



EVERY BODY EATS
A TRAVELING EXHIBITION
(400 sq. ft.)

EXHIBIT DESCRIPTION

What is in the food we eat? Is breakfast really that important? Are you eating enough fruits and vegetables? Families, children, and school groups will find out the answers to these questions and more in **Every Body Eats**, a highly interactive exhibition that explores nutrition and teaches the science of making healthy food choices. Visitors will see what it takes to create a balanced meal, scan items at a mini-supermarket, and find out what an appropriate serving size looks like. They will review clinical research and realize that healthy choices are within their reach.

This 400-sq.-ft. exhibit features hands-on interactives that appeal to children and their 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 hand puppets and artificial 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.

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.

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.

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