What is in the food we eat? Are fruits and vegetables important? Can everyday activities burn calories? Families, children and school groups will find the answers to these questions by exploring nutrition and fitness in Eat Well, Play Well. This highly interactive exhibit encourages healthy living by teaching the science of making healthy food choices and helping children and adults discover that there are many fun and interesting ways to stay active.

Visitors will discover what an appropriate serving size looks like, see firsthand what it takes to burn off calories, test their flexibility and balance, review the latest clinical research and realize that they can reduce their risk of disease with healthy choices that are within their reach!

This 800-1,000 sq.-ft. exhibit features hands-on components that appeal to children and families and has bilingual (English/Spanish) text panels.

This exhibit was made possible by a Science Education Partnership Award (SEPA) grant from the National Center for Research Resources (NCRR), a component of the National Institutes of Health (NIH).
# EAT WELL, PLAY WELL

800-1,000 sq. ft. version

<table>
<thead>
<tr>
<th>COST:</th>
<th>$7,500</th>
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<tbody>
<tr>
<td></td>
<td>3-month venue plus shipping</td>
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<th>REQUIREMENTS:</th>
<th>Minimum 800 Sq. Ft.</th>
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<tr>
<td></td>
<td>1-2 days estimated for installation and take-down</td>
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<td>120 volt 15-amp power x 4</td>
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<table>
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<tr>
<th>COMPONENTS:</th>
<th>9 bilingual exhibits</th>
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<tr>
<td></td>
<td>Including hands-on interactives, graphic panels, and text</td>
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<th>SHIPPING:</th>
<th>Shipped in one 48-53 ft. trailer (partial load)</th>
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<tr>
<th>SUPPLEMENTAL MATERIALS:</th>
<th>Instruction Manual</th>
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<tbody>
<tr>
<td></td>
<td>Marketing Kit</td>
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<td>Teacher’s Guide</td>
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<th>AVAILABILITY:</th>
<th>Beginning Spring 2012</th>
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<tr>
<td></td>
<td>Contact OMSI’s Traveling Exhibits Service at 503.797.4659.</td>
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An Interactive Exhibit
Designed and Produced by:
Oregon Museum of Science and Industry
1945 S.E. Water Ave.
Portland, Oregon 97214
503.797.4659 • www.omsi.edu