

**EAT WELL, PLAY WELL**  
**A TRAVELING EXHIBITION**  
**(1,500-2,000 sq. ft.)**

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**EXHIBIT DESCRIPTION**

What is in the food we eat? Are fruits and vegetables important? Can everyday activities burn calories? Families, children and school groups will find the answers to these questions by exploring nutrition and fitness in ***Eat Well, Play Well***. This highly interactive exhibit encourages healthy living by teaching the science of making healthy food choices and helping children and adults discover there are many fun and interesting ways to stay active. Visitors will discover what an appropriate serving size looks like, see firsthand what it takes to burn off calories, test their flexibility and balance, review the latest clinical research and realize that they can reduce their risk of disease with healthy choices that are within their reach!

This 1,500-2,000 sq.-ft. exhibit features hands-on components that appeal to children and families and has bilingual (English/Spanish) text panels.

**DINNER THEATER**

Children are just beginning to learn about nutrition and how different foods affect their bodies in different ways. The Dinner Theater encourages families to explore food and its effects on the human body through creative, open-ended play. Visitors use colorful foods to perform their own plays about the nutrients found in fruits and vegetables. Placemats at the dinner table give visual clues about how healthy foods affect the body. For example, carrots contain vitamins that help us see and bananas help our hearts. By putting on a Dinner Theater production, visitors can teach their audience why they need to eat a balanced diet.

**SUPERMARKET NUTRITION**

Enjoy a new spin on the mini-grocery store! Visitors can scan the groceries they would need to make a healthy, balanced dinner for their family. Once they've finished scanning the food items they've chosen, visitors can total their purchase. Instead of giving them a price, the computer offers visitors feedback about their food choices and information about how to create a balanced meal. Families learn what their best food choices will be when they visit a real grocery store.

**EAT A RAINBOW**

At this large puzzle, young visitors place cutouts of fruits and vegetables in the corresponding colors of the rainbow. Children learn that it's important to eat fruits and vegetables from each color group.

### **HUNGER SIGNALS**

At this computer interactive, the visitor guides a character through a day of eating snacks and meals. The visitor encounters decision points along the way and must make the choice whether or not to eat. To guide their responses, hunger and feelings meters give the visitor information about how their computer character is feeling. The visitor will learn that it is best to eat for energy, or because they're hungry, and not because they're feeling bored, lonely, or depressed.

### **CALORIES IN, CALORIES OUT**

In this full-body interactive, visitors compare how long it takes to burn off the calories of various snacks. Visitors pedal a hand cycle and then choose from five different foods. Important information, including how many calories they've burned, how long they've been pedaling, and how much longer it will take to burn off their chosen snacks, will appear on the computer screen. The visitor learns that it takes a lot of exercise to burn off the calories from junk food compared with healthier choices and that in order to maintain a healthy weight, calories in have to be balanced with calories out.

### **ADVERTISING DETECTIVES**

Visitors learn about the tricks that advertisers use to try to manipulate them into buying their products. Print ads for food appear on a computer screen and after a button is pushed, "thought bubbles" containing food- or disease-related facts pop up in front of the ad. Visitors learn to look at food ads critically and to avoid being manipulated by the fun messages being portrayed.

### **SIZING UP SERVINGS**

In this challenging game, visitors attempt to guess the correct serving sizes for various foods by matching them to everyday objects. For example, a deck of cards equals one meat serving and two dice equals one cheese serving. Comparing serving sizes to everyday objects gives visitors a helpful reference tool to use when preparing and eating meals and snacks.

### **VEGGIE POWER**

What are the benefits of increasing the number of servings of fruits and vegetables you eat every day? As visitors turn a dial to increase their daily intake of fruits and vegetables, messages about appropriate amounts and their benefits appear on a large graphic of the human body. The visitor will discover that eating many servings of fruits and vegetables every day may help prevent certain diseases.

### **LIQUID CALORIES/SHAKING THE SALT HABIT**

On a wall of soda cans representing the number of sodas consumed in six months by the average American, visitors compare two graphs that illustrate the increase in obesity rates and soda consumption over time. A graphic representing the amount of sodium the average American consumes in one year is also depicted, as well as information about which foods contain the most sodium and its harmful effects on the human body.

### **READING LABELS**

Reading and interpreting nutrition labels in the grocery store can be a daunting task. Visitors will be introduced to an oversized, color-coded label that explains the nutrition information in the product. Visitors will be asked to compare the nutrition labels from different products and answer questions such as “Which product has the most calcium?” and “Which item has the most fiber?”

### **ADDED INGREDIENTS**

How much fat, sugar, and sodium should a person eat in one day? The visitor opens doors on several shadow boxes that look like food products, revealing test tubes full of some of the ingredients in the product inside. They can read about the specific ingredients in each item and how they affect the human body. Visitors can compare the amounts in each product to the amounts they actually should be eating each day. You may be shocked to learn how much sugar, fat, and unhealthy substances are in your favorite foods.

### **FUEL YOUR BODY**

Using the analogy of their body as a car, visitors choose from a variety of breakfast foods to fuel their car. Visitors then “race” their cars against each other at two stations. Each car will move forward a certain distance depending on the visitor’s food choices. If their car does not make it to the finish line, messages will appear telling the visitors that, like cars, their bodies need fuel, such as protein and fiber, to have enough energy to make it through the day. They will be encouraged to try again—this time choosing food items they feel will give them the right amount of energy to finish the race. Visitors will learn why breakfast is the most important meal of the day. According to clinical research, the benefits of eating breakfast include performing better in school and at work and lowering the risk of obesity.

### **ANIMAL MOTION**

At this interactive, children are encouraged to get out on the dance floor and hop like a bunny, walk like an elephant, run like a cheetah, or just dance around to the fun music. A variety of different animal costumes are provided for children to dress up and move like their favorite animal.

### **BALANCING ACT**

Step right up and test out your balancing skills. Visitors step onto a circular balance board and a timer shows how long they can stay balanced. Visitors can challenge themselves and others to balance competitions and try to improve their time. They will learn that good balance is important for people of all ages because it enables them to perform daily activities such as walking, picking up objects, and even standing!

### **BE FLEXIBLE**

Is stretching that important? The answer is YES! Visitors can take the classic sit and reach test to determine their flexibility level and compare it to a graph of other average scores to see where they rank. Information and examples will be given about how to develop better flexibility and why it is important.

### **THE POWER OF EXERCISE**

Visitors can become the scientist and review clinical research studies. As they press buttons to increase activity levels, light up messages pop up showing that exercising regularly can prevent or delay certain diseases.

### **SPORTS NUTRITION FOOD: FACT & FICTION**

Energy and sport drinks, as well as energy and protein bars, are advertised as necessary items to help you perform better. However, many of these products contain extra things that your body does not need such as added sugar. Visitors can spin tumblers to learn healthy alternatives to replace electrolytes and get energy.

### **HOP TO HEALTHY BONES**

Visitors can test out their jumping ability at this electronic jump rope game. Lighted tubes simulate a jump rope and visitors must hop when the lights reach the bottom of the jump pad. Visitors can try out three different difficulty levels and attempt to reach a specified number of jumps to successfully complete the game. Once they are finished, visitors can review a clinical research study and learn how jumping builds bone for life.

### **MOVING TO A HEALTHIER LIFE**

At this computer interactive, visitors follow an animated family through a typical week. At certain decision points, the visitor will choose from four different options of changes to help the characters incorporate more activity in their daily lives. Visitors will see that with a little bit of creativity, they can make small daily changes that will help them stay at a healthy weight and improve their life.

### **SCREEN TIME**

Did you know that TV watching burns fewer calories than resting? Visitors are asked to add up the number of hours they spend each day playing video games, watching TV and movies, and using a computer for fun. They turn a wheel that reveals how daily screen time adds up on a yearly basis, along with an interesting factoid or statistic relating to the amount of time spent.

### **TEST YOUR STRENGTH**

How many push-ups can you do without resting? How many sit-ups can you do in a minute? How long can you hold a wall squat? What is your grip strength? Visitors can find out the answers to the questions by doing push-ups, sit-ups, wall squats, and grip strength tests. Visitors can rotate through the different stations, perform the challenges, and then compare their results to the national averages.

### **USING ENERGY**

You don't have to run a marathon, play sports, or lift weights to exercise. You can burn calories through everyday activities, such as housework, gardening, and dancing. Visitors are challenged to match up sports activities with everyday activities that burn the same amount of calories.