

Nutrition without tears : a Sugar Bureau film : VHS and Betamax cassette now available : free loan... / The Sugar Bureau.

Contributors

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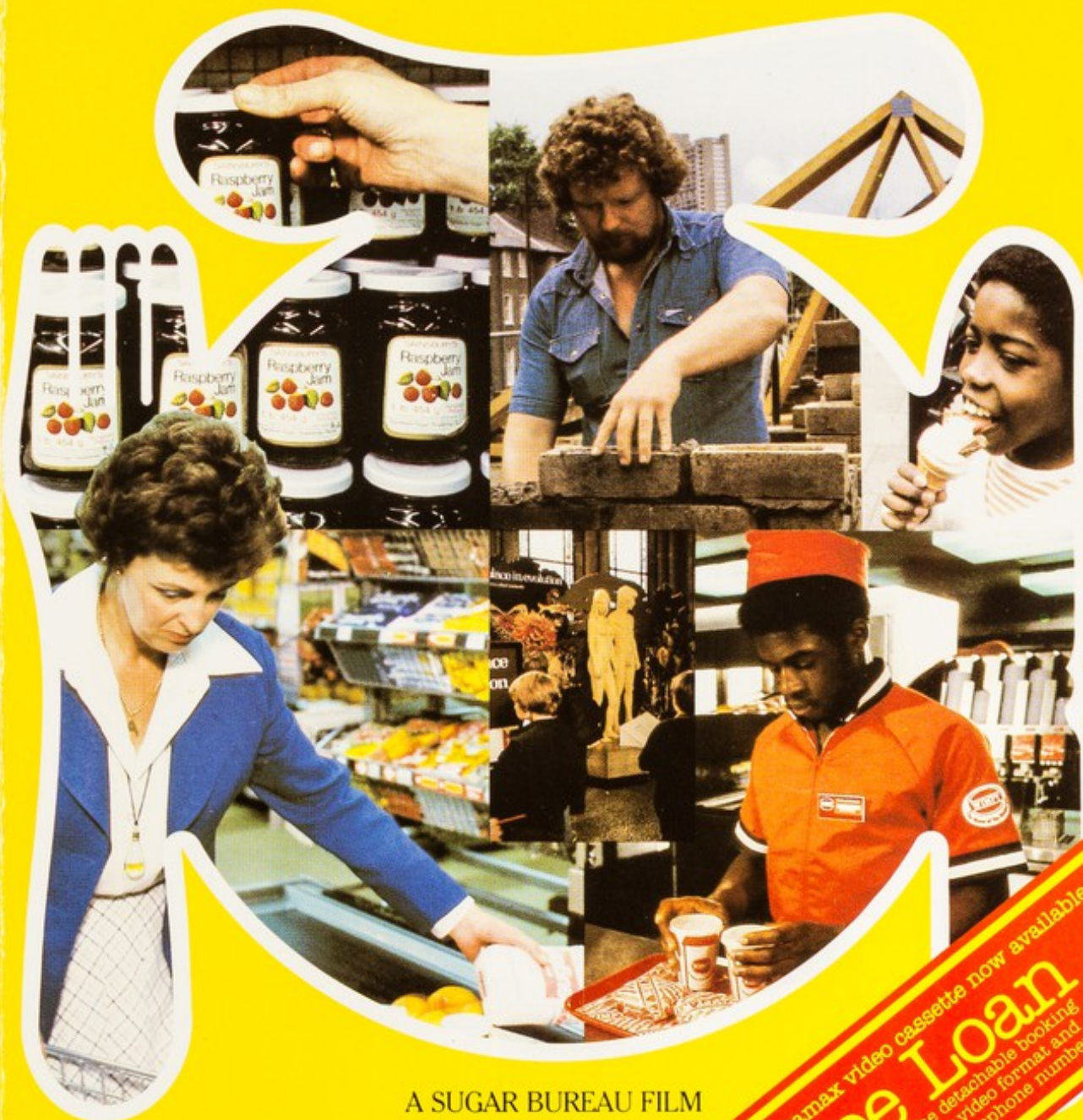
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NUTRITION

Without Tears



A SUGAR BUREAU FILM

VHS and Betamax video cassette now available
Free Loan
Please use the detachable booking
slip to specify video format and
give your day telephone number.

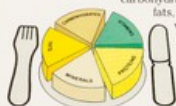
"Nutrition without Tears" outlines the principles of nutrition and shows how they may be put into practice in our everyday lives. The film has been carefully produced and the scientific advisers were nominated by the British Nutrition Foundation. "Nutrition without Tears" is available on free loan from The Sugar Bureau and is suitable for showing in Secondary Schools and Colleges, to Women's Organisations, to dietitians, nurses and to anyone who is interested in food and its effect on the body.

What should we eat and why? This question is often asked in these times of processed and fast food.

We need food for energy, growth and body maintenance. Food marks every milestone of our lives from birth to death. It is not only essential to life, but a way of bringing people together — as part of family living, a social occasion or celebration. But like all good things, food should be used in moderation.

Eating habits have changed over the centuries and the film shows how man has adapted to an infinite variety of foods.

The five types of nutrients — carbohydrates, proteins, fats, minerals and vitamins are discussed in an animation sequence in the film. It is a mixture of foods that will provide all the nutrients we need for a healthy diet just as it is a mixture of shapes and colours in a painting which produces the beauty of the whole picture.



If we eat a varied diet and follow a few simple rules we will be guaranteed a nutritious diet as well as much enjoyment.

The problem of weight control is considered, showing how the consumption daily of a little more food than our body requires can eventually cause overweight and how this can be avoided.

70% of all the food we eat today has been processed in some way. This keeps the food in good condition, and makes it available to the consumer all year round. "Nutrition without Tears" surveys the vast range of products available today, including snack and fast foods and shows how they may play their part in the varied diet.

A set of discussion notes is available to assist in preparing lessons and projects on "Nutrition without Tears". It will be sent to educational establishments on receipt of the booking form.

The Sugar Bureau's two films, "FINDING SUGARS AND STARCH" and "NUTRITION WITHOUT TEARS" are also now available for outright purchase on a single video cassette (VHS or Betamax) Priced £16 plus VAT

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I require (TICK AS REQUIRED):

☐ VHS cassette

☐ 16mm film

☐ Betamax cassette

Preferred showdate _____

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Name of organisation _____

Address _____

Despatch to (if different from above) _____

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I have read and agree to the conditions overleaf

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"Nutrition without Tears"
is a 16mm colour film or video cassette which runs for 24 minutes. It is sponsored by The Sugar Bureau and the scientific advisers were nominated by the British Nutrition Foundation.
Directed by Ben Harrison. Produced by Viscom Ltd.
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