

Station 11 – Pathway to Life Start Here

You are in the Pathway to Life station!

Some of the things you learned in the brain were:

- Always wear a helmet when you play hard, and
- Choose a variety of foods from the Food Guide Pyramid

When you are hungry, can your stomach growl?

YES! Your stomach also tells you when you are full. It's important to choose the right amount of food at each meal and not eat too much or too little.



**Choose a variety
of food!**

How many glasses of milk do you need each day? - 3 glasses.

Why do you need to drink milk? - It gives you strong bones and teeth.

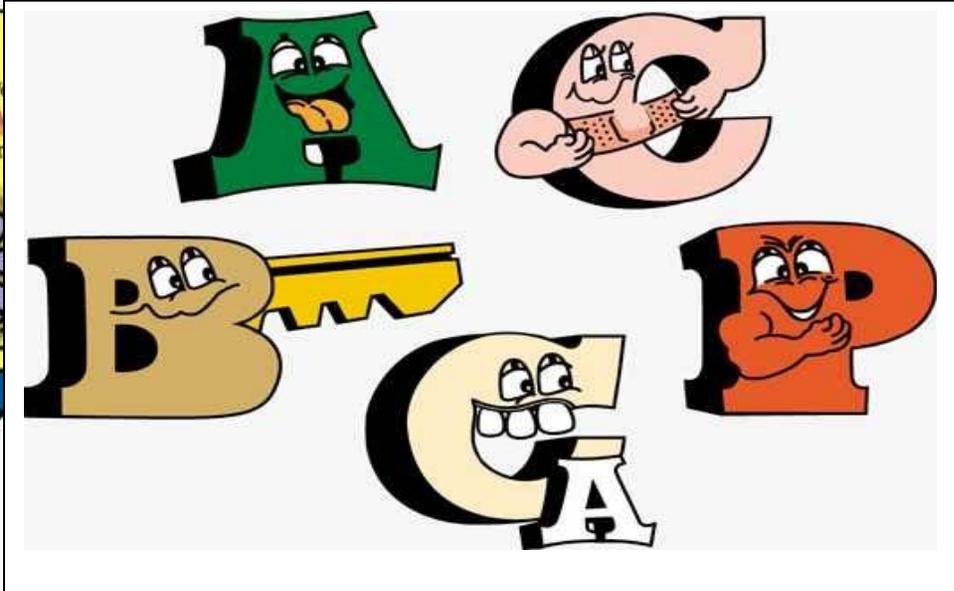
You also learned that tobacco products hurt your mouth, teeth and gums.

What else is important to do to keep your mouth healthy? - Brush and floss.



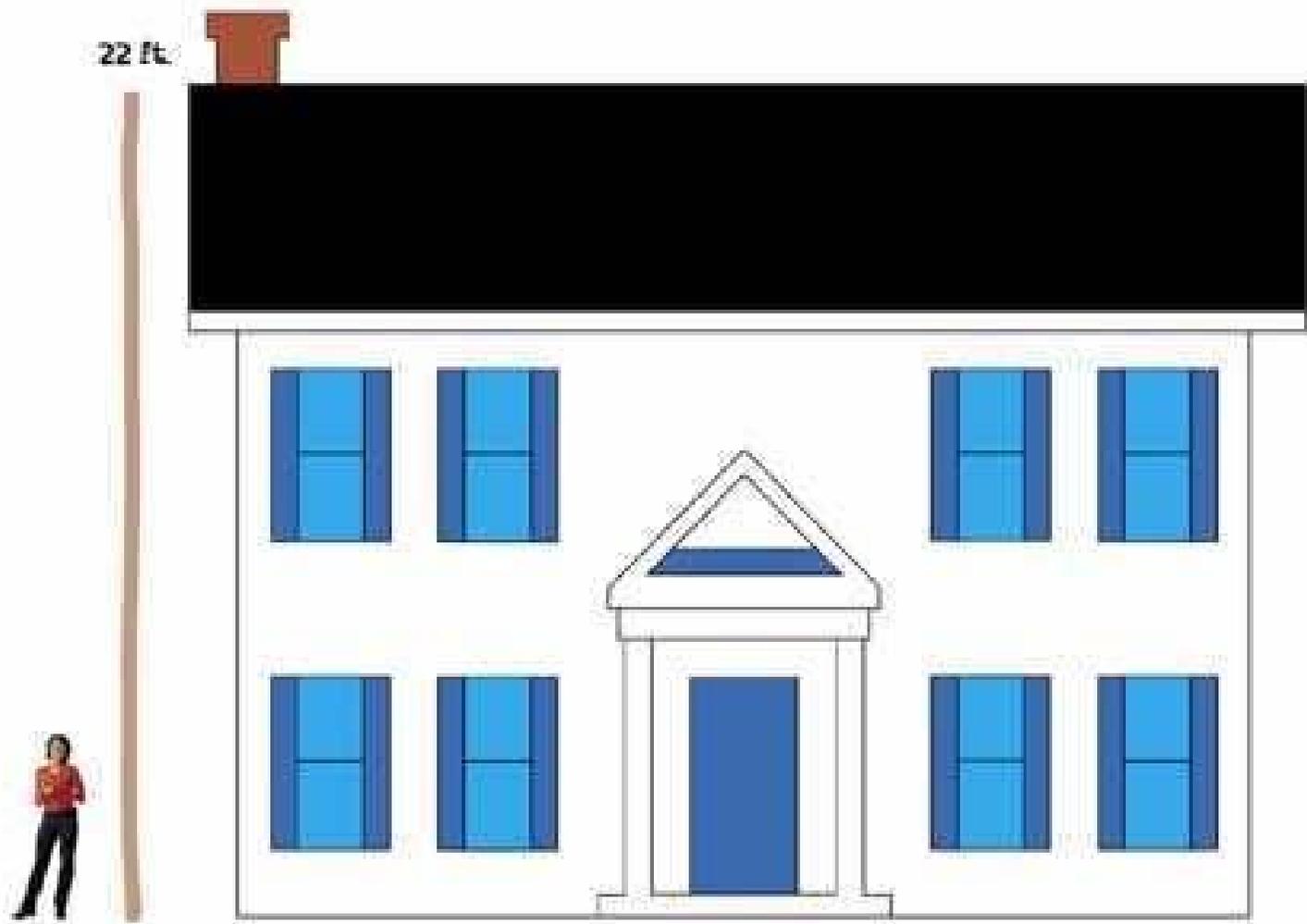
When you were in the stomach, you talked about the important nutrients you get from different groups in the Food Guide Pyramid.

You also learned that food is broken into smaller pieces in the stomach.



EAT SMART. PLAY HARD.™
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In the small intestine the food becomes even smaller pieces called nutrients. How long is your small intestine?
Approximately 20 feet



It is important to eat fiber and drink a lot of water to keep you healthy. How many glasses of water should you drink each day? - 8 glasses

Small Intestine

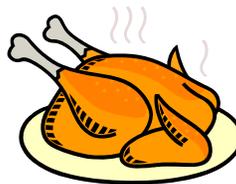


Power Panther™ is reminding you of some heart healthy foods.

Here's Power Panther™ using a pulse stick just like you did in the heart!



Pulse Stick



In the lungs you learned that to have healthy, pink lungs, it's important to not smoke. You need to breathe in as much fresh, healthy air as you can.

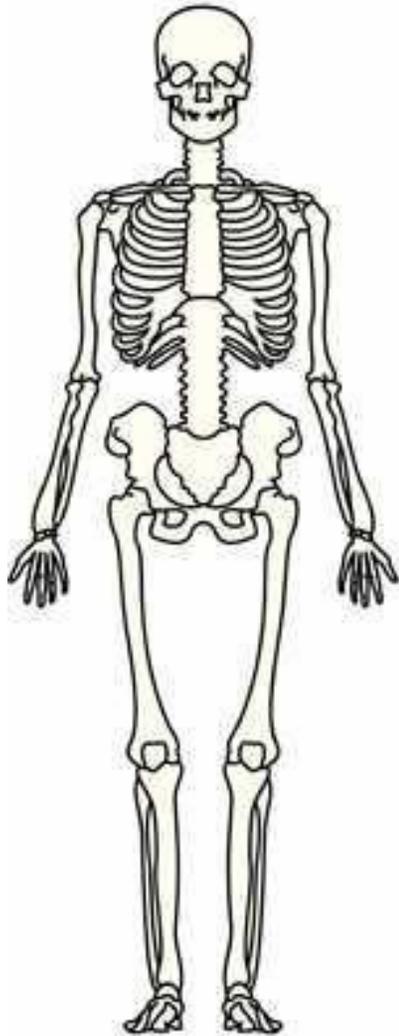
What color will your lungs turn if you smoke? - Black, gray, or brown



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We get calcium from drinking milk and eating dairy products. Calcium helps us build strong bones and teeth.

Exercise also strengthens our bones. How much exercise do we need each day? - 1 hour



Power Panther™ is showing you his strong muscles.

Foods from the meat group help build muscle. What is the nutrient we get from the meat group?

It starts with a P.....protein.

Muscles



Power Panther™ is showing you his smooth, healthy skin.

Why is it important to wash your hands? -To get rid of the germs.

The two most important times to wash your hands are before you eat and after you use the restroom.

Power Panther™ always uses sunscreen when he goes outdoors.

Did you enjoy your Body Walk today?

**Station 11 – Pathway to Life
End Here**

"ooo
...Smooth"

