

Station 1 – Brain

Start Here

(Brain station presenter will greet students outside of the Brain area.)

Power Panther™ welcomes you to the *Body Walk!!!*
Power Panther™ has a special message for each of
you –

EAT SMART. PLAY HARD.™

(Point to the life size cutout of Power Panther™.)

We are ready to start on an adventure through the body.



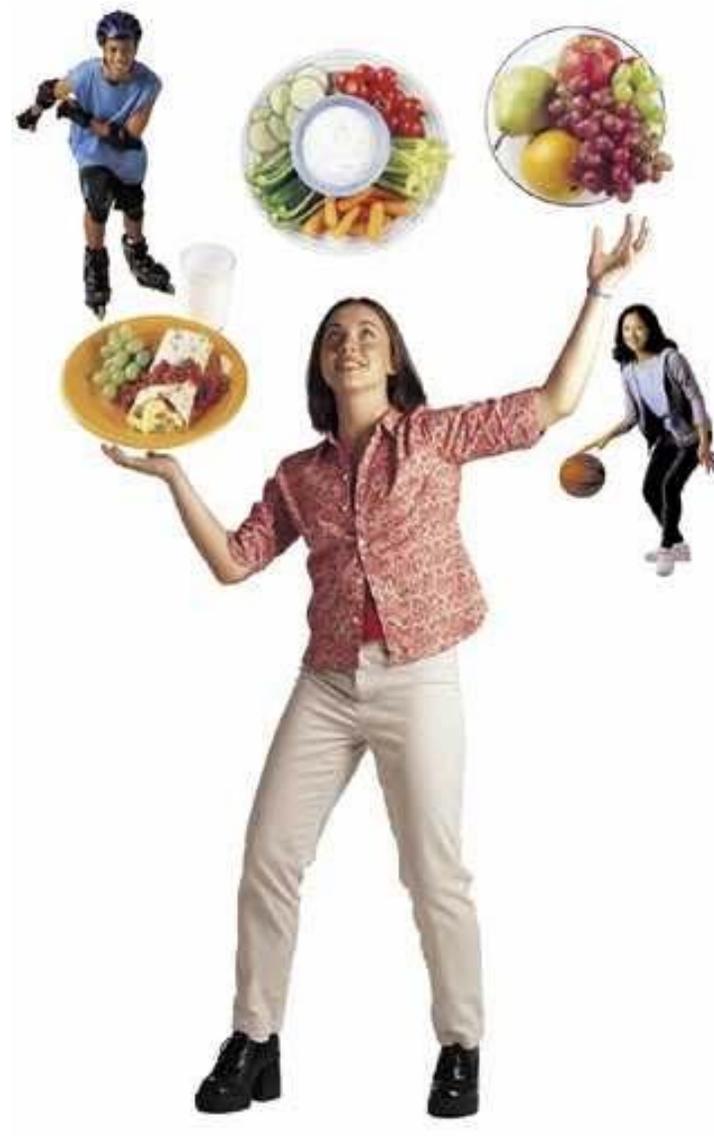
Hi Kids!

You use your brain everyday to make important choices in your life. You choose the foods you eat. You choose how much physical activity you have each day. Your parents may make these choices now, but as you get older, You will make these important choices everyday. You make these choices by using your brain.

Your brain sends messages to all parts of your body and controls everything your body does.

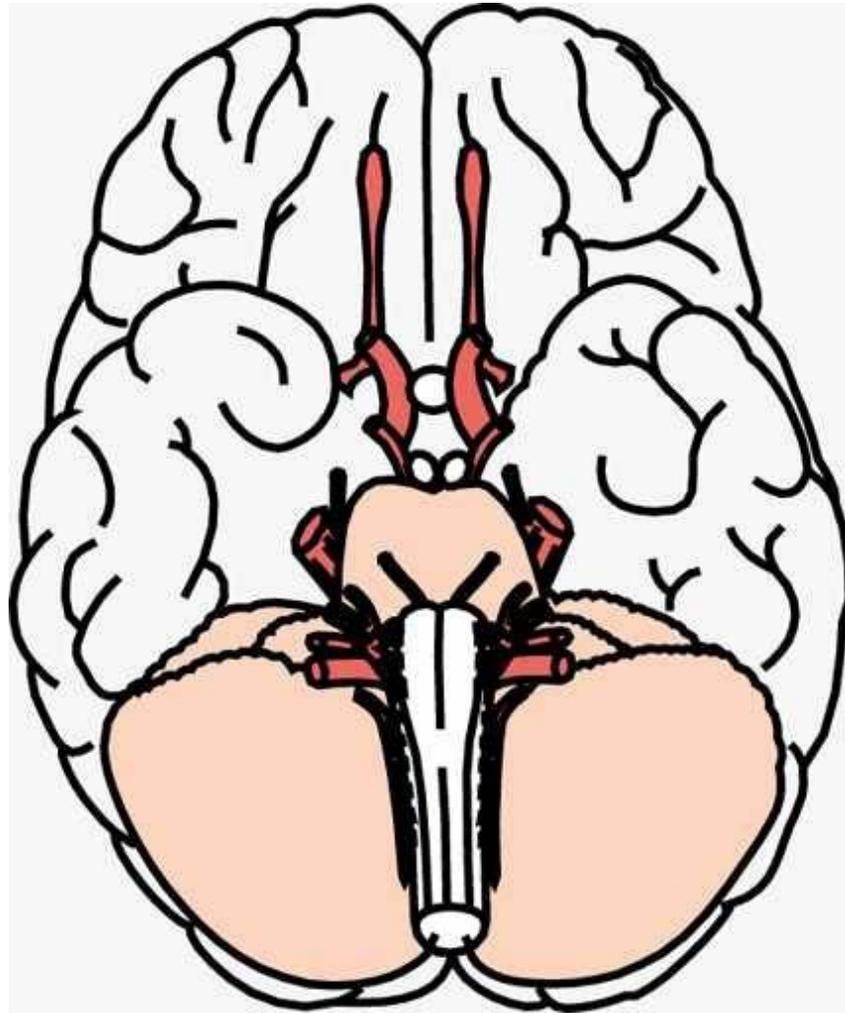
(Point to lights, if using)

Your brain can send messages to parts of your body as quickly as a flash of light.



Your brain is soft and squishy, so it's good that your skull helps protect your brain.

(Show brain model)



Different parts of your brain let you think, talk, hear, move, see, taste, and smell. Your brain helps you choose the good foods you eat everyday.

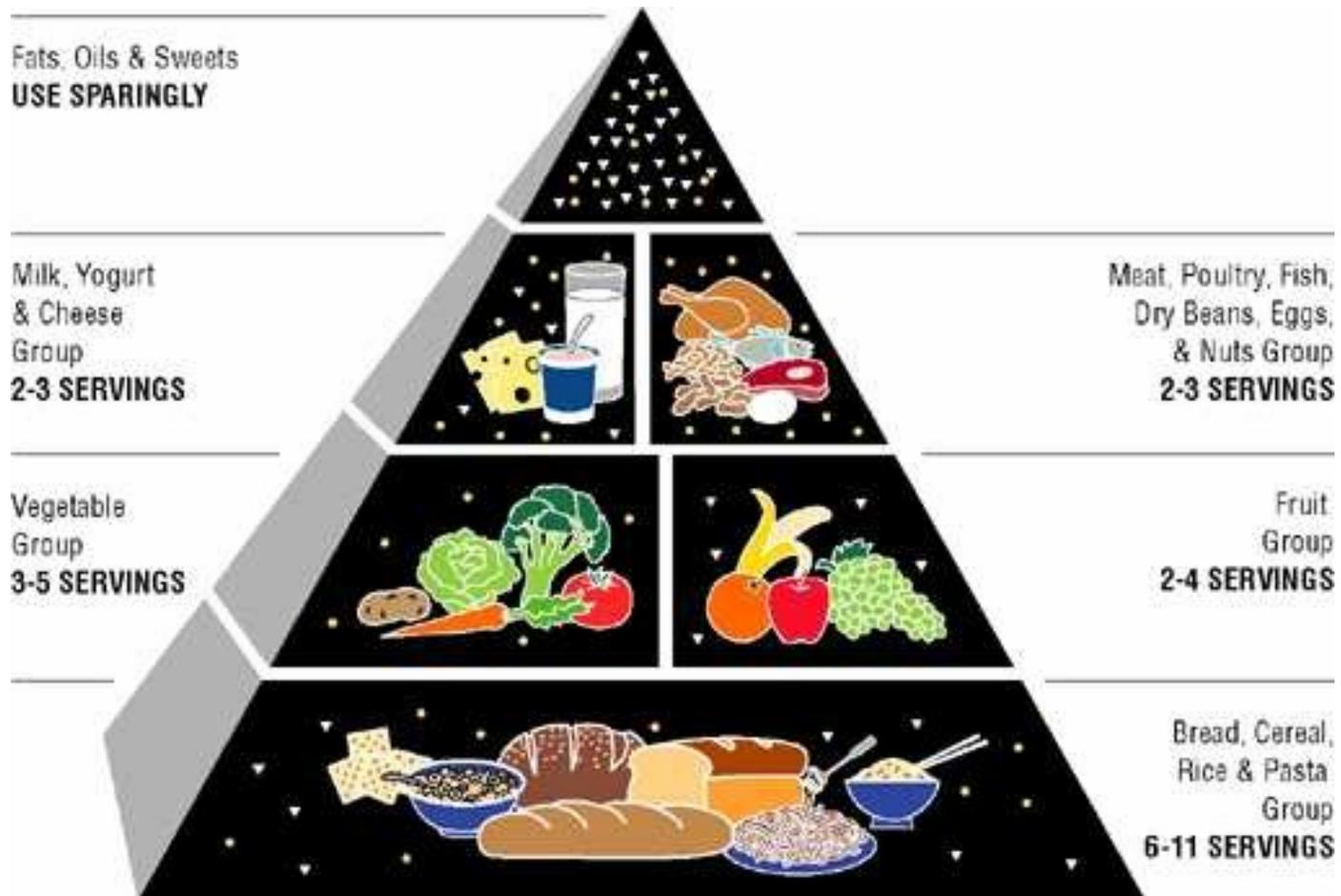
(Show Food Guide Pyramid on flipbook and tell the five main Pyramid groups along with the recommended servings. Point out that the tip of the Pyramid is fats and sweets)

Is it OK to have foods from the tip?

Yes, but they should be limited.

Look at these foods.

(Hold up plastic food models. If time allows, kids may touch food models.)



Do you eat about this much? Each of these (except double scoop of ice cream) = 1 serving from the Pyramid.

(Emphasize importance of eating at least 1 whole serving of fruits, vegetables and milk at meals)

(Probably the portion sizes they eat of some foods are larger – like many restaurants super-size pasta, ice cream, etc.)

When you super-size your meal, you're eating too much.

(Ask students to return plastic food models to plastic bin.)



How many of you eat breakfast?

(Wait for responses.)

Breakfast is important because it gives your brain energy to “jump start” your day. By breakfast time, it’s already been about 12 hours since you last ate. Your body needs food for energy to think during the morning at school.



Power Panther™ tells us to Play Hard. Kids your age need at least 1 hour of physical activity every day.

Power Panther™ is checking his watch to be sure he's getting an hour of physical activity.

Being physically fit and physically active reduces the risk of certain diseases, makes our bones grow stronger, helps us grow bigger muscles and keeps our bodies from storing too much fat.



We've talked about Eating Smart and Playing Hard to help our brain. What else can we do to protect our brain?

(Wait for answers.)

(Show bicycle helmet.)

Always wear a helmet when you play hard. A helmet protects your brain from injury.

We're ready to leave the brain. At the next station you'll get a food tag.

Station 1 – Brain

End Here



EAT SMART. PLAY HARD.™
Protein and Nutrition Essential. LIFES.