



October 2009

Smart Bodies Program Spotlight: The Body Walk

The Body Walk is the most visible component of the Smart Bodies Program. Students tour the human body and learn how to lead healthy lives.

At each of the Body Walk's 11 stations, a volunteer presenter engages the students in a 5-minute activity focused on healthy choices.

The tour begins when students, in groups of 8 to 10, walk through a giant ear into the brain. Inside the huge brain dome, students experience "brain waves" and learn about brain function.

After they leave the brain, the students are each given a bookmark designating them as a food, such as a carrot or a hamburger. The "foods" then step into the exhibit's larger-than-life mouth, are "swallowed" through the esophagus tunnel, and move into the stomach dome.

From the stomach, the students travel through the small intestine where they are "absorbed" by villi into the blood. Then they follow the path of the nutrients to the heart, lungs, bones, muscles, and skin. Students leave the body through a cut in the skin and proceed through the Pathway for Life, which summarizes key health concepts from each of the previous stations.

Sound fun? Call your child's school to volunteer!



BLUE CROSS AND BLUE SHIELD OF
LOUISIANA
FOUNDATION

BODY WALK



THE ORGANWISE GUYS

For program
information, please
visit our website at:

www.smartbodies.org

Get Moving in October!

It's Fall.....the air is getting cooler and the leaves are changing color and falling to the ground.

Get your kids outside! Grab a rake and gather up some leaves. It's a great and fun form of exercise, not to mention a fantastic way to clean up the yard!

After making a big pile of leaves, jump in it and start over again!

Family Fun!

With the entire family, go "exploring" outside in search of several different varieties and colors of leaves. After everyone has collected their own leaves, use your creativity to create a piece of art.

Leaves can be traced or even glued onto construction paper. Just put your thinking cap on and have some family fun!

Skeleton and Brain Dip



Ingredients

- Lettuce leaves
- 1 cup light or fat free Ranch dressing
- 2 cups assorted fresh vegetables, such as bell pepper strips, cucumber slices, snow peas, mushroom slices, celery sticks, carrot sticks, cherry tomatoes, broccoli florets, cauliflower florets

Instructions

1. Pour Ranch dressing into a bowl lined with lettuce leaves to resemble hair.
2. Arrange vegetables in a skeleton shape on platter, using the bowl as the head of the skeleton.

This is a fun way to get children excited about eating their veggies!

Serves 8

www.kraftfoods.com

