



for parents and educators

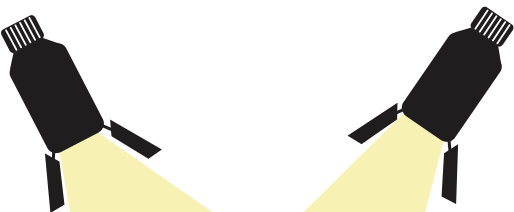
December 2011 edition

smartmedia focus: health and wellness



Greetings from WQED Multimedia in Pittsburgh!

WQED is pleased to bring you the final monthly e-newsletter of 2011, and we're focusing on health and wellness. We hope these great resources help you and your family stay happy and healthy throughout the holiday season and in the new year!



Spotlight on... Fizzy's Lunch Lab

Fizzy's Lunch Lab is a vibrant, fun and kid-friendly web-only series featuring original characters and funny stories that entertain and educate families about the importance of good nutrition, a balanced diet, and physical activity. Join Professor Fizzy and his friends in the super-charged Lunch Lab Test Kitchen, as they prepare healthy snacks, investigate the difference between good and bad food, and learn what happens once the food you eat goes into your body.



games activities characters recipes lesson plans

Check out Fizzy's great parent and educator resources for ways to encourage a healthy lifestyle for your children!

# watch!

Don't miss these engaging shows for every age!

Find out when these shows air on WQED-TV!



**Sesame Street:** Since 1969, children and adults alike have flocked to the place where multiethnic, multigenerational, and even multispecies residents coexist in harmony. Sesame Workshop offers numerous **Health and Wellness initiatives** to help families establish an early foundation for a lifetime of healthy habits.

ages 3-5



**IPTV's Healthy Minutes:** Each short video from Dan Wardell – about great health and wellness topics like hand-washing, healthy eating, and staying active – is accompanied by book recommendations, printables, and online activities.

ages 6-8



**It's My Life** deals with life and the stuff that teens and tweens deal with every day - like friends, family, school, body, emotions, and money. The show's site features informative articles, story sharing, games and activities, quizzes and polls, video clips of kids talking about their feelings and experiences, advice from older kids and experts, and a place to share comments and questions. The program also features interviews with celebrities their experiences as kids and young adults.

ages 8-12



**Food, Inc.** is a documentary that lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that's been hidden from the American consumer with the consent of our government's regulatory agencies, USDA and FDA. Visit the film's website for video, lesson plans, interviews with food experts, online quizzes, and more.

ages 12-18

## Check out these great online resources for each grade!

**K – Grade 2** **Sid the Science Kid: Super Duper Antibodies**

Help Sid learn more about antibodies by playing an interactive game where the mission is to destroy viruses.

**Grades 3 – 5** **Arthur: Buster Baxter Lung Defender**

Learn about different asthma triggers and how they can affect the lungs of someone with asthma. Travel into Buster's lungs to protect him from various asthma triggers and see how an inhaler helps.

**Grades 6 – 8** **Secrets of the Dead: Killer Flu: The Evolution of a Virus**

Trace the evolution of an influenza virus from its natural source to a world-wide pandemic.

**Grades 9 – 12** **NOVA ScienceNOW – Profile: Sangeeta Bhatia**

Intrigued by the idea of artificial organs, a biomedical engineer uses computer-chip technology to craft tiny livers.

# click!



iQ: smartmedia is an educational initiative of WQED Multimedia.  
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