

Our Review from School Library Journal

****Achoo! Stop the Flu.** DVD. 30 min. Prod. by Rolling River Prods. Dist. by TMW Media Group. 2011. ISBN unavail. \$64.95.
K-Gr 6—Flu season is here and germs abound. How can you stay healthy? The Kingston Trio, Grammy award-winning folk group, along with Julie Thompson and Brownie Macintosh (*The Julie and Brownie Show*) offer good suggestions via skits and five catchy sing-along tunes. Urging both prevention and treatment, they encourage washing hands, staying hydrated, getting adequate rest, exercising, and eating a healthy diet. Sneezing into your elbow is demonstrated many times during the title song. Viewers are encouraged to read labels, and the new MyPlate nutritional guidelines are introduced. There's even a short video comparing soda to water. Links to the sheet music for all the songs are provided. The production features a diverse group of children. The songs are easy to learn, fun to sing and filled with lots of important information to help kids stay healthy. This is a terrific way to teach basic health concepts with humor and music.—*Teresa Bateman, Brigadoon Elementary, Federal Way, WA*

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