AIDS (15 minutes) . . . . . 4<sup>th</sup> – 8<sup>th</sup> grade

In this lively video, host Slim Goodbody explains what AIDS is and how it affects the body’s immune system through. Slim discusses how the “A” in AIDS stands for “acquired,” stressing that AIDS is preventable though making healthy choices and avoiding risky behaviors. The film also emphasizes that we are responsible for our own health, and by making healthy decisions, we can help our bodies stay strong and well.

AIDS: What Everyone Needs to Know (21 minutes) . . . . . 9<sup>th</sup> grade – Adult

This film gives facts and corrects misconceptions about HIV and how it is transmitted. It illustrates the latest advances in diagnosis and management and the importance of supportive family and friends. A demonstration is also shown for correct condom use for safer sex. The film more importantly seeks to show the changing perceptions of HIV positive people and their quality of life.

AIDS/HIV: Answers for Young People (18 minutes) . . . . . 7<sup>th</sup> grade – Adult

The program is structured around two high school-age peer counselors that explain and answer questions about HIV and AIDS. The information is backed by health educators: two teenagers that are HIV carriers and a 28-year-old with an advanced case of AIDS. The video shows how the virus attacks the immune system and how it is transmitted.

## DRUGS, ALCOHOL, PEER PRESSURE

Drugs: Helpful and Harmful (15 minutes) . . . . . 4<sup>th</sup> – 6<sup>th</sup> grade

This live action film features children and explains what drugs are and how they affect the human body physically, mentally, and emotionally, showing that there’s never a good reason to fool around with dangerous drugs.

Heroin (20 minutes) . . . . . 7<sup>th</sup> grade – Adult

This video explores the devastating effects of heroin through the eyes of the family and friends of Brad Taylor, a victim of drug overdose. A New York City heroin addict and dealer tells of his life as an addict and the experience of withdrawal.

Steroids, The Hormonal Bomb (15 minutes) . . . . . 7<sup>th</sup> grade – Adult

This motivational program has college athletes tell viewers how they became physically fit without the use of steroids. It features an athlete who used to take steroids and tells of how it had almost cost him his future. The physically detrimental effects of steroids are discussed as are the psychological impacts on the users.

Inhalants: Sniffing Your Way to Addiction (17 minutes) . . . . . 7<sup>th</sup> grade – Adult

Inhalants are the most popular choice of recreational drugs for young people because of their availability and quick effects. They can lead to deadly consequences for the users. In this film, viewers learn that inhalants such as solvents, propellants, and fuels can have extremely harmful effects on the body, which include heart arrhythmias and kidney failure.

# HUMAN BODY

The Magic School Bus: For Lunch (30 minutes) . . . . . preK – 4<sup>th</sup> grade

The animated video explores the topic of digestion. When Arnold refuses to go on the field trip, Ms. Frizzle takes her miniaturized class and turns Arnold’s digestive system into an extremely interactive field trip, following the path the food takes through his organs and body.

Human and Animal Beginnings (14 minutes) . . . . . K– 3<sup>rd</sup> grade

This film focuses on reproduction and family of humans and animals, demonstrating that life begins with fertilization and birth. The video also introduces the concept of instinctive and learned behavior and shows the differences between human and animal development through easy-to-understand animation.

Yucky Guts (15 minutes). . . . . K – 3<sup>rd</sup> grade

This lively video defines physical fitness, explains the importance of staying active, and describes the benefits of exercise for the circulatory and musculoskeletal systems, showing the relationship between exercise and the mental outlook of youth. The viewers go on an adventure with Captain Yuck, a superhero who looks out for children who aren’t staying active, and learn various ways to stay physically fit.

A Breath of Fresh Air (21 minutes) . . . . . 3<sup>rd</sup> grade – Adult

This exploration of respiration teaches a valuable lesson on breathing and its effect on the body. The viewers learn why we breathe and yawn as well as the roles of the nose, throat, windpipes, bronchial tubes, and diaphragm. Asthma and other respiratory illnesses are also examined and discussed.

Communicable Diseases (14 minutes). . . . . 4<sup>th</sup>– 9<sup>th</sup> grade

The common diseases that result from the four categories of microorganisms—bacteria, viruses, fungi, and parasites—are discussed in this program. Microbiologist Dr. John Bierle and his young friend Sandy reveal how communicable diseases are transmitted and give viewers tips about how to avoid exposure and stay healthy.

Non-communicable Diseases (14 minutes). . . . . 4<sup>th</sup>– 9<sup>th</sup> grade

This program introduces non-communicable diseases such as cancer and cardiovascular diseases through animations and interviews with afflicted children. The video promotes an understanding of disabled children and identifies risk factors for some preventable diseases, such as heart disease and skin cancer.

The Heart is a Lonely Thumper (24 minutes). . . . . 4<sup>th</sup> grade – Adult

This video describes the heart as being one of the most important muscles in the body. Viewers also learn about the role blood plays in carrying nutrients and oxygen, regulating body temperature, disposing of waste, and fighting disease.

Mitosis and Genetics (16 minutes) . . . . . 6<sup>th</sup> grade – Adult  
This film reveals what happens inside a cell nucleus during mitosis, the process by which genetic information is passed on during cell division. Spectacular micro-time-lapse cinematography allows the viewers to witness the changes taking place inside the cell’s nucleus during each phase of mitosis.

I Am Joe’s Heart (25 minutes) . . . . . 6<sup>th</sup> grade – Adult  
This film promotes cardiovascular health and a clearer understanding of how the heart functions. The viewers observe the heart of Joe, an average middle-aged man, as it carries out its daily tasks. The risk factors of coronary artery disease are also discussed.

I Am Joe’s Lung (20 minutes). . . . . 6<sup>th</sup> grade – Adult  
This film guides us on a journey through one of the most dynamic and fascinating set of organs that sustains human life—our lungs. The viewers observe the lungs of Joe, an average middle-aged man, as they carry out their daily tasks. It also investigates the effects that smoking, drugs, disease, and a polluted environment have on the respiratory system.

## **NUTRITION & BODY IMAGE**

Red Riding Hood and the Well-Fed Wolf (16 minutes) . . . . . preK – 5<sup>th</sup> grade  
The traditional Little Red Riding Hood story with a delicious twist! Red is convinced that “Grandma” looks so awful because her diet is terrible. Red, along with some very articulate foods that appear from her bottomless basket, educates “Grandma” about the food groups and why the body needs them.

To the Max: Understanding the New Diet and Exercise Guidelines (14 minutes). . 2<sup>nd</sup> – 6<sup>th</sup> grade  
The video shows young, elementary students how they can begin to improve their health by eating more healthily, eating smaller portions, exercising and understanding basic information about nutrition and food labeling. Special attention is directed to understanding the new dietary guidelines, food labeling information and fat burning exercises.

Portion Distortion: Seeing the Healthy Way to Eat (23 minutes) . . . . . 4<sup>th</sup> – 11<sup>th</sup> grade  
Hosted by two teens, this program primes youth to watch their intake by showing how extra-large servings, typical of many restaurants, harbor high levels of fat, salt, and sugar. It illustrates how these over-sized portions and inactivity are linked to rising rates of childhood obesity, as well as to increases in diabetes, high blood pressure, and other chronic diseases. Tips for portion control are presented using familiar objects as measures, applying “plate fractions” and making healthy substitutions.

In the Mix—Fit for Life: Eat Smart & Exercises (30 minutes). . . . . 6<sup>th</sup> – 12<sup>th</sup> grade  
Four diverse teens report on the dangers of an unhealthy lifestyle, such as low energy, difficulty concentrating, heart disease, cancer, osteoporosis, and diabetes. They visit a school where nutrition and fitness are part of the curriculum and share personal stories

about gaining energy and self-esteem through a healthy lifestyle. In addition, easy-to-use information is presented on reading labels, exercising at home, eating at fast-food restaurants, and changing family habits.

Look Before You Eat (22 minutes) . . . . . 6<sup>th</sup> grade– Adult  
The film provides a practical look at American eating habits and their relationship to our health. It also shows the roles that advertising and food industry promotion plays in determining what foods are available in markets and, ultimately, what kind of nutrients people consume. Nevertheless, it urges the viewers *to look before they eat!*

Fear of Fat: Dieting and Eating Disorders (26 minutes) . . . . . 6<sup>th</sup> grade – Adult  
This important program examines today’s anxiety of being overly thin by taking a critical look at how food has become a preoccupation that can lead to eating disorders. In the video, five young women in various stages of recovery discuss their experiences as victims of bulimia, compulsive overeating, and anorexia nervosa. The program encourages viewers to resist media manipulation and to accept one’s unique body type.

Fast Food: What’s In It For You (30 minutes). . . . . 7<sup>th</sup> grade – Adult  
This film presents the importance of making healthy choices through a live-action short about a boy Alex who learns from his friend Derek about eating the right foods. He learns about avoiding excessive amounts of fat and sugar as well as eating more complex carbohydrates and vegetables. Meanwhile his sister discovers that fad diets don’t always work. Watching what one eats and exercising regularly are described as the keys to maintaining a healthy lifestyle.

Obesity: An American Epidemic (22 minutes) . . . . . 7<sup>th</sup> grade – Adult  
This film challenges students to understand the importance of adopting healthy eating habits. The film provides an honest and appropriate outlook on the root and the impact of obesity in America. It reaches out to young people who have suffered from the stigmatism of being overweight and provides realistic tips that help them to improve their health and the quality of life. List of treatments available for obesity and the names of support groups are also provided at the end of the film.

## **PUBERTY**

Boy to Man (23 minutes). . . . . 3<sup>rd</sup> – 7<sup>th</sup> grade  
The video helps boys to understand the new emotions and the physical changes of puberty as their bodies prepare them for adulthood. Brad, now an adult, reminisces about the worries of his and his buddies’ pre-teen years: his short stature, mood swings, awkwardness between boys and girls, the onset of sexual feelings, acne, and body odor. Brad’s comments help put the boys’ experiences in perspective. They also explain, through animations, the anatomy of male and female reproductive systems and physiology of the primary and secondary sexual changes occurring in their bodies.

Girl to Woman (23 minutes) . . . . . 3<sup>rd</sup> – 7<sup>th</sup> grade  
The video helps girls to understand the new emotions and the physical changes of puberty as their bodies prepare them for adulthood. Allison, now an adult, reminisces about the worries of her and her buddies’ pre-teen years: her short stature, menstruation, mood swings, awkwardness between boys and girls, the onset of sexual feelings, acne, and body odor. Allison’s comments help put the girls’ experiences in perspective. They also explain, through animations, the anatomy of female and male reproductive systems and physiology of the primary and secondary sexual changes occurring in their bodies.

## **SAFETY AND FIRST AID**

Yucky Stuff (13 minutes) . . . . . preK – 3<sup>rd</sup> grade  
Captain Yuck, a superhero dedicated to ridding the world of “yucky” stuff, sets out to rescue kids from situations that could cause potential harm. The video shows how germs are spread by various means such as sneezing and playing with contaminated objects. The young viewers learn to practice good personal hygiene and stay away from hazardous environments.

Alone at Home (16 minutes) . . . . . 3<sup>rd</sup> – 8<sup>th</sup> grade  
The film points out safety procedures for handling minor emergencies, how to constructively manage time, and how to answer the telephone without revealing to a stranger that you are home alone. In a reassuring manner, it discusses how to resolve feeling of loneliness and fear and the importance of following household rules, even with the absence of one’s parents.

Fatal Attraction, Poison Prevention in the Home (15 minutes) . . . . . 3<sup>rd</sup> grade – Adult  
Joey goes to the Poison Center in his neighborhood and describes how accidental poisoning can occur at home. The film provides information about how to prevent such accidents from happening and what actions to take if a poisoning should occur.

Lead Poisoning: What Everyone Needs To Know (15 minutes) . . . . . 7<sup>th</sup> grade – Adult  
The video provides information regarding lead poisoning, including the sources of lead and its effects on the human body. It also teaches the viewers how to identify lead poisoning and what action to take in case of such an emergency.

Gary Coleman, For Safety’s Sake (40 minutes) . . . . . 3<sup>rd</sup> grade – Adult  
This video leads children and parents through a series of live-action segments designed to make the home the safe and sound place that it was meant to be. Host Gary Coleman is joined by his friends to covers topics ranging from accident prevention to common sense rules for being home alone, from first-aid to kitchen safety.

## SMOKING

Smokin' Sam (23 minutes) . . . . . 2<sup>nd</sup> – 7<sup>th</sup> grade

Sam is the MVP for a hot new roller hockey team. When two young fans discover that their respected athlete smokes and is sponsored by a cigarette company, they try to get him to quit by taking him to various experts who educate him about the dangers of tobacco. Sam and his fans work to put a stop to the cigarette company's plot of making children the "next generation of smokers."

The Feminine Mistake, the Next Generation (28 minutes) . . . . . 7<sup>th</sup> grade– Adult

The film features interviews with two cancer patients, one dying of lung cancer and one whose vocal chords have been removed. Both cases were directly linked to long-term smoking. The film also discusses young women's attitudes toward smoking, and the effects of smoking on unborn and newborn infants, blood pressure, circulation, and skin. Although the information applies to both male and female, the video specifically urges women not to give into cigarette advertisements that twist smoking into a glamorous, rather than deadly, habit.

## SPANISH FILMS

Can You Tell Me What Are Drugs (9 minutes) . . . . . preK– 2<sup>nd</sup> grade

Mr. Telly is sick and takes the appropriate medicine to feel better. When Matt doesn't feel well either, Toby wants him to try Mr. Telly's medicine. It's up to Carmen and Mr. Telly to teach the boys the difference between drugs and medicine.

Can You Tell Me How to Decide (8 minutes) . . . . . preK– 2<sup>nd</sup> grade

Toby and Matt have been playing ball rigorously and then feel thirsty. They are tempted to try some beer, but with a little guidance from Carmen and Mr. Telly, they learn to make the right decision.

Human and Animal Beginnings (14 minutes) . . . . . K– 3<sup>rd</sup> grade

This film focuses on reproduction and family of humans and animals, demonstrating that life begins with fertilization and birth. The video also introduces the concept of instinctive and learned behavior and shows the differences between human and animal development through easy-to-understand animation.