

Diet & Nutrition

This listing includes selected resources which are suitable for adults with an intellectual disability, or can be used in conjunction with adults with an intellectual disability.

To request an item please phone 9387 0458 or email us at library@activ.asn.au.

The complete library catalogue can be searched via the Activ Library website: <http://www.activ.asn.au/library>.

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Confidence To Cook / Shannon, Lesley.

[Cardiff], Confident Nutrition Ltd. : 2008. 22 p. ; 22 cm.

This cookbook was produced as a resource to teach basic cookery skills using healthy, nutritious recipes and is aimed at individuals and groups who cannot normally access traditional style cook books as it uses easy to follow step-by-step photographic format which allows inclusive use. It can be used to address barriers to good nutrition.

CC 641.5 SHA

P12900

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Easy Cook Book / Graves, Joy. / ROYAL MELBOURNE INSTITUTE OF TECHNOLOGY.

Melb., R.M.I.T. Commonwealth Schools Commission : 1983. 21p. ill.

CC 641.51 EAS

P03344

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Easy Cook Book 2 / ROYAL MELBOURNE INSTITUTE OF TECHNOLOGY.

Melb., R.M.I.T. Commonwealth Schools Commission : 1986. [55]p. + 27 cards in folder in some copies

CC 641.51 EAS

P03358

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Easy Cook Book 3 / ROYAL MELBOURNE INSTITUTE OF TECHNOLOGY.

Independent Living Skills Project.

Melb., Independent Living Skills Project, RMIT : 1992. 64p. + 30 cards

CC 641.51 EAS

P03371

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Easy Cook Book 4 / ROYAL MELBOURNE INSTITUTE OF TECHNOLOGY.

Independent Living Skills Project.

Melbourne, Independent Living Skills Project, Department of Food Science RMIT : 1998. 52p., col. ill., + 24 cards in plastic pouch

Aimed at promoting independent living skills, the cookbook contains 24 recipes based on the concept of step by step cooking. The fourth volume in the series contains snack foods and quick and easy recipes.

CC 641.51 EAS

P07980

The Easy-Cook Challenge : Three Cooks, Three Tasty Meals / DISABILITY SERVICES COMMISSION.

Myaree, Disability Services Commission : 2007. 1 DVD (10 min.)

This DVD, produced locally in WA, shows three people with intellectual disabilities participating in a cooking challenge. It is aimed at showing good shopping practices, and cooking as being quick, easy and fun. It shows shopping for food at the supermarket, choosing healthy products, kitchen safety and hygiene, food preparation and cooking. Afterwards a group sits down to share the meals prepared, showing meal time as a fun and sociable activity.

CC 641.51 EAS

P12195

Eat Right For A Long And Healthy Life

Eugene, Or., IRIS Media : 2008. 1 DVD

Suitable for people with an intellectual disability, this DVD includes nine lessons about eating healthy well and staying healthy. Topics covered include: healthy eating; calories and metabolism; food groups and nutrients; healthy and unhealthy fats; food labels; serving sizes; water and why it's important; digestion; activity and exercise. The material is presented segments, in both dramatised and animated formats, and is suitable for group viewing. Activity sheets are filed on the DVD ready to print and use with each lesson.

CC 641.5 EAT

P12209

Eating And Drinking / BRITISH INSTITUTE OF LEARNING DISABILITIES (BILD)

Kidderminster, Worcs., BILD Publications : 1998. 1 audiocassette (10 min) + booklet

A well illustrated guide and accompanying audiotape on healthy eating and drinking. Suitable for people with an intellectual disability.

CC 641.5 BRI

P08314

Food, Fitness, Fun!: A Training Pack In Weight Management For People With Learning Disabilities / Mcintosh, Pamela A.; O'neil, Jacqueline M.

Brighton, Pavilion : 1999. 106 p. : ill.

This pack has been designed for use by health care professionals and carers of people with an intellectual or physical disability. The pack encourages and enables users to make informed decisions about their health and fitness management for both obese and underweight individuals. The pack includes worksheets on fact finding, body size and shape, balance of energy, content of meals, choices, mealtimes, regulation of eating and evaluations.

CC 610.5 MCI

P10562

Food ... Fun, Healthy And Safe / Hollins, Sheila; Flynn, Margaret.

London, Gaskell Press St George's Hospital Medical School : 2003. 42 p.

Suitable for people with an intellectual disability, this book shows how to choose, cook and eat healthy food. At the end of the book are guidelines for carers to discuss with the individual the do's and don'ts of healthy eating. Other issues discussed include dieting and choking.

CC 641.5 HOL

P10865

FOOD: WHY WE NEED TO EAT, WHAT WE NEED TO EAT, HEALTHY EATING / Band, Roslyn. / ELFRIDA SOCIETY.

London, Elfrida Press : 1997. 15p

Clearly written and well illustrated this booklet gives advice on healthy eating. Suitable for people with an intellectual disability.

CC 641.5 BAN

P08114 P11869

Fruit Rainbow: Healthy Eating For People With Developmental Disabilities

Eugene, Or., IRIS Media : 2006. 1 DVD (12 min. + 12 min.)

Suitable for people with an intellectual disability, this DVD can be viewed in two parts. In part 1, a member of a leisure bowling group ends up in hospital with chest pains, and everyone learns why it's important to eat more fruit. In part 2, the group is introduced to the fruit rainbow, and learns new strategies to eat more fruit. A full colour poster and 15 page activity book are available on the DVD for printing.

CC 641.5 FRU

P12210

Look Cook Book : A Guide To Healthy Eating / GROUNDWORK OLDHAM & ROCHDALE, SPRINGHEAD COMMUNITY COMMUNITY CENTRE; OLDHAM PRIMARY CARE TRUST; SOCIAL SERVICES OLDHAM.

BILD Publications : [2008]. 1 v. (unpaged) ; 30 cm.

This book covers basic nutrition and health in an easily accessible form and is based on the experience of a group of active people with disabilities. Also available at http://www.bild.org.uk/pdfs/01news/look_cook.pdf.

CC 641.51 LOO

P12339

Make A Start Play Your Part : Resource Folder Of Healthy Eating Activities And Games For Adults With Learning Disabilities / SANDWELL NUTRITION AND DIETETIC DEPARTMENT.

West Midlands, UK, Sandwell Metropolitan Borough Council : 2008. 1 v. (various pagings) ; 32 cm. + CD-ROM

This resource folder has been written to assist support workers in running 'healthy eating' sessions for adults with intellectual disabilities. It covers basic food hygiene, good health, diet and nutrition, exercise, menu planning, eating

out and recipes. It includes activities and games and may culminate in the development of personal folders. The CD-ROM provides worksheets, activity sheets and charts.

CC 641.5 MAK

P12969

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Teenagers' Guide To The Galaxy. Eating Well, Feeling Good

South Yarra, Vic., Seven Dimensions : 1994. 1 videocassette (12 min.) + teacher's guide

An Australian video that looks at issues such as healthy eating, self-image, appearance and personal hygiene. Suitable for people with an intellectual disability.

CC 610.8 EAT

P07788

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Together We Cook 'N' Learn / Larkey, Sue; Durrant, Heather.

Niddrie, Larmac Educational Resources : 2004. 52 p.

Using step by step instructions and colour photos, this cook book uses simple recipes that allow students to learn literacy, numeracy and other curriculum skills by cooking. This cook book can be used in conjunction with "Together we cook 'n' learn teaching manual".

CC 641.5 LAR

P10902

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Visual Recipes : A Cookbook For Non-Readers / Orth, Tabitha.

Shawnee Mission, Kan., Autism Asperger Pub. Co. : 2006. 105 p.

Contains step by step visual recipes to help young people with autism and intellectual disabilities prepare simple meals. Recipes include breakfast, lunch, side dishes, snacks, desserts and drinks. This book uses Imperial measurements and American terminology.

CC 641.5 ORT

P11745