

- - - Introduction

Welcome to the *Body Walk*

The purpose of the *Body Walk* project is to engage teens in promoting lifetime healthy eating and physical activity to elementary-level students in their district and/or community. This teens-teaching-kids initiative involves students and educators working together to design and assemble a walk-through exhibit of the human body. Teens mentor elementary students who travel with them on the *Body Walk* tour, engaging them in educational activities at each station.

The *Body Walk* Experience



Students tour the human body exhibit with Power Panther™ graphics as their guide. Power Panther™ is the mascot of the USDA Food and Nutrition Service. Throughout the exhibit, students will learn how to apply the Power Panther™ slogan:

EAT SMART. PLAY HARD.™

At each of the *Body Walk*'s eleven stations, a peer educator engages the students in a five-minute activity focused on healthy choices. The tour begins when students, in groups of eight to ten, enter the brain station of the exhibit. At the brain station, students experience "brain waves" and learn about brain function. After they leave the brain, the students are each given a tag designating them as a food, such as a carrot, orange, or piece of cheese. The "foods" step into a larger-than-life mouth, are "swallowed" through the esophagus tunnel, and move into the stomach. From the stomach, the students travel through the small intestine where they are "absorbed" into the blood. Then they follow the path of the nutrients to the heart, lungs, bones, muscles, and skin stations. Students leave the body through a cut in the skin and proceed through Power Panther's™ Pathway to Life. This final station recaps key health concepts from each of the ten previous stations. This exciting tour of the body provides children with a memorable way to build health behavior skills.

Body Walk Materials Include:

1. The *Body Walk* manual. This includes a timeline/checklist to prepare for the *Body Walk* event, station scripts, and suggestions for designing and constructing the exhibit.
2. "Traveling Trunks." These are *Body Walk* props and flipbooks (which include graphics and scripts) available for loan through the Illinois NET Loan Library.
3. CD-ROM. This provides student classroom activities, the *Body Walk* Manual and additional materials.