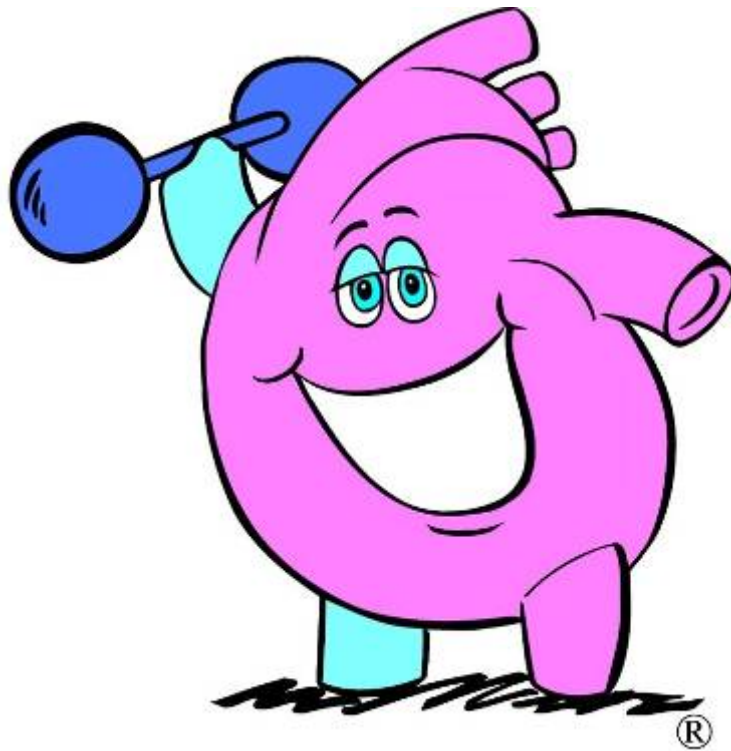

Chapter 1

Introduction



Body Walk was developed by Kansas State Department of Education Nutrition Services and adapted for use by the University of Arkansas Division of Agriculture Cooperative Extension Service.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The SNAP Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local County Extension Service office or the Department of Human Services Food Stamp office.

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Welcome to...

BODY WALK

An Exciting New Educational Exhibit
for Kindergarten-4th grade Students

**Body Walk is about learning to
Be Smart from the Inside Out!!**

- 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, interactive educational activities.

Questions or Comments?

If you have general questions/comments on Body Walk, please contact:

Your County Extension Office
www.uaex.edu



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

Jessica Vincent
Phone: 501-671-2292
E-mail: jvincent@uaex.edu

What is Body Walk?

Body Walk consists of:

- a 30-foot by 36-foot walk-through exhibit representing the human body.
- classroom activities for use before and after the students' walk through the exhibit.
- a take-home activity book for students to read with their families.
- a list of additional nutrition education resources.
- information to help publicize the event and communicate with the media.



Students tour the human body exhibit with the OrganWise Guys as their guides.

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:

- Less than 15 percent of school children eat the recommended servings of fruit.
- Less than 20 percent eat the recommended servings of vegetables.
- About 60 percent of kids in Arkansas are not meeting current physical activity recommendations.

Students need to learn how to make healthy lifestyle choices and how to avoid behaviors that can 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 later in life. For example, 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.
- Linking nutrition, health and physical activity will help reinforce positive health behaviors and raise the value of health.
- Children will learn 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.