

CHAPTER 1

INTRODUCTION



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What is Body Venture?

Why was Body Venture Developed?

As a Result of Body Venture...



Welcome to...



An Exciting Educational Exhibit for K-5 Students

Body Venture is about learning to

EAT SMART. PLAY HARD.

- 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, experiential, educational activities.

Body Venture will be visiting your school soon!

Please read the information in this Body Venture School Manual.

Questions or Comments?

If you have general questions/comments about Body Venture or specific questions about the Body Venture visit to your school (arrival time, set-up questions, etc.), please contact:

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For more information, visit www.bodyventure.org

WHAT IS BODY VENTURE?

Body Venture consists of:

- a 45-foot by 50-foot walk-through exhibit representing the human body,
- classroom activities for use prior to and following the students' tour through the exhibit,
- a take-home book for students to read with their families,
- a list of additional nutrition education resources and
- information to help publicize the event and communicate with the media.

Students tour the human body exhibit with Power Panther graphics as a guide. Throughout the exhibit, students will learn how to apply Power Panther's motto:

**EAT SMART.
PLAY HARD.**



WHY WAS BODY VENTURE DEVELOPED?

“Because of the increasing rates of obesity, unhealthy eating habits and physical inactivity, we may see the first generation that will be less healthy and have a shorter life expectancy than their parents.”

- Richard Carmona, Former US Surgeon General

- One in four children in Kansas is now overweight or obese.
- Life expectancy of this generation’s children may be less than that of their parents.
- Children are undernourished but overfed with foods high in sugar and fats.
- Quality and quantity of daily activity has declined.

There is, however, a positive relationship between the consumption of school meals and children’s intake of key food groups at breakfast and lunch.

Lifestyle choices made at early ages have a direct impact on a person’s health in adulthood. Students need to learn about making healthy lifestyle choices and to avoid behaviors that have an adverse impact on adult health. Approximately 2/3 of the adult population in Kansas is overweight or obese. 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 can benefit from additional resources to increase their knowledge of nutrition and, in turn, help students make healthy food choices. Body Venture can help meet these needs.



Childhood obesity has more than tripled in the last 30 years.

Eating Behaviors of Young People...

Most U.S. youth:

- Do not eat the recommended fruits and vegetables each day
- Do not eat the recommended amounts of whole grains
- Eat more than the recommended daily intake of sodium

Empty calories from added sugars and solid fats contribute to 40% of daily calories for children and adolescents aged 2-18 years, affecting the overall quality of their diets.

Childhood obesity has more than tripled in the last 30 years.

Adolescents drink more full-calorie soda per day than milk.

