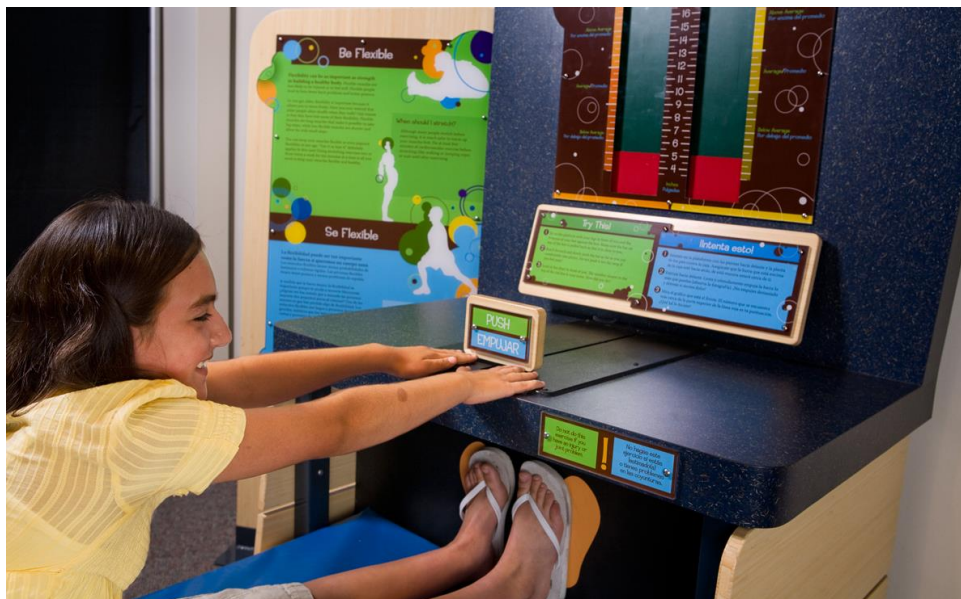


Eat Well, Play Well

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Come Bien, Juega Bien

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 bilingual 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!



Cost: \$7,500 for 3-month venue, plus shipping

Requirements: 800-1,000 sq. ft. gallery space
Minimum ceiling height 8'
110 VAC 15 amp power x 4
1-2 days estimated for installation and take-down
Space to store carts

Components: 9 bilingual exhibits, including hands-on interactives, graphic panels and text

Shipping: Shipped in (1) 48-53-ft. trailer (partial load)

Supplemental Materials: Instruction Manual
Marketing Kit
Teacher's Guide

Availability: Contact OMSI's Traveling Exhibits Service at:
503.797.4659 | travelingexhibits@omsi.edu

EXHIBITION AREAS



Balancing Act

Step right up and test out your balancing skills. Visitors step onto a circular balance board and a timer shows how long they can stay balanced. They will learn that good balance is important for people of all ages because it enables them to perform daily activities such as walking, picking up objects, and even standing!

Calories In, Calories Out

In this full-body interactive, visitors compare how long it takes to burn off the calories of various snacks. Visitors pedal a hand cycle and then choose from five different foods. The visitor learns that it takes a lot of exercise to burn off the calories from junk food compared with healthier choices and that in order to maintain a healthy weight, calories in have to be balanced with calories out.

Sizing up Servings

In this challenging game, visitors attempt to guess the correct serving sizes for various foods by matching them to everyday objects. Comparing serving sizes to everyday objects gives visitors a helpful reference tool to use when preparing and eating meals and snacks.

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

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