

Eat Well, 
Play Well 
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Come Bien, Juega Bien

EAT WELL, PLAY WELL
A TRAVELING EXHIBITION
(400-600 sq. ft.)

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 400-600 sq.-ft. exhibit features hands-on components that appeal to children and families and has bilingual (English/Spanish) text panels.

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!

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.

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.

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.

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.

HEALTHY CHOICES

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.

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.

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