
Chapter 1

Introduction



Eat Smart. Play Hard.™

Food and Nutrition Service, USDA

EAT SMART. PLAY HARD.

Welcome to...



**An Exciting Educational Exhibit for
K-5 Students**

**Body Walk is about learning to
EAT SMART. PLAY HARD.**

- It's a great opportunity for students to learn about the importance of making healthy food choices and being physically active.
- It's an exciting tour of the human body featuring engaging, experiential, educational activities.

Body Walk will be visiting your school soon!

Please read the information in this *Body Walk School Manual*.

Questions or Comments?

If you have general questions/comments about Body Walk, or specific questions about the Body Walk visit to your school (arrival time, set-up questions, etc.), please contact:

Kathy Childress
Body Walk Coordinator
785-291-3605
kchildress@ksde.org



For more information...

www.bodywalk.org

What is Body Walk?

Body Walk consists of:

- a 35-foot by 40-foot walk-through exhibit representing the human body,
- classroom activities for use prior to and following the students' walk through the exhibit,
- a take-home book for students to read with their families,
- a list of additional nutrition education resources, and
- information to help publicize the event and communicate with the media.



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

EAT SMART. PLAY HARD.

Why Was Body Walk Developed?

Because Our Children are Flunking Eating...

There is a critical need to address good nutrition and other healthy lifestyle choices. Among American kids:

- Only 2% meet all recommendations of the Food Guide Pyramid.
- 16% do not meet ANY of the recommendations of the Food Guide Pyramid.
- Less than 15% of school children eat the recommended servings of fruit.
- Less than 20% eat the recommended servings of vegetables.
- About 25% eat the recommended servings of grains.
- Only 30% consume the recommended milk group servings.
- About two-thirds eat more fat than is recommended.

Lifestyle choices made at early ages have a direct impact on adult health. Students need to learn about healthy lifestyle choices and to avoid behaviors that have an adverse impact on adult health. Healthy eating and physical activity are important life skills that help children grow and prevent them from developing health problems, such as obesity, later in life. Obesity in youth often carries over into adulthood contributing to the development of many chronic diseases including heart disease and diabetes. Teachers need additional resources to increase nutrition knowledge and improve eating skills of elementary school students. Body Walk can help meet these needs.

As a Result of Body Walk...

- Schools will use the Body Walk exhibit and its related materials to give children repeated opportunities to practice healthy behavior skills.
- Children will learn about the digestive system by walking through the exhibit.
- Children will remember the exhibit because of the active learning.
- Nutrition, health and physical activity will be linked to help reinforce positive health behaviors and raise the value placed on health.
- Children's eating and health behaviors will improve through learning skills needed to practice lifelong healthy behaviors.
- There will be a greater awareness among parents, school personnel, and community members of the importance of teaching children to practice healthy behaviors.