Nutrition Teaching Aids

- Realistic Food Replicas
- Muscles & Fat Replicas
- Health Charts & Models
- Body Weight & Fat Measurements
food replicas

Cereals, Pasta & Rice
1. WA08840 Bran flakes, in bowl, ½ cup, 120ml ______________ $20.90
2. WA04172 Cornflakes, in bowl, ¼ cup, 180ml ______________ $20.90
3. W06690 Oatmeal, in bowl, ½ cup, 120ml ________________ $20.90
4. WA24919 Raisin bran, in bowl, 1 cup, 240ml _____________ $33.50
5. WA24920 Toasted oats, in bowl, ¼ cup, 180ml _____________ $20.90
6. WA09745 Rice, white, cooked, 1/3 cup, 80ml _____________ $20.90
7. WA15322 Rice, white, cooked, ½ cup, 120ml ______________ $20.90
8. WA09744 Rice, Brown, cooked, 1/3 cup, 120ml ___________ $20.90
9. W06641 Macaroni, ½ cup, 120ml ____________________ $12.10
10. WA24921 Spaghetti, whole grain, ½ cup, 120ml ________ $20.90
11. W06642 Spaghetti, ½ cup, 120ml ____________________ $12.10
12. WA18286 Spaghetti, 1 cup, 240ml _________________ $20.90

Milk & Cheese
1. W06354 Milk, skim, in glass, 240 ml _________________ $20.90
2. W06353 Milk, whole, in glass, 240 ml ________________ $20.90
3. WA31472 Yogurt, Vanilla, in container, 1 cup, 240ml __________ $20.90
4. W06634 Cheese, slice, 30g ________________________ $12.10
5. WA04168 Cheese, cubes (3), 30g each _______________ $20.90
6. WA15317 Cheese, sticks (2), 28g each ________________ $12.10
7. W05777 Cottage cheese, ¼ cup, 60ml ________________ $12.10
8. WA04177 Cream cheese, 1 tbsp, 15ml ________________ $12.10
9. W05776 Swiss cheese, slice, 30g ____________ $20.90

Breads
1. WA04165 Bread, rye, slice __________________________ $20.90
2. W06628 Bread, whole-wheat, slice, 25g _____________ $20.90
3. WA24145 Bread, wholegrain, slice, 35g _____________ $20.90
4. W05823 Bread, white, slice, 25g ____________________ $20.90
5. W05824 Bun, hamburger, 2 halves, white ___________ $20.90
6. WA00762 Bun, hot dog, sliced ______________________ $20.90
7. WA08838 Muffin, bran, 6cm dia. ____________________ $20.90
8. WA13623 Bagel, whole, 85g _________________________ $20.90
9. W06680 Scone, 6cm dia. ___________________________ $12.10
10. W06681 Hard roll, 25g ______________________________ $12.10
11. WA15321 English Muffin, half, 9cm dia. ____________ $20.90
12. W07407 Pancakes (2), 10cm dia., 54g ________________ $20.90
13. WA15313 Pita bread, with pocket, 15cm dia. _________ $33.50
14. W07406 Waffle, 18cm dia., 75g ______________________ $20.90

Nuts, Crackers & Snacks
1. WA23605 Almonds, approx. 23 nuts, ¼ cup, 30g __________ $20.90
2. WA04170 Peanuts, whole (10), 238g _________________ $12.10
3. W06649 Peanut butter, dab, 1 tbsp., 15ml _____________ $12.10
4. WA24144 Pecans, whole, ¼ cup, 30g _________________ $20.90
5. WA24180 Sunflower Kernels, ¼ cup, 30g ______________ $20.90
6. W028361 Cashews, ¼ cup, 30g ______________________ $20.90
7. W07403 Popcorn, 1 cup, 240ml ______________________ $20.90
8. W06119 Crackers, soda, salted (6), 30g _______________ $20.90
9. WA18981 Pretzels, stick, 23g _________________________ $20.90
10. WA09754 Crackers, graham (3) ______________________ $20.90

Replicas are flexible, you can make sandwiches, add condiments, even alter portion sizes.

Nasco Replica
Nutrition Guide
This easy-to-use guide provides nutrition information for all of the food replicas and includes ideas for using them.

Nasco Life/form® food replicas are great visual aids and hands-on teaching tools.
Whether you are discussing a high-fibre diet, diabetes education, or just planning great menus, this guide will help you expand your use of our Life/form® food replicas, 280 x 216mm, 42 pages, softcover, spiral-bound. © 2011. Nutrition data is provided by The Nutrition Company using their FoodWorks® nutrient analysis software (WA18303 - special order only).

WA29109 Nasco Replica Nutrition Guide __ $27.50

Prices Shown Include the GST

Dinnerware not included (except where noted)
Nutritive Values of Food Portions

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Nutritive Value</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watermelon, wedge, 160g</td>
<td></td>
<td>$12.10</td>
</tr>
<tr>
<td>Raisins, 2 tbsp., 30ml</td>
<td></td>
<td>$12.10</td>
</tr>
<tr>
<td>Grapes, red (15), in bowl</td>
<td></td>
<td>$12.10</td>
</tr>
<tr>
<td>Pears, 2 halves, canned, 4cm dia.</td>
<td></td>
<td>$12.10</td>
</tr>
<tr>
<td>Peas, frozen, ½ cup, 120ml</td>
<td></td>
<td>$20.90</td>
</tr>
<tr>
<td>Corn, sweet, on cob, 140g</td>
<td></td>
<td>$20.90</td>
</tr>
</tbody>
</table>

Food Replicas are great for use in demonstrations of:

- Nutritive Values of Food Portions
- Calorie Values and Weight Control
- Principles of Menu Planning
- Identification of Foods
- Correct Sizes of Food Portions
- Replicas are moulded from actual foods
- Food replicas are latex-free
- Store in plastic bags when not in use
- Use the Food Replicas like real food - apply sauces, dressing, etc., and then clean up with warm water!
**food replicas**

**Potatoes**
1. W05766  
   Potato, whole, before baking, 175g ________ $20.90
2. W05832  
   Potatoes, french fried, ½ cup, 120ml ________ $20.90
3. W06643  
   Potatoes, mashed, ½ cup, 120ml ________ $12.10
4. WA18285  
   Potatoes, mashed, 1 cup, 240ml ________ $20.90
5. *W06644*  
   Potatoes, whipped, ½ cup, 120ml ________ $12.10

**Pork**
6. W05770  
   Beef, roast, slice, cooked, 85g ________ $12.10
7. WA28110  
   Beef, cubes, raw (3), 28g each ________ $20.90
8. WA12532  
   Pork chop, loin, cooked, 85g ________ $20.90
9. WA24917  
   Pork chop, fried, 70g ________ $20.90
10. W05773  
    Bacon, slice, fried, 10g ________ $12.10
11. W07392  
    Ham, slice, cold, 55g ________ $20.90

**Beef**
1. WA04167  
   Beef, cubes, raw (3), 28g each ________ $20.90
2. W05770  
   Beef, roast, slice, cooked, 85g ________ $12.10
3. WA28110  
   Steak, strip, grilled, 225g ________ $33.50
4. WA12532  
   Hamburger, broiled, 85% lean, 85g ________ $12.10
5. W05771  
   Hamburger, fried, 115g ________ $12.10
6. W05637  
   Steak, strip, raw, 225g ________ $20.90
7. W07399  
   Steak, sirloin, raw, lean with fat, 85g ________ $12.10

**Seafood**
1. W05775  
   Shrimp, boiled (4), 30g each ________ $12.10
2. WA20491  
   Tuna, canned, ½ cup, 60ml ________ $12.10
3. WA13616  
   Fish fingers, fried (4), 28g each ________ $20.90
4. W05820  
   Perch, broiled, 85g ________ $20.90
5. W05774  
   Fish Patty, broiled, 85g ________ $12.10
6. WA24188  
   Salmon, poached, 85g ________ $20.90

**Poultry**
1. WA03063  
   Chicken, barbecued, 85g ________ $20.90
2. WA19037  
   Chicken, nuggets, 85g ________ $20.90
3. WA15319  
   Chicken, breast, grilled, skinless, 85g ________ $27.50
4. W05817  
   Chicken, drumstick, fried, 85g ________ $20.90
5. W06653  
   Chicken, sliced, light meat, cooked, 30g ________ $12.10
6. WA13626  
   Turkey, slice, light meat, cooked, 55g ________ $20.90
7. W05818  
   Chicken, thigh, fried, 85g ________ $12.10
8. W05819  
   Chicken, breast, fried, 85g ________ $12.10
9. *W06656*  
   Chicken, slice, cooked, 56g ________ $12.10

**Luncheon Meats & Eggs**
1. WA26763  
   Beef, roast, deli slice, 60g ________ $20.90
2. WA25990  
   Ham, deli slice, 60g ________ $20.90
3. WA04166  
   Meat loaf, slice, cooked, 85g ________ $20.90
4. W05772  
   Bologna, slice, 30g ________ $12.10
5. WA18237  
   Pork, sausage, raw, single-link, 30g ________ $12.10
6. W07144  
   Wiener, single link, 40g ________ $12.10
7. W05656  
   Egg, fried, sunny-side up ________ $12.10
8. W05768  
   Egg, hard boiled, ½ ________ $12.10
9. WA16978  
   Eggs, scrambled ________ $20.90
10. WA17482  
    Tofu, scrambled ________ $12.10

**Prices Shown Include the GST**

*Limited stock available*
Dinnerware not included (except where noted)

### Combination Foods

<table>
<thead>
<tr>
<th>Code</th>
<th>Item Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>W06648</td>
<td>Bread with peanut butter, white, 2 tbsp.</td>
<td>$20.90</td>
</tr>
<tr>
<td>WA18283</td>
<td>Macaroni and cheese, 1 cup, 240ml</td>
<td>$20.90</td>
</tr>
<tr>
<td>WA18318</td>
<td>Lasagna, 7.5 x 10cm</td>
<td>$33.50</td>
</tr>
<tr>
<td>WA07387</td>
<td>Spaghetti with meatballs (2), 1 cup</td>
<td>$20.90</td>
</tr>
<tr>
<td>WA26759</td>
<td>Nachos, 15-20 chips w. 30ml cheese</td>
<td>$27.50</td>
</tr>
<tr>
<td>WA07386</td>
<td>Soup, vegetable, in bowl, 1 cup</td>
<td>$20.90</td>
</tr>
<tr>
<td>WA13628</td>
<td>Soup, chicken noodle, in bowl, 1 cup</td>
<td>$33.50</td>
</tr>
<tr>
<td>WA16080</td>
<td>Pizza, cheese, 14cm section, 210g</td>
<td>$33.50</td>
</tr>
<tr>
<td>WA16982</td>
<td>Rice, fried, 1 cup, 240ml</td>
<td>$33.50</td>
</tr>
<tr>
<td>WA07379</td>
<td>Pizza, sausage &amp; pepperoni, 14cm sect., 210g</td>
<td>$20.90</td>
</tr>
<tr>
<td>WA24149</td>
<td>Chicken, stir fried, 1 cup, 240ml</td>
<td>$33.50</td>
</tr>
<tr>
<td>WA07388</td>
<td>Stew, beef w vegetables, in bowl, 1 cup</td>
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### Beverages

<table>
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<th>Code</th>
<th>Item Description</th>
<th>Price</th>
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<tr>
<td>W06355</td>
<td>Orange juice, in glass, 120ml</td>
<td>$12.10</td>
</tr>
<tr>
<td>WA13608</td>
<td>Apple juice, in glass, 120ml</td>
<td>$20.90</td>
</tr>
<tr>
<td>W06356</td>
<td>Tomato juice, in glass, 120ml</td>
<td>$12.10</td>
</tr>
<tr>
<td>WA19034</td>
<td>Soft drink, cola with ice, in glass, 360ml</td>
<td>$62.00</td>
</tr>
<tr>
<td>WA08845</td>
<td>Beer, in glass, 360ml</td>
<td>$33.50</td>
</tr>
<tr>
<td>WA25800</td>
<td>Red wine, in glass, 120ml</td>
<td>$49.70</td>
</tr>
<tr>
<td>LF01120</td>
<td>Whisky, in glass, 45ml</td>
<td>$20.90</td>
</tr>
<tr>
<td>WA15280</td>
<td>Coffee, decaffeinated, in cup, 150ml</td>
<td>$33.50</td>
</tr>
<tr>
<td>WA26775</td>
<td>Alcohol Kit, consists of beverages 1,2,3</td>
<td>$104.80</td>
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</table>

### Desserts

<table>
<thead>
<tr>
<th>Code</th>
<th>Item Description</th>
<th>Price</th>
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<tbody>
<tr>
<td>WA23607</td>
<td>Cheesecake, slice, 128g</td>
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</tr>
<tr>
<td>WA18999</td>
<td>Cake, chocolate, slice, frosted, 126g</td>
<td>$46.20</td>
</tr>
<tr>
<td>WA07375</td>
<td>Pie, apple, 2 crust, 10cm section, 135g</td>
<td>$20.90</td>
</tr>
<tr>
<td>WA07376</td>
<td>Pie, cherry, 2 crust, 10cm section, 135g</td>
<td>$20.90</td>
</tr>
<tr>
<td>WA05260</td>
<td>Cookie, chocolate chip, 5cm dia.</td>
<td>$12.10</td>
</tr>
<tr>
<td>WA20556</td>
<td>Chocolate bar, 40g</td>
<td>$20.90</td>
</tr>
<tr>
<td>WA07393</td>
<td>Jelly, in bowl, 1½ cup, 120ml</td>
<td>$20.90</td>
</tr>
<tr>
<td>WA05830</td>
<td>Ice cream, vanilla, ½ cup, 120ml</td>
<td>$12.10</td>
</tr>
<tr>
<td>WA13612</td>
<td>Ice cream, chocolate, ½ cup, 120ml</td>
<td>$20.90</td>
</tr>
<tr>
<td>WA03492</td>
<td>Candy bar, small</td>
<td>$12.10</td>
</tr>
<tr>
<td>WA21286</td>
<td>Muesli bar, plain, 30g</td>
<td>$12.10</td>
</tr>
<tr>
<td>WA20492</td>
<td>Cake, yellow, frosted, 75g</td>
<td>$20.90</td>
</tr>
<tr>
<td>WA20553</td>
<td>Donut, glazed, 7.5cm dia., 45g</td>
<td>$12.10</td>
</tr>
</tbody>
</table>

### Fats

<table>
<thead>
<tr>
<th>Code</th>
<th>Item Description</th>
<th>Price</th>
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<tbody>
<tr>
<td>WA02349</td>
<td>Butter pats (5)</td>
<td>$20.90</td>
</tr>
<tr>
<td>WA24147</td>
<td>Canola oil, in spoon, 1 tbsp., 15ml</td>
<td>$12.10</td>
</tr>
<tr>
<td>WA06688</td>
<td>French dressing, in spoon, 1 tbsp., 15ml</td>
<td>$12.10</td>
</tr>
<tr>
<td>WA15282</td>
<td>Margarine, 1 tbsp., 15ml</td>
<td>$12.10</td>
</tr>
<tr>
<td>WA15318</td>
<td>Margarine, 1 tsp., 5ml</td>
<td>$12.10</td>
</tr>
<tr>
<td>WA06691</td>
<td>Mayonnaise, in spoon, 1 tsp., 5ml</td>
<td>$12.10</td>
</tr>
<tr>
<td>WA26761</td>
<td>Mayonnaise, 1 tbsp., 15ml</td>
<td>$12.10</td>
</tr>
</tbody>
</table>

For a range of Mentone Educational’s products and catalogues please visit our website

5% discount when you signup online

www.mentone-educational.com.au

Prices Shown Include the GST
### Diabetes Nutrition Teaching Kit

Diabetes affects an estimated 1 million (about 5%) of the people in Australia. This teaching kit explains the different types of diabetes, including celiac-sprue disease (gluten enteropathy diabetes). The 30-page resource book defines diabetes mellitus and provides menu guides, exercise suggestions and seven blackline masters.

**Includes all products listed below:**
- apple
- bacon
- bread, whole wheat
- brownie
- cheese cubes
- chicken breast
- dressing, French
- margarine
- milk, skim
- salmon
- sirloin steak

WA19627  Diabetes Nutrition Food Replica Kit  $147.40
WA19625  Diabetes Nutrition Handbook  $20.90

### Replica Package No. 1

**Includes all products listed below:**
- banana, whole
- bread, whole wheat
- broccoli
- bun, hamburger
- butter
- cake, angel food
- carrot sticks
- cereal, cornflakes
- cheese, cottage
- cheese, Swiss
- chicken breast
- chicken leg
- chicken thigh
- cornbread
- dressing, French
- egg, fried
- egg, hard cooked, half
- fish, broiled
- gelatin
- grapefruit, half
- hamburger
- ice cream, chocolate
- juice, orange
- ketchup
- milk, skim
- onion, slice
- orange
- peach, whole
- peaches, canned
- peanut butter
- peas, frozen
- pork chop
- potato, baked
- raisins
- rice, brown
- salad
- strawberries
- yams

WA02986  Food Replica Package 1  $494.20

### Replica Package No. 2

**Includes all products listed below:**
- asparagus
- bacon, 2 slices
- beans, baked
- beans, green
- beets
- bologna
- bread with peanut butter
- cake, yellow with icing
- cereal, bran flakes
- cheese, American
- cheese, cubed
- chili
- corn, whole kernel
- crackers, graham
- crackers, soda
- grapes, red
- hamburger/beef patty
- ice cream
- juice, tomato
- pastry, raspberry Danish
- pie, apple
- pork chop
- potatoes, mashed
- roast, eye of round
- soup, vegetable
- spaghetti
- steak
- tuna
- wiener

WA02987  Food Replica Package 2  $494.20
WA03162  Food Replica Packages 1 and 2  $977.90
Fruit and Vegetable Rainbow Foods Kit

Create a rainbow with Life/form® food replicas!
A colourful, unique offering of 15 vegetables and 22 fruits. Use this kit for food recognition, portion control, and general nutrition education. Great for all ages. Resealable bags are included for storage. Kit includes a total of 37 food replicas:

**Fruits**
- apple, golden delicious
- apple, red
- applesauce
- banana, half
- banana, whole
- blueberries
- cantaloupe
- grapes, green
- juice, orange
- kiwi
- orange
- peach, whole
- peaches, 2 halves
- pear, whole
- pears, 2 halves
- pineapple slices
- plums
- prunes
- raisins
- raspberries
- strawberries
- watermelon wedge

**Vegetables**
- asparagus
- beans, green
- beans, lima
- beets
- broccoli
- carrots
- cauliflower
- corn, on the cob
- cucumber slices
- okra
- peas
- pepper, red
- tomato slice
- yams

WA24486  Fruit and Vegetables Rainbow Foods Kit ____________________________________________  $594.60

How Much Fat?

**Test Tube Display & Food Replica Set**
Dramatic visual aids to help demonstrate how much fat is found in common foods. This set includes the How Much Fat? Test Tube Display - Part I (WA16053) and Fats and Food Replica Kit (WA19651) which contains realistic replicas for all the foods illustrated in the Test Tube Display.

Includes all products listed below:
- bologna, slice
- cheese, slice
- chicken breast, grilled
- haddock, broiled
- hamburger bun
- hamburger patty, broiled
- hamburger patty, fried
- lettuce, leaf
- milk, skim, in glass
- milk, whole, in glass
- tomato, slice
- wiener

WA19652  Fat Test Tube Display & Food Replica Set ____________________________________________  $259.80
WA19651  Fats and Food Replica Kit ________________________________________________________  $176.50
WA16053  How Much Fat? Test Tube Display ____________________________________________________  $87.30

How Much Sugar?

**Test Tube Display & Food Replica Set**
Dramatic visual aids to help demonstrate how much sugar is found in common foods. Kit includes the How Much Sugar? Test Tubes (WA16055) and the Sugar and Foods Replica Kit (WA21008) which contains realistic replicas for all the foods illustrated in the Test Tube Display.

Includes all products listed below:
- apple pie
- brownie
- cereal
- chocolate bar
- coca cola, in glass
- cookie
- honey syrup
- ice cream
- jelly, in bowl
- toaster pastry

WA21009  Sugar Test Tube Disp. & Food Replica Set ____________________________________________  $326.10
WA21008  Sugar and Food Replica Kit _________________________________________________________  $237.10
WA16055  How Much Sugar? Test Tube Display _________________________________________________  $98.00

Prices Shown Include the GST
**Snack Kit**
This kit is full of healthy food replicas that can be used to encourage clients to choose nutritious snacks instead of junk food. Comes with handy plastic storage container.

- almonds
- apple, golden delicious
- banana
- carrot sticks
- celery
- cheese, Swiss
- grapes
- milk
- orange
- peanut butter
- pear
- peppers
- pretzels
- raisins

**Healthy Salad Kit**
A variety of healthy food replicas for creating a healthy salad or to stack in a sandwich. Start with a basic salad containing iceberg lettuce, two cucumber slices, and two cherry tomatoes. Then choose any of the additional replicas you want to add, and use scissors to prepare the size you want.

- avocado slice
- carrots, 2 sticks
- celery
dressing, French
- dressing, ranch
- egg, hard cooked
- lettuce, romaine
- oil, olive
- pepper, red, 1 ring
- pepper, green, 1 ring
- salad, tossed
- strawberries, 3

**Common Meals Kit**
This kit offers the opportunity to assemble three square meals and snacks and offers additional foods to change up the daily menu or offer better choices to those you teach. A nice assortment of food replicas to add to your collection or use all by themselves.

- biscuit
- bran, raisin
- bread, whole grain
- crackers, specialty
- rice, long grain & wild
- spaghetti, whole grain
corn on the cob
- pea pods
- salad
- yams
- blackberries
- melon, honeydew
- oranges, mandarin
- pineapple, chunks
- dressing, French
- margarine
- peanut butter
- cheese, cottage
- cheese, string
- milk, white, skim
- milk, white, whole
- eggs, scrambled
cashews
pork tenderloin
tilapia
cake, angel food
cookie, chocolate chip
ice cream, vanilla

**Fibre Food Package**
This food replica package focused on increasing fibre in the diet. Both high and low-fibre food replicas are provided for demonstrating how changing food selections can increase fibre content of the diet.

**The low-fibre replicas:**
- apple sauce, in bowl
- carrots, cooked
cornflakes, in bowl
hard roll
- orange juice
- peach halves, canned
- rice, white
tomato juice

**The high-fibre replicas:**
- apple
- beans, kidney
- bran muffin
- bread, whole-wheat, slice
broccoli
carrot sticks (2)
chilli with beans, in bowl
- oatmeal, in bowl
- orange
popcorn
prunes
- rice, brown
- strawberries (6)
tomato, whole

**Prices Shown Include the GST**

- Snack Kit: $189.60
- Healthy Salad Kit: $134.70
- Common Meals Kit: $444.80
- Fibre Food Package: $336.60
Fat and Muscle Replicas

Body Fat Replicas
Grossly dramatic replicas of human fat are shocking but strongly motivating attention getter. Made of soft, pliable, long lasting vinyl plastic, the replicas have a profound memorable effect when passed around among the group. Replicas represent approximate volume of real fatty tissue; weights vary.

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Weight</th>
<th>Price</th>
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<tbody>
<tr>
<td>WA04313</td>
<td>Body Fat Replica, 2.3kg</td>
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<td>$171.60</td>
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<tr>
<td>WA07173</td>
<td>Body Fat Replica, 0.45kg, on base</td>
<td></td>
<td>$48.20</td>
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<tr>
<td>WA14533</td>
<td>Body Fat Replica, 0.45kg</td>
<td></td>
<td>$60.90</td>
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</table>

0.45kg Body Muscle Replica
Designed to show the muscle configuration developed through exercise. Made of long lasting vinyl plastic, 0.45kg. Replicas represent approximate volume of real muscle tissue; weights vary.

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
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<td>Body Muscle Replica, 2.6kg</td>
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Obesity Model
This model shows Pear and Apple shaped bodies in two cross-sections (one left, one right) of the hip area. These models illustrate the effects of obesity such as compression from visceral fat on the colon, common iliac artery and veins, ureter, small intestine and femoral nerve, plus more. Pear size: 10 x 14 x 9cm, Apple size: 10 x 15 x 9cm Card size: 16 x 21cm.

<table>
<thead>
<tr>
<th>Code</th>
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<tbody>
<tr>
<td>GPA3600</td>
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Artery Model
4-stage cross-section of an artery demonstrating atherosclerosis, in which the narrowing of the artery is due to a build up of fatty tissue (cholesterol) and plaque. The 4-stages consist of: normal artery, fatty streak, fibrous plaque, and blockage. The stages cause a decrease in blood flow, which can then lead to a blood clot or thrombus. All stages rotate on a hinge pin. Model size: (4) 3.5cm dia. x 2.2cm (8.8cm), Card size: 16 x 13cm.

<table>
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<tr>
<td>GPA2650</td>
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Fat Cubes
Small plastic cubes, representing one gram of fat, allow clear, visual comparison of fat content during lecture demonstrations or in static displays. Pack of 100, 1g each.

<table>
<thead>
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<th>Code</th>
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Artery Section with Blockage
Model depicting the various stages of plaque build-up on artery walls. 16 x 8cm.

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Prices Shown Include the GST
Cholesterol Flip Chart
Many people do not know what steps they can take to maintain healthy cholesterol levels. This flip chart and booklet explain the facts about “good” and “bad” cholesterol and the health risks associated with high cholesterol levels. Booklet is 16 pages. Flip chart is six panels, 30 x 43cm in size.

43117 _______ $150.70

High Blood Pressure - Flip Chart
High blood pressure can be controlled through diet, exercise, lifestyle changes, and prescribed medications. This flip chart and booklet explain risk factors associated with high blood pressure and give strategies for preventing and controlling it. Booklet is 16 pages. Flip chart is six panels, 30 x 43cm in size.

43116 _______ $150.70

Cholesterol Checks Easel Display
Hand painted models of arterial cross sections and a diseased heart, patients and students can easily see the damage cardiovascular disease can cause. An excellent tool for explaining how cholesterol can lead to heart attacks. Measures 23 x 30cm.

79735 Cholesterol Checks Easel Display __ $190.30

See for Yourself
Why Cholesterol Checks Can Save Your Life

Death of an Artery Easel Display
These hand painted, cross-sectional, 3-D models of arteries show patients and students the various stages of plaque buildup. The interior size of each vessel diminishes, making it easy to explain a process that can eventually result in death. Measures 23 x 30cm.

79149 Death of an Artery Easel Display ___ $190.30

How Much Salt? Test Tube Display
Displays the amount of salt our body needs daily, the average amount people eat, the amount listed in Dietary Goals, as well as the amount of salt (in milligrams) in the following foods: potato, potato chips, canned chicken noodle soup, homemade soup, pork chop, ham, fast food deluxe burger, a typical picnic meal, and canned chow mein. The tube display comes with a short guide and ideas for use.

WA16056 _____________________________ $87.30

Occluded Artery Model
Reveal the inside of an artery with this 10x-larger-than-life, artery model showing a constricted passage clogged with plaque. Turn the model over and the lifelike red blood cells pack tightly around the small opening, just as they would in an artery restricted by arteriosclerosis. Measures 7 x 17cm

79145 ____ $123.25

Artery
Oversized “Y” section of artery, with cut-away, showing gradual build-up of cholesterol deposits. Model size: 16 x 5 x 10cm, Card size: 16 x 13cm.

GPA2600 ___ $97.10

Deluxe Occluded Artery Model
Demonstrating the benefits of a healthy cholesterol level and the deadly effects of high cholesterol, this model will leave an impression that lectures and textbooks cannot. The model’s two tubes represent a normal artery and an artery constricted by plaque. When the model is turned over, the blood in the healthy artery flows swiftly to the top, but the blood in the occluded artery slows and even stops completely. Made from a durable plastic, measuring 18 x 30 x 8cm.

79153 Deluxe Occluded Artery Model ______ $265.54

Prices Shown Include the GST
Clogged Artery Model
This unique model vividly demonstrates what happens inside a clogged artery. The inside passage of this artery, made of BIOLIKE 2™ synthetic tissue, is severely constricted by layers of plaque. Measures 3 x 6cm.

26526 __________ $118.96

A Day’s Worth of Fat
Containing simulated blood and fat, this heart-shaped bottle shows the approximate amount of fat consumed in a day. Based on a diet of 2,200 calories with 40% of calories from fat. Brings awareness of the dangers of a high-fat diet. Measures 8 x 12 x 6cm.

79728 _____ $100.97

Mini Heart Set
This model set contrasts a normal heart with ones showing Myocardial Infarction and Congestive Heart Failure. The myocardial infarction heart demonstrates a partially healed, thinned, and discoloured infarcted area, including a thrombus in the apex of the heart. The remaining heart demonstrates congestive heart failure as a result of hypertension. The left ventricle hypertrophy and the correspondingly enlarged and distorted shape of the heart are shown both internally and externally. All models are approximately 50% actual size and the set comes with a descriptive card.

Model sizes: Normal & MI 102 x 57 x 44mm, CHF 102 x 63 x 57mm, Card size: 159 x 209mm

GPA2550 Heart, Mini Set (3pt) ___ $156.30

Colon and GI Tract
This model shows a cut-away view of the small and large intestine. It shows the following common pathologies: adhesions, appendicitis, bacterial infections, cancer, Crohn’s disease, diverticulitis, polyps, spastic colon, and ulcerative colitis.

Model Size: 152 x 64 x 197mm, Card Size: 159 x 209mm

GPA3342 _____ $158.30

Teeth
Oversized model of the premolars and molars features many common dental problems. Problems include: abscess, advanced periodontitis, cavity, crown, decay, filling, gingivitis, plaque, and severe bone loss.

Model size: 139 x 51 x 89mm, Card size: 165 x 133mm

GPA2860 Teeth ___________ $131.80

Hypertension Model Set
This set contains miniatures of the half brain, eye, heart, kidney and artery models. The education card illustrates the effects associated with hypertension: glaucoma, artherosclous, arterial plaque, kidney failure and stroke.

Model stands 189mm tall, Card size: 159 x 209mm

GPA4000 Hypertension Model Set _____ $169.40

Prices Shown Include the GST
The Consequences of an Inactive Lifestyle
This 3D display shows many of the negative health consequences of an inactive lifestyle. Each permanently mounted, hand-painted model has a brief description of the consequences it represents. 71 x 69cm opened.

79621 $657.94

The Consequences of Obesity
This 3D display uses hand painted models to explain the dangers of obesity. Models are permanently mounted in a wooden carrying case and accompanied by text, describing each condition. 71 x 69cm opened.

79645 $657.94

Exercise Clever Catch Ball
This colourful, inflatable ball has 98 questions relating to health and fitness printed on its surface. It comes with an answer sheet and instructions. Grade 6-9, measures 60cm in diameter.

79680 $34.96

Clever Catch Food and Nutrition Ball
Toss around this ball to spice up your nutrition program. Covered with 95 questions about food and nutrition. Comes with answer sheet and suggestions for play. Grade 4-7, measures 60cm in diameter.

79689 $34.96

Nutrition Toss Up Ball
Learning about nutrition can be fun. Covered with pictures of 35 different foods, this ball will help to identify foods, food groups and what certain foods contribute to the diet. Comes with instructions for different activities and an answer sheet. Grade 6-Adult, measures 60cm in diameter.

79024 $34.96

The Consequences of Diabetes
Hand painted, 3D models with straightforward annotations that explain the negative effects diabetes can have on the body. A great tool for promoting awareness of this potentially devastating disease. 71 x 69cm opened.

79620 $657.94

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Diabetic Foot Model
The original Diabetic Foot Model represents a foot with three ulcers in various stages of development as well as other features commonly associated with diabetes. Carrying case and instruction card included.

Severe Diabetic Foot
Based on the Diabetic Foot Model, the Severe Diabetic Foot Model demonstrates more severe consequences of diabetes, such as an amputated toe, Charcot foot deformity, severe infection and gangrene. Comes with carrying case and instruction card.

Diabetes - Folding Display
Information about risk factors, symptoms, and complications of diabetes, this folding display is a valuable resource for health educators. Explains the different types of diabetes and describes how the disease can be treated. Includes 25 informative handout minitexts. 147 x 57cm opened.

Unhealthy Foot Care
The unhealthy foot care kit helps teach the importance of proper foot care and nutrition to people with diabetes. This foot replica shows the distal end of the foot with an invasive wound on the bottom of foot and surface inflammation around the big toe & second toe. Life-size foot constructed of soft, lifelike material with flexible toes. Includes 4-page booklet.

Diabetes Type II Model
Miniature brain, eye, heart, kidney, artery, pancreas, neuron, and foot models. The education card illustrates effects associated with Type II Diabetes: stroke, non-inflammatory disease of the retina, hypertensive heart disease, hardening of the kidney, hardening of the arteries, insulin resistance, neuropathy, and foot ulcerations. Model stands 25cm tall, Card size: 16 x 21cm.

Obesity - Folding Display
Examines obesity and its common causes, treatment options and health risks associated, through colourful illustrations and detailed summaries. Explains how to determine and classify body mass index. Includes 25 informative handout minitexts and one Body Mass Index tear pad. 147 x 57cm opened.
health charts

Anatomical Charts

51 x 66cm

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3B Charts

50 x 67cm

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</table>

Prices Shown Include the GST
Harpenden Skinfold Caliper
Ideal for measurement of subcutaneous fat. Designed to exert a constant pressure of 10g/mm with each division on the scale measured to 0.1mm. Sturdy metal construction with contoured hand grip, comes in a wooden case with velvet type lining.

Myo Body Tape
Loop the tape around the leg or waist, attach the free end to the unit, then press the central button to tighten the tape. This tape can be used for measuring the circumference of the head, the hips, arms, legs and waist. Tape is graduated in mm and measures from 0-200cm.

Figure Finder Tape Measure
The Figure Finder Tape Measure applies 100g of tension, designed to give accurate readings when measuring circumference. The tape measures up to 154cm.

Cloth Measurement Tape
Cloth Measurement Tape which locks in place and releases by pressure on central button. Extends to 200cm.

Platform Medical Scale
150kg x 500g
This accurate dial clinic scale features an all steel construction with a durable baked enamel finish. Its large, easy to read dial is graduated up to 150kg in 500g increments. The nonslip platform cover gives added safety. Stores easily when not in use. Suitable for use in assessment rooms under supervision only. Not suitable for general use in gyms.

Harpenden SkinFold Caliper - Body Assessment Software
This software has been developed for use with Harpenden Skinfold Calipers. It can be used to measure and track body fat composition, BMI and BMR composition, lean body mass and body fat mass. This software allows the monitoring of changes so that training or weight loss programs can be modified accordingly.

Slim Guide Skinfold Caliper
This body fat tester has a convenient trigger operation with pistol grip handle. The direct reading scale measures from 0 to 85mm and is accurate to 0.5mm. Durable, accurate and easily used by students. Complete instructions included.

Prices Shown Include the GST
order form
Please photocopy and fax/send this order to Mentone Educational

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Qty</th>
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Special Instructions:

Sub total

Total

For your order to be processed, we require one of the following:
• Cheque or Money Order • Credit Card Details • EFT
• Approved ORDER NUMBER
  □ Invoice the School (Order Number MUST be Supplied)

Order Number: ______________________________________

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Electronic Funds Transfer Account Details
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BSB: 193 879  Account Number: 468 725 841

Physiotherapy Supplies trading as Mentone Educational
Remittance details can be e-mailed to: accounts@mentone-educational.com.au

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