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](http://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.
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.
AS A RESULT OF BODY VENTURE...

- Schools will use the Body Venture exhibit and its related materials to give children repeated opportunities to practice healthy behavior skills.
- Children will remember the exhibit through active learning and bold, colorful body graphics.
- Nutrition, health and physical activity will be linked to help reinforce positive health behaviors and raise the value placed on wellness.
- Children’s eating and health behaviors will improve as they learn skills that are 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.