

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.
- Linking nutrition, health and physical activity will 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.