

Station 2 – Food Tags

Start Here

(Give each student a food tag. There are 5 different colors of food tags. Be sure that within the group all 5 colors are given to students.)

I'm giving each of you a food tag. Please keep it with you throughout the *Body Walk*. The food tag will tell you what food you are as you travel through the digestive system.

Today we're going to see what happens to the foods you eat.



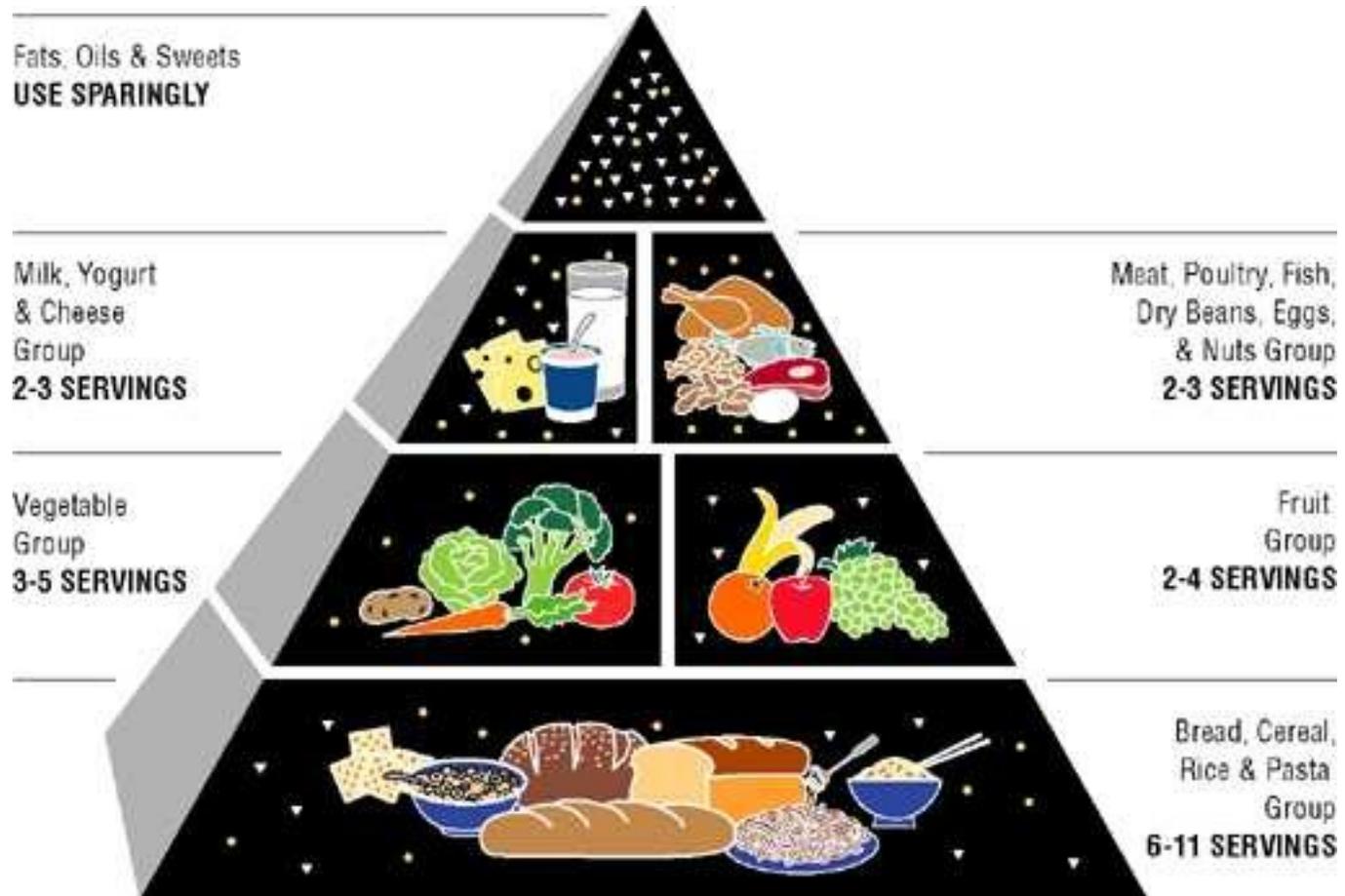
Each of you will be a food from one of the five Pyramid groups.

What are those Pyramid groups? (*Wait for responses.*)

- **Grain group (bread, cereal, rice, pasta)**
- **Vegetable group**
- **Fruit group**
- **Milk, yogurt and cheese group**
- **Meat, poultry and fish group**

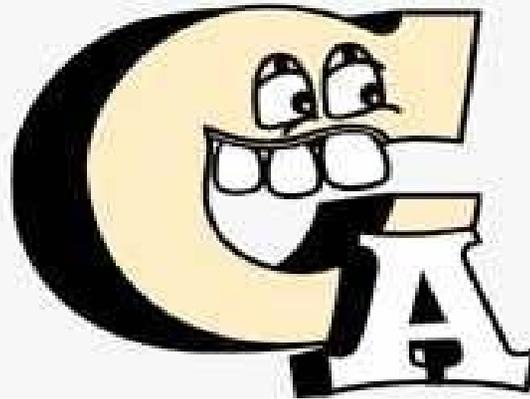
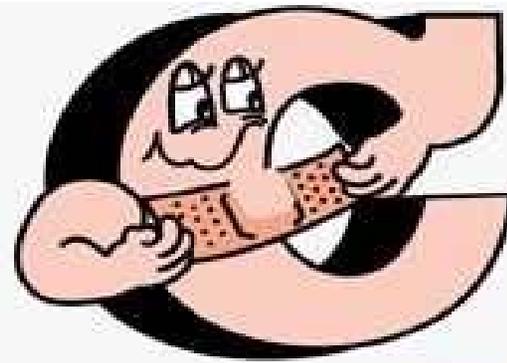
Fats, oils and sweets are at the tip of the Pyramid.

Foods from this group should only be eaten once in a while.



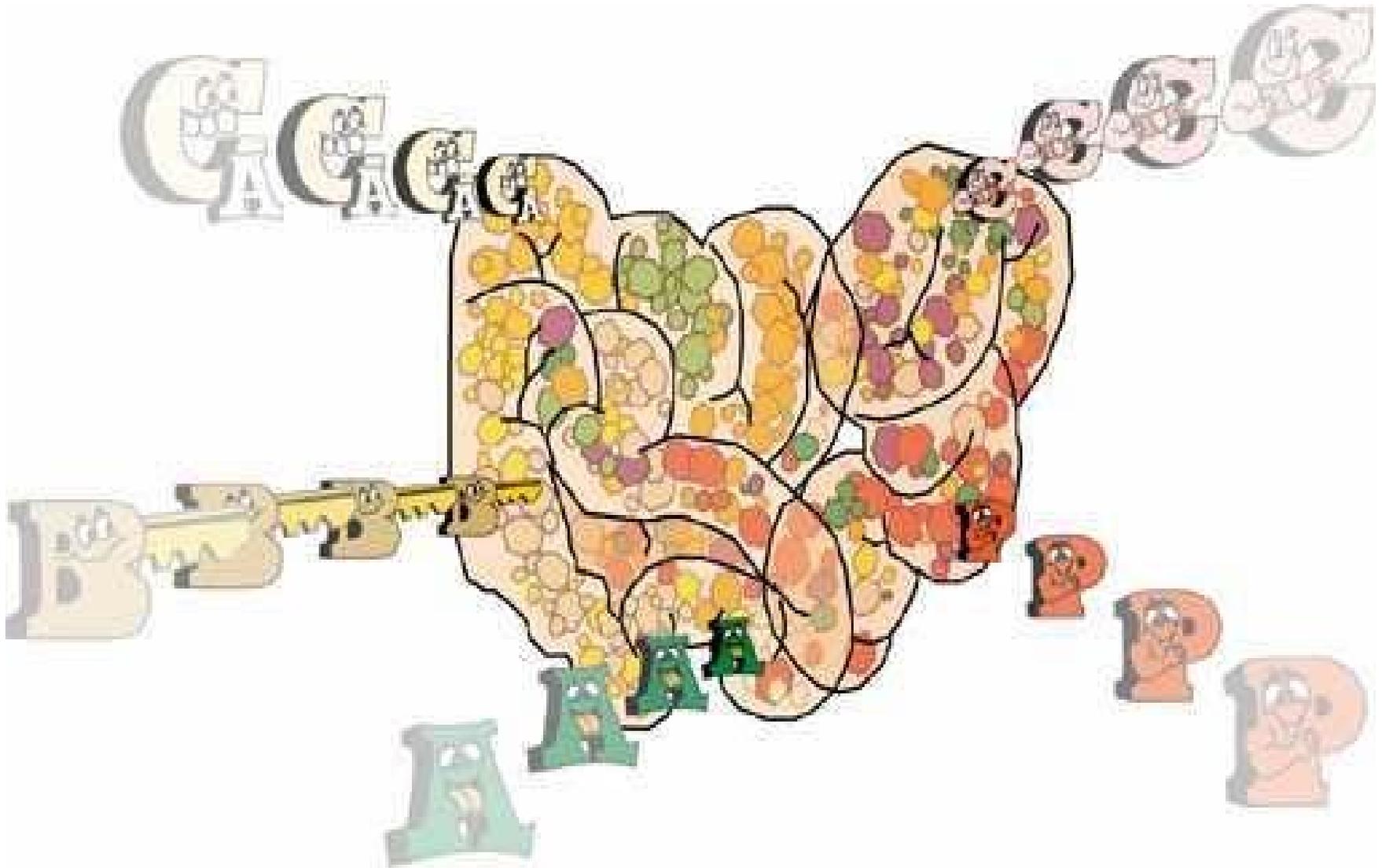
Look at your food tag. There is a nutrient symbol that tells you one of the major nutrients in that food.

- If you have a **tan** tag, you are a grain.
- Tags that are tan have a “B” on them for vitamin B. Vitamin B helps unlock the energy in your other foods.
- If you have a **green** tag, you are a vegetable.
- Tags that are green have an “A” on them for vitamin A. Vitamin A helps us see well.
- If you have an **orange** tag, you are a fruit.
- Tags that are orange have a “C” on them for vitamin C. Vitamin C helps heal cuts.
- If you have a **white** tag, you are a dairy product.
- Tags that are white have a “CA” for calcium. Calcium helps us build strong bones and teeth.
- If you have a **red** tag, you are from the meat group.
- Tags that are red have a “P” on them for protein. Protein helps us build strong muscles.

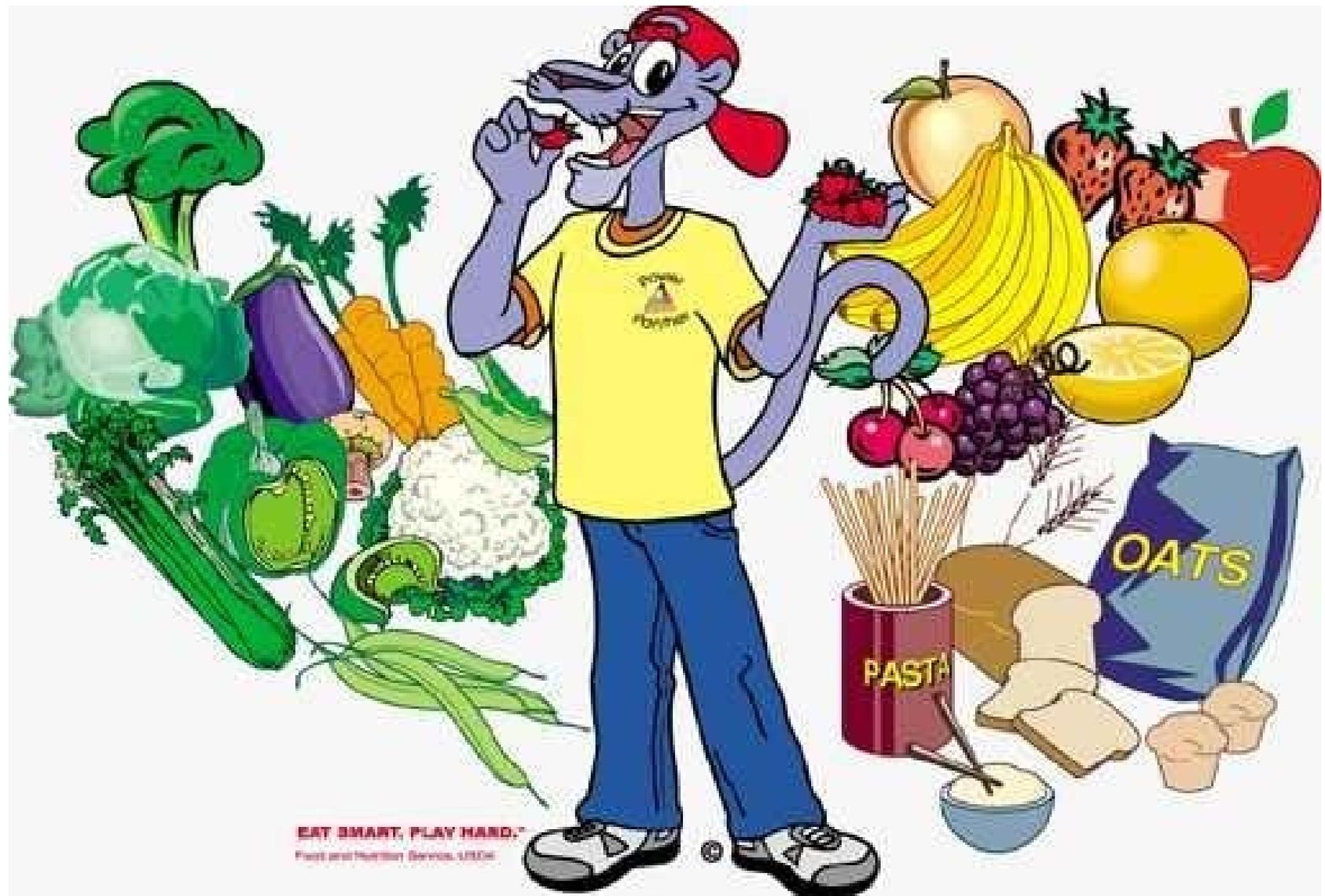


Now that you have your food tag, let me tell you about your trip through the body. In the mouth you will get chewed and swallowed and go down the esophagus to the stomach.

But we're just pretending! ---You won't really get chewed and swallowed! In the stomach you'll mix with digestive juices and break into smaller parts. In the small intestine you'll become a tiny, tiny part called a nutrient and be absorbed into the bloodstream. After you're in the bloodstream, you'll be able to visit the heart, lungs, bones, muscles and skin.



We're going to learn why it is important to make wise choices to keep us healthy, like eating right and being physically active. Watch for pictures of Power Panther™ as you go into all parts of the body. The Power Panther™ motto is **EAT SMART. PLAY HARD.™** Let's say it together. **EAT SMART. PLAY HARD.™**



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We have five senses. What are they?

(Wait for responses.)

Touching Seeing Hearing Smelling Tasting

Each of these five senses is important. Each of them helps us make wise choices.

One of the 5 senses is tasting. Do you know how you taste your food?

(Wait for responses.)

We have taste buds on our tongue that tell us when foods are salty, bitter, sweet and sour.

At each of the body stations you'll be visiting, there will be someone to tell you about that body part. Please listen quietly and be respectful to the presenters and each other. The next stop in the *Body Walk* will be the mouth. As you enter the mouth, look at the tongue on the floor.

