Exhibit Descriptions

Each of the *Every Body Eats* exhibits is designed to be fun, interactive, and educational. The descriptions below outline the activities and key messages for each exhibit component.

**Dinner Theatre**
The Dinner Theatre features a dining table with instructional placemats, food puppets, human puppets, and chairs. The exhibit encourages young visitors to engage in open-ended play with other visitors. Young children and their caregivers can use the puppets to create stories revolving around eating fruits and vegetables. Copy on the placemats tells visitors how each color of fruits and vegetables helps their bodies in a specific way, prompting constructive interactions.

*Key messages:* Healthy foods contain nutrients that help our bodies. Each healthy food contains different nutrients. Healthy foods include fruits and vegetables.

**Sizing Up Servings**
A serving is a measurement of food. Each type of food, such as fruits, vegetables, and meat, has a particular serving size. Nutrition experts recommend that each person consume a certain number of servings of a food each day, e.g., five to nine servings of fruits and vegetables. However, many people find it difficult to remember how large servings should be. This simple exhibit makes remembering serving sizes much easier. Visitors take puzzle pieces with photos of different foods and match each to an object that represents that food’s serving size. For instance, a deck of cards is the proper size of a serving of meat, while a pair of dice represents a cheese serving. If the visitor’s card is correctly placed next to its match, green lights above the puzzle piece will light up.

*Key messages:* A serving is the recommended amount of a food, while a portion is the amount that is actually served. Understanding how much of a food we should eat at one meal can help us to eat in a healthy way.

**Calories In, Calories Out**
This interactive consists of a hand-turned cycle and buttons that allow a visitor to choose from a variety of snacks. The visitor chooses a snack by pressing a button and starts to pedal the cycle. A screen in front of them gives information about the number of calories the visitor has burned while pedaling and the number of minutes left to burn off the snack. Visitors may choose an alternate snack at any time during the activity by pushing a button. The display then changes to correspond to that snack.

The exhibit provides a unique way to compare the amount of time it takes to burn off healthy snacks, such as fruits and vegetables, and unhealthy snacks, like
candy bars. Visitors learn that food gives them energy in the form of calories and that some foods contain more calories than others. They also discover that they need to burn off extra calories if they eat more than they need to fuel their body.

Key messages: In order to maintain a healthy weight, calories in and out have to be balanced. Junk foods often have more calories than healthy foods. I will need to exercise for a significant amount of time to burn off high-calorie foods. We need calories to give our bodies energy.

Added Ingredients
While many people check the ingredients before buying a food, they may have trouble visualizing the ingredients. In this interactive experience, visitors will see photos of common foods in their packages. By “opening” the “package,” they can view some of the actual ingredients in the food: vials of sugar, tubes of fat, and cylinders of sodium. They can compare these amounts to the recommended daily amounts of these ingredients in an acrylic box nearby. Visitors may be shocked to find that some of the foods contain more than half of the recommended daily amounts of added ingredients, such as sugar, in a single serving. They will also learn about some of the health problems associated with consuming large amounts of these added ingredients.

Key messages: Common foods that we eat contain large amounts of sugar, fat, and sodium. It is important to read nutrition labels to understand what is in your food.

Eat a Rainbow
This simple interactive for young children consists of an extra large rainbow puzzle. Children can place puzzle pieces shaped like fruits and vegetables in the proper color section of the rainbow while learning that these healthy foods come in many colors and variety is essential. An extra feature of this component is revealed when children take the pieces out; inside they will find a photo of the cross-section of the fruit or vegetable. This exhibit also helps introduce children to fruits and vegetables they may not have seen before. Information for parents in the exhibit gives helpful tips for introducing children to new foods. Eating a variety of foods is important for maximal nutritional benefit as each food contains different vitamins, minerals, and antioxidants that are important for preventing disease and maintaining health.

Key messages: People should eat a variety of fruits and vegetables to be healthy. Fruits and vegetables of a similar color help our bodies in the same ways. Fruits and vegetables of different colors help our bodies in unique ways.

Fuel Your Body
This exhibit uses the analogy of racecars fueling up for a race to teach visitors about the importance of eating a healthy balanced breakfast. Two visitors can choose from a variety of breakfast foods by pushing buttons at individual stations to make their choices. They are prompted to choose a breakfast similar to the
one they ate that morning. When the visitors have made their choices, they press a button to start the "race." Two racecars move along a track above in response to the choices. If the visitors chose a healthy balanced breakfast that included protein and fiber, the car will make it to the finish line with a congratulatory message. If the breakfast was not balanced, the visitors will receive an onscreen message telling them how they can improve their breakfast next time. If they did not make it to the finish line, visitors are encouraged to try again, this time making choices that he or she thinks will create a healthy breakfast.

_Please note: The key messages below are visualized in the original document with corresponding images._

**Key Messages:** Our bodies need the right amounts of protein, carbohydrates, and fruits/vegetables to have energy to make it through the day. Our bodies are like cars; they cannot run without fuel. Breakfast is the most important meal of the day.

**Reading Labels**

Nutrition Facts labels can be a challenge to interpret for even the most nutrition-savvy consumer. This exhibit component promotes nutrition label literacy by explaining each part of the Nutrition Facts label and then quizzing visitors to enable them to practice their skills. A larger-than-life Nutrition Facts label includes color-coded sections to help visitors understand the breakdown of information presented, including vitamins, calorie content, and nutrients that should be limited. At each of four stations, visitors view three products and their Nutrition Facts labels. Visitors are presented with a question, such as “Which product contains trans fats?” and they must compare and interpret the labels to find the answer. Flip doors reveal the correct and incorrect answers and give more information about the nutrients.

**Key messages:** Nutritional labels give a variety of information, such as calories, fat, and amounts of certain vitamins. In order to make healthy choices, it is important to read nutritional labels.

**Advertising Detectives**

Many nutrition educators mention media literacy as one of the most important skills available for assisting children and adults in making healthy nutritional decisions. In this exhibit component, visitors view print ads on screen and push a button to reveal the “hidden messages” behind the ads. The exhibit teaches visitors to look beyond the surface of the ads to the real story behind the product. Are advertisers trying to evoke a certain emotion with their ads? Will eating a certain food give you a particular image? Visitors will learn how to read between the lines and decide for themselves.

**Key Messages:** Food advertisers only give one side of the story, and this side of the story is often exaggerated or incorrect. Food advertisers try to manipulate people into buying their product.
Hunger Signals
This exhibit focuses on listening to the signals our bodies give us when we are deciding whether to eat and how much to eat. In this computer game, the visitor chooses a character and guides the character through a week of eating snacks and meals. Visitors are presented with decision points. Should the character eat or forgo eating for an alternate activity? Hunger meters and feeling meters help the visitor gauge the character's emotions and hunger levels and give them information they need to make a decision. The visitor will learn that there are many reasons we eat and that people are not always motivated to eat by hunger. The exhibit also sends the message that eating only when we are hungry is a healthy habit.

Key Messages: To be healthy, it is important to listen to your body's signals. It is best to eat for energy or because we are hungry not because we are feeling bored, lonely, or down. Your body will tell you when it is full and it is important to listen to this message because overeating can cause many problems.

Supermarket Nutrition
Visitors can enact a visit to the supermarket in this unique activity. Visitors choose among a variety of foods to make a meal. As they make their choices, they scan the bar codes of the foods into the "cash register." When they are finished, they “total” their “purchase.” Instead of revealing how much they owe, the computer gives feedback about the choices they made and how they might create a healthier, more balanced meal the next time. Feedback includes information about the different food groups and how important it is to eat a variety of foods at each meal. Visitors also learn which nutrients to limit and why they should increase their consumption of certain foods.

Key Messages: There are a variety of food choices at the grocery store and I can use my nutrition knowledge to make healthy choices. Eating nutritious foods will help me to be healthy. Eating some junk food is okay as long as the majority of your food is healthy.

Liquid Calories
As the rate of soda consumption has increased, so have obesity rates in the United States. Visitors can see a visual representation of this in the Liquid Calories exhibit through an interactive graph. As the visitor slides a line graph showing the increase in obesity, the graph will overlay an additional graph documenting the increase in soda consumption. Visitors will note the similarities in the lines on the graphs. Visitors can also see a graphic of soda cans representing the average amount of soda consumed by an American in six months. Questions on flip doors quiz visitors regarding their knowledge of soda consumption and soda’s main ingredient, high fructose corn syrup.

Key Messages: The types of foods we consume may be at least partially responsible for increases in obesity rates. There has been a general trend in the
U.S. toward eating less healthy food and eating greater amounts of junk food. High fructose corn syrup affects our bodies differently than other sugars.

**Shaking the Salt Habit**
Using interactive flip doors, this exhibit component tests the visitor’s knowledge about the health effects of sodium and where it is commonly found. Visitors also view a graphic representation of the amount of salt the average American eats in a year.

*Key Messages:* The types of foods we consume may be at least partially responsible for poor health. Food additives can cause health problems. Sodium is found mainly in processed foods.

**Veggie Power**
This interactive focusing on clinical research consists of a human body graphic. A visitor turns a dial to choose increasing numbers of fruit and vegetable servings. As the number of servings increases, light-up messages reveal how larger quantities of fruits and vegetables prevent disease. Visitors learn that adding just one or two servings of vegetables and fruits to their diet in a day can have a positive effect on their health. They also learn how doctors and nutritionists use clinical research to create recommendations for what we should eat.

*Key Messages:* We are learning more about nutrition every day because of clinical research. Eating fruits and vegetables will prevent some diseases. The more fruits and vegetables I eat, the lower my chances of getting certain diseases.