

EAT WELL

PLAY WELL

LIVE WELL

JANUARY - AUGUST 2017



BIG IDEA

Being healthy is a big tool for being the best you.

MISSION

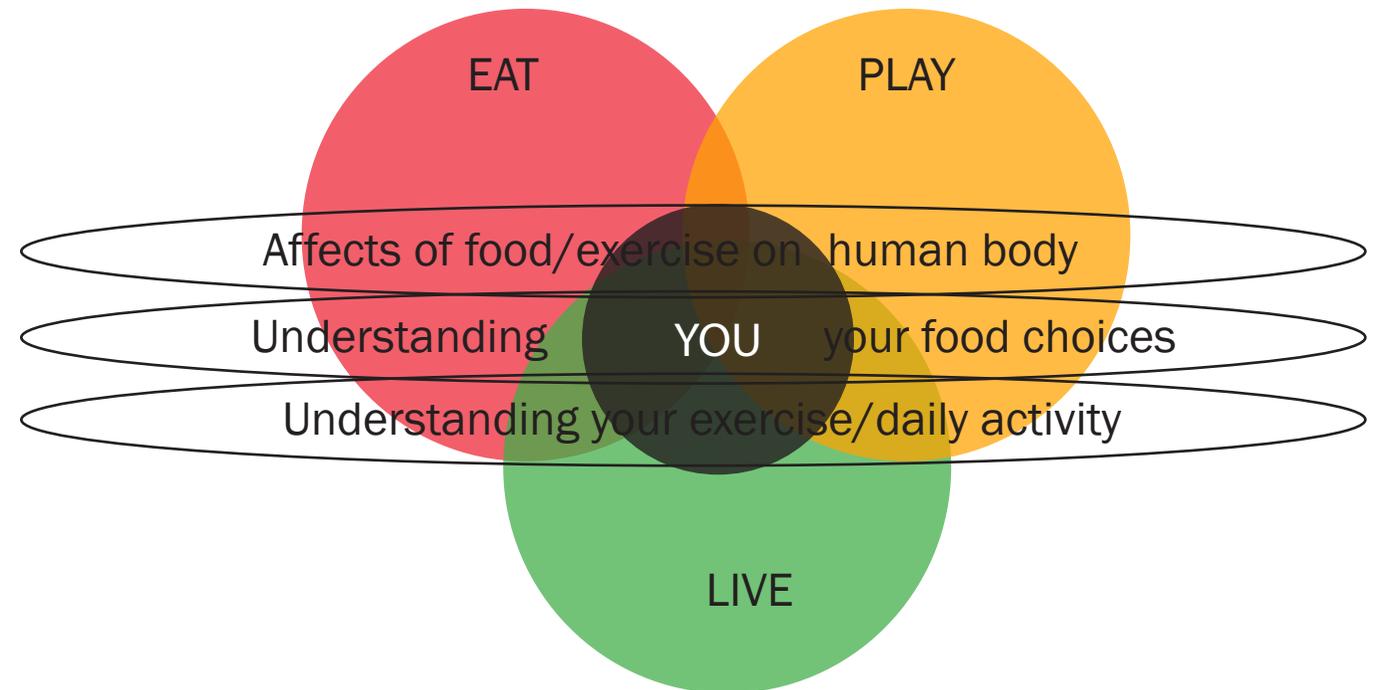
To deepen the visitors knowledge and interest in their physical health, including the food they eat and the exercise they get.

OBJECTIVES

- Visitors will engage in conversations about the food they eat the exercise they get, with their family and friends inside the exhibition space
- Visitors will test their own health and make observations about their findings
- The exhibition will student visitors return later with family members

GOALS

- Visitors can discover what an appropriate food serving looks like and what it takes to burn off calories
- Visitors will explore the food choices they make daily and the calories and ingredients included in those items
- Visitors will test their physical health and connect a happy successful life to a healthy one
- Visitors will feel empowered to make good food and exercise choices at home and at school





Footprint: 54"W x 50"D
**Power: 120 volt

Wing Graphic Panel
31"w x 10"D

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. Visitors can challenge themselves and others to balance competitions and try to improve their time. 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!



Footprint: 49"W x 30"D
**Power: 120 volt

Graphic Panel
30"w x 10"D

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. Important information, including how many calories they've burned, how long they've been pedaling, and how much longer it will take to burn off their chosen snacks, will appear on the computer screen. 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.



Footprint: 54"W x 50"D
**Power: 120 volt

Environmental Panel
60"w x 18"d

DINNER THEATER

Children are just beginning to learn about nutrition and how different foods affect their bodies in different ways. The Dinner Theater encourages families to explore food and its effects on the human body through creative, open-ended play. Visitors use colorful foods to perform their own plays about the nutrients found in fruits and vegetables. Placemats at the dinner table give visual clues about how healthy foods affect the body. For example, carrots contain vitamins that help us see and bananas help our hearts. By putting on a Dinner Theater production, visitors can teach their audience why they need to eat a balanced diet.



Footprint: 41"wx293/4"d

Bench footprint
36"wx10"d

Graphic Panel 31"wx10"d

BE FLEXIBLE

Is stretching that important? The answer is YES! Visitors can take the classic sit and reach test to determine their flexibility level and compare it to a graph of other average scores to see where they rank. Information and examples will be given about how to develop better flexibility and why it is important.



Footprint: 60"wx30"d
**power: 120 volt

SUPERMARKET NUTRITION

Enjoy a new spin on the mini-grocery store! Visitors can scan the groceries they would need to make a healthy, balanced dinner for their family. Once they've finished scanning the food items they've chosen, visitors can total their purchase. Instead of giving them a price, the computer offers visitors feedback about their food choices and information about how to create a balanced meal. Families learn what their best food choices will be when they visit a real grocery store.



Footprint:
120" w X 120" d x 62" h
**power: 120 volt

ANIMAL MOTION

At this interactive, children are encouraged to get out on the dance floor and hop like a bunny, walk like an elephant, run like a cheetah, or just dance around to the fun music. A variety of different animal costumes are provided for children to dress up and move like their favorite animal.



Footprint:
43" w x 23" d x 69" h

EAT A RAINBOW

At this large puzzle, young visitors place cutouts of fruits and vegetables in the corresponding colors of the rainbow. Children learn that it's important to eat fruits and vegetables from each color group. .

Environmental Panels
Footprint:
34" w X 12" d X 60 1/4" h
(each)

Intro/Credit Panel
Footprint:
36" w X 24" d X 65" h



Footprint:
47" w x 24" d x 60" h

Graphic Panel 30" w x 10" d

SIZING UP SERVINGS

In this challenging game, visitors attempt to guess the correct serving sizes for various foods by matching them to everyday objects. For example, a deck of cards equals one meat serving and two dice equals one cheese serving. Comparing serving sizes to everyday objects gives visitors a helpful reference tool to use when preparing and eating meals and snacks.



Footprint:
76" w x 23" d x 69" h

wing panel
31" w x 10" d

SCREEN TIME

Did you know that TV watching burns fewer calories than resting? Visitors are asked to add up the number of hours they spend each day playing video games, watching TV and movies, and using a computer for fun. They turn a wheel that reveals how daily screen time adds up on a yearly basis, along with an interesting factoid or statistic relating to the amount of time spent.

ON-SITE EXHIBIT ELEMENTS



X RAY
Light box
Need new x-rays



DOCTOR EXAM TABLE - 2



SKELETON

OTHER IDEAS FOR FULL BODY ACTIVITIES:

DO YOU HAVE THE RIGHT STUFF? Go through physical tests that sports stars and astronauts go through

- Doctor elements with set up to fun the physical tests needed to be an astronaut

- Supplement with PASCO Exercise Heart Rate (PS-2129A), Blood Pressure (PS-2207) Respiration Rate (PS-2133)

- Treadmill for treadmill test

Graphics - To scale images of sports stars and Astronauts



FOOD DISPLAY
Fake food with sugar amounts broken out



PURCHASE FOOD FROM FAST FOOD PLACE. PUT A COVER ON IT AND LEAVE IT FOR THE ENTIRE EXHIBITION? Put in dinner area with eat a rainbow and

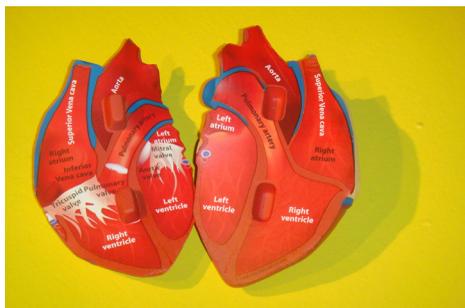
Life size ventricle or intestine
Ventricle or showing how long the food must travel 30' for adult system

Capture your movement see if you can jump hire
Glow in the dark paint with bright light

Crawl through clogged and open heart ventricles



DENTIST OFFICE



HEART MODEL



EYE DISPLAY

EXHIBIT THRESHOLD
DESIGN + FABRICATION IN-HOUSE

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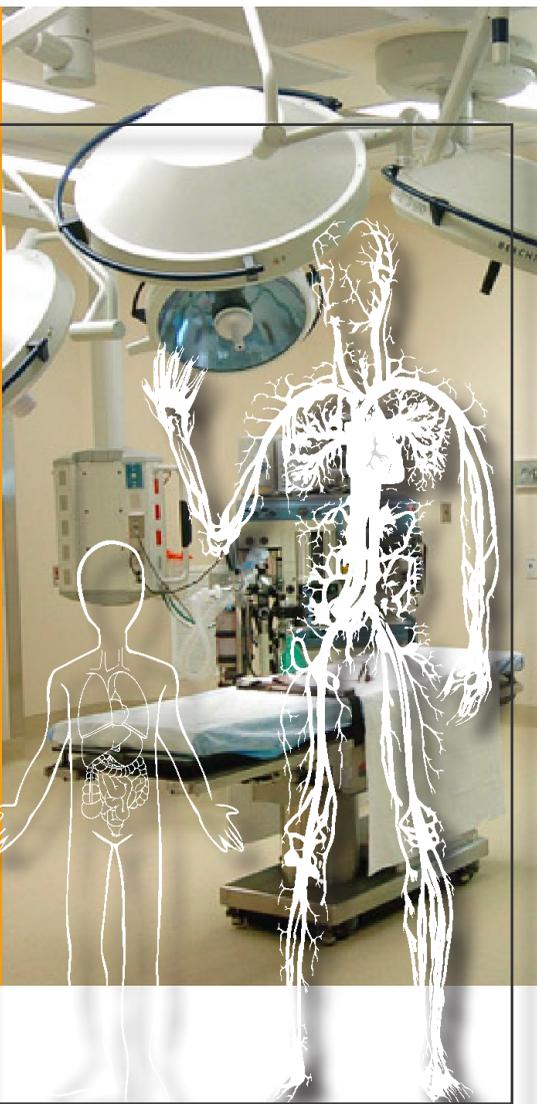
OMSI
OMSI PLAY WELL was produced and is housed by the Oregon Museum of Science and Industry. This exhibit was made possible by a Science Education Partnership Award (SEPA) grant from the National Center for Research Resources (NCRR), a component of the National Institutes of Health (NIH).



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EXHIBIT GRAPHICS

Sintra Entry Labels
X 4



6'



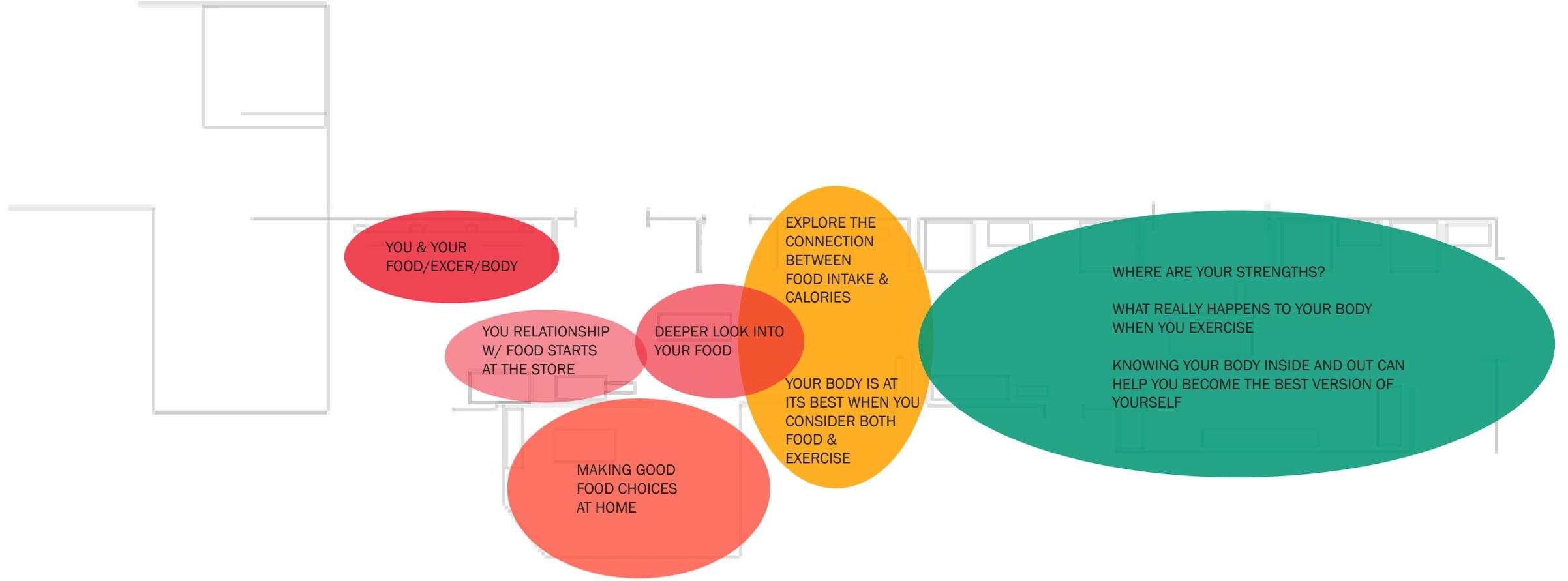
Thematic Area Panels X4



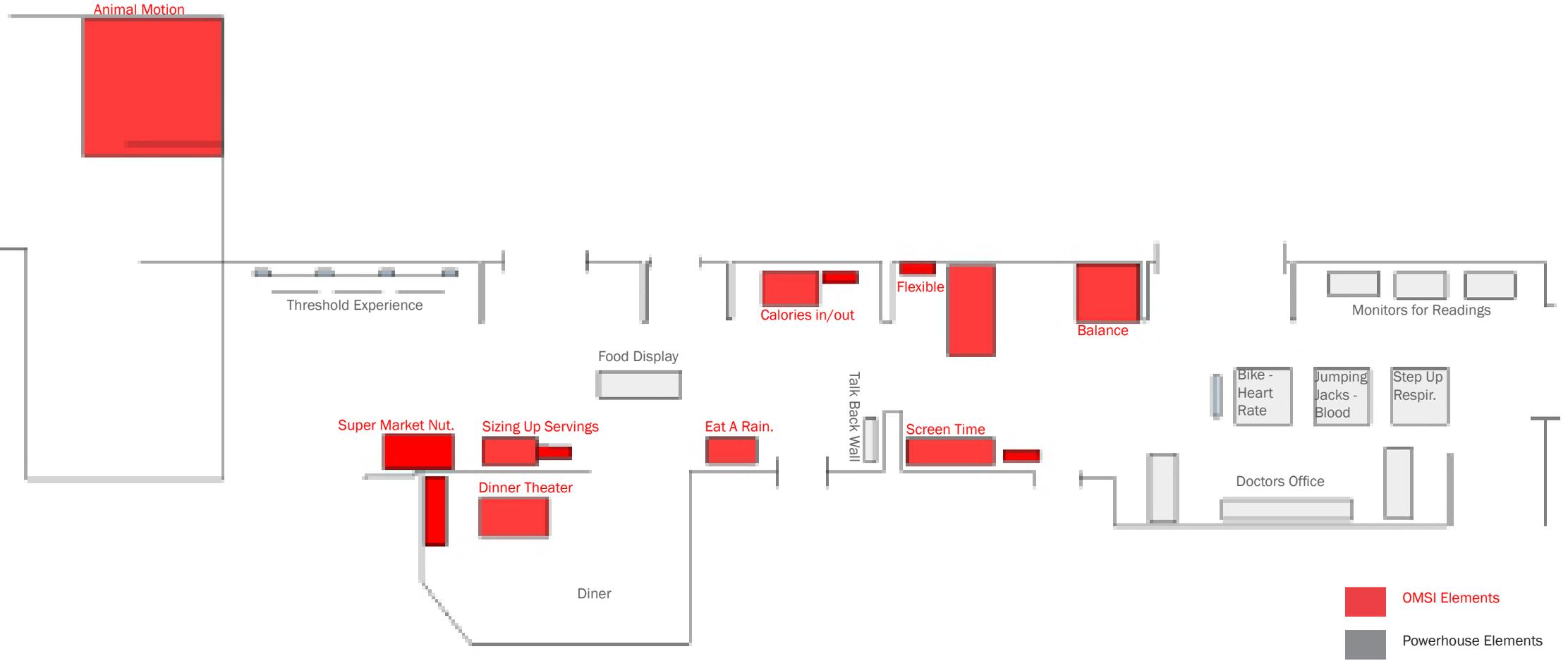
Dibond Street Signs
X 2



THEMATIC FLOOR PLAN OVERLAY



FLOOR PLAN - 12/1/16 - Opt#1



FLOOR PLAN - 12/1/16 - Opt#2

