

ARIANNA BONES AND THE “GREAT-MYSTERIES-OF-NUTRITION” PAVILION

ACTIVITY 2



It was late October in Munchberg. Crisp but not cold. “Frost-on-the-pumpkin” time. My name is Bones—Arianna Bones. I’d been in Munchberg for a few months with my good friend Marcus Muscleman. We’d come here for fun. For adventure. And to really learn the secrets of getting healthy and staying healthy.

Marcus and I both knew that you needed to eat from the Five Food Groups to grow, to feel good and to do well in school and sports. But one Saturday morning I realized I needed to know more about how these food groups worked. It was really bugging me. So I called Marcus.

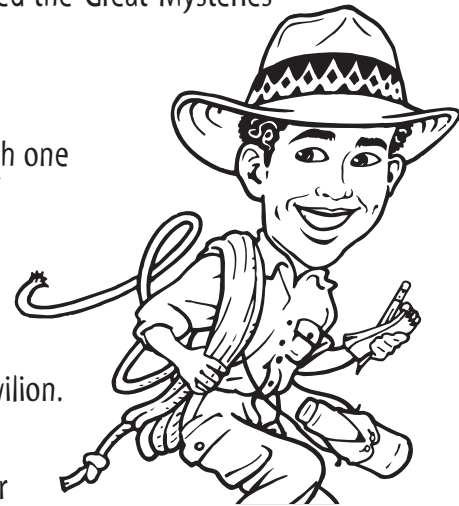
“Arianna,” he said, “I think it’s time we visited the ‘Great-Mysteries-of-Nutrition’ Pavilion.”

“What is it?” I asked.

“It’s like an amusement park ride. You sit in a car and it rides you around, showing how each one of the Five Food Groups keeps you healthy. It’s supposed to be a blast. Do you want to go?”

“Let me grab my journal,” I said. “I’ll be right over. And, check the air in your bike tires. Okay?” (Last time we were headed out on an adventure, I had to wait around for Marcus to fix a flat tire.)

Well before I knew it, Marcus and I had biked over to the “Great-Mysteries-of-Nutrition” Pavilion. Luckily we were early, so the crowds weren’t too big.



“Here’s the entrance,” said Marcus, pulling me over to a multi-colored-striped tent. We bought our tickets and got in line.

Suddenly the line started moving and we entered the tent.

“You are now entering the ‘Great-Mysteries-of-Nutrition’ Pavilion. Suspend your disbelief,” boomed a voice over the loudspeaker. We followed the line down a winding staircase. At the bottom we stepped on a long platform. We didn’t wait long for a car. And guess what? It was number 10, which is my favorite number since it happens to be my age.

“Step aboard,” hollered a scientist-looking fellow in a lab coat. He handed us each a pair of glasses with metallic lenses. “Step aboard to the greatest nutrition adventure on the face of the earth.”

“That’s a pretty big promise,” I said, putting my glasses on.

“It is,” agreed Marcus. “But I hear this ride will blow us away.”

The car moved into a long tunnel. Slowly we approached a light. Over the loudspeaker came a Big Voice. “You are now entering the Hall of the Milk Group.”



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The car turned so we were facing to the right. There were two kids jumping rope, side by side. All of a sudden the room went black. It was as if everything was in an X-ray machine. Instead of seeing the kids, our special glasses allowed us to see their skeletons.

The Big Voice said, "One of these students eats and drinks foods from the Milk Group every day. One doesn't. Can you tell who's who?"

Well that was no trick at all. You could see one kid had really thick bones and the other one had smaller, more fragile bones.

They were both chanting a jump rope rhyme:

"C-A-L-C-I-U-M,
Strong bones,
Stong teeth,
From calcium.

"Calcium in milk,
And yogurt and cheese,
For strong bones and teeth,
Say 'calcium please!'"

"Milk Group foods provide the body with the nutrient calcium (KAL-see-um). Calcium helps build strong bones and teeth," boomed the Voice.

I pulled out my journal and made a few notes. Then suddenly our car started moving very quickly. The Big Voice said, "You are now entering the Meeting Room of Meat."

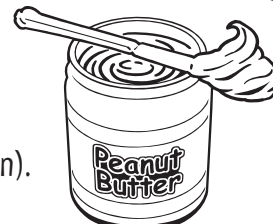
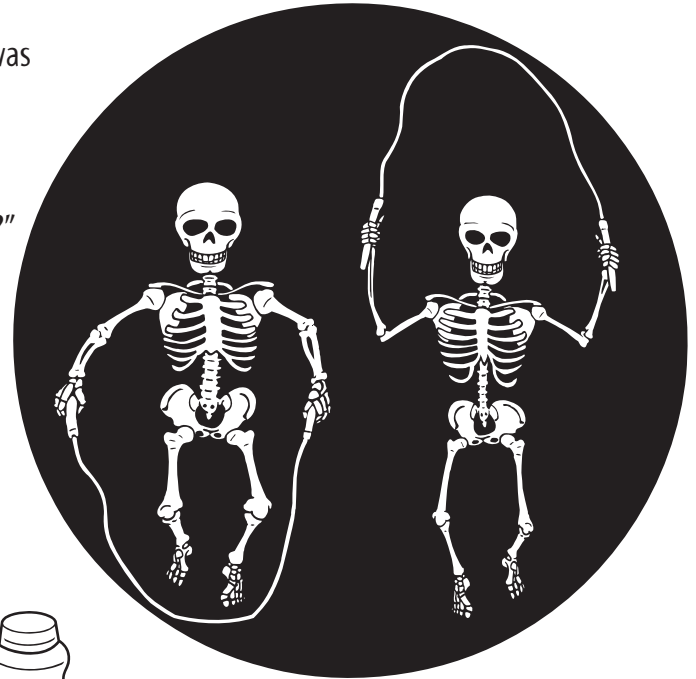
The room was lit in red light. The car swung to the left. There were several figures. One was biking. Another was playing soccer. A third was swinging from rings overhead. A fourth was walking on her hands. With our special glasses, we could look into their bodies and see their muscles.

We heard someone singing a peppy tune:

"Strong muscles are important
For kids, adults and teens,
The Meat Group builds strong muscles
'Cause the Meat Group has protein.

"Your body needs strong muscles
And protein is the key,
P-R-O-T-E-I-N
We need it, we agree."

The Big Voice said, "Meat Group foods provide the nutrient protein (PRO-teen). Protein helps build strong muscles."



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Fortunately, I'd kept my journal open and wrote quickly. This stuff was too good to miss.

The car moved into a dark, dark tunnel.

“Arianna, are you still there?” asked Marcus.

“Well, where do you think I'm going to go?” I asked him.

“I can hardly see you,” said Marcus.

Before I could say anything, the Big Voice boomed,
“Problems with seeing in the dark?”

I could feel the goosebumps rise on my arms.

The Big Voice continued, “You are now entering the Vegetable Storehouse.”

The entrance to the storehouse was an arch covered with Vegetable Group foods. Through the archway, we faced right to see a beautiful farm scene, complete with fields of corn and a huge garden with all kinds of vegetables. The room was bright, as if it were noon. As the car moved along, the light began to fade. We saw the sun set in the distance. Then it was twilight. Then it was dark. Very dark.

The Voice continued, “Imagine you were out on this farm for a picnic. Now the sun has gone down and a storm is coming. You need to find your way back to the farm house. Immediately.”

All of a sudden a spotlight brightened the scene. In the middle of the spotlight stood five singing vegetables:

“Day and night
Night and day
Vegetables give you
That vitamin A,
That vitamin A.

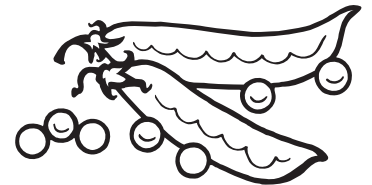


“And vitamin A
Helps you see at night.
Eat Vegetable Group foods
Right bite for sight,
Right bite for sight.”



Then the Big Voice said, “Foods in the Vegetable Group provide the nutrient vitamin A. Vitamin A gives you good night vision. That means it helps you see in the dark.”

The car swung forward. The vegetables waved good-bye.

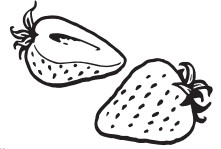


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All of a sudden, here came that Big Voice again.
"You are now entering the Fruit Depot."

Off to one side we saw a bunch of kids doing very clumsy things. One kid fell off a bike. One kid fell off some monkey bars. Another kid walked into a door knob. Some of these kids were bleeding. Some had black-and-blue marks or black eyes. There were dozens of these injury victims. Then along came a flying orange. The orange squeezed some juice on each of the cuts or bruises and the injuries healed right in front of our eyes.



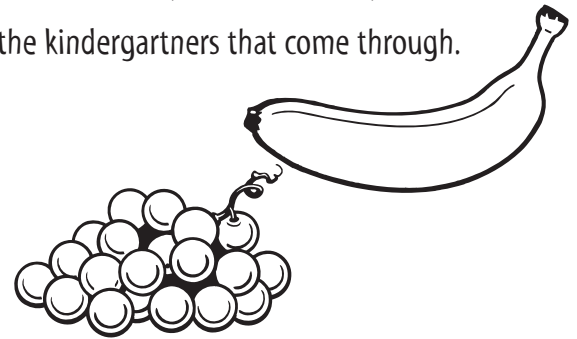
The Big Voice began talking again. "Foods from the Fruit Group help heal cuts and bruises. However, please keep in mind that people must eat the fruits, not sprinkle them on the injuries. And remember, cuts and bruises normally take several days to heal."

Well, of course I knew that, but I suppose they have to say things like that for the kindergartners that come through.

The Big Voice said, "And now for a song."

"The Fruit Group gives you
Vitamin C
Heals cuts and bruises
In a 1-2-3!"

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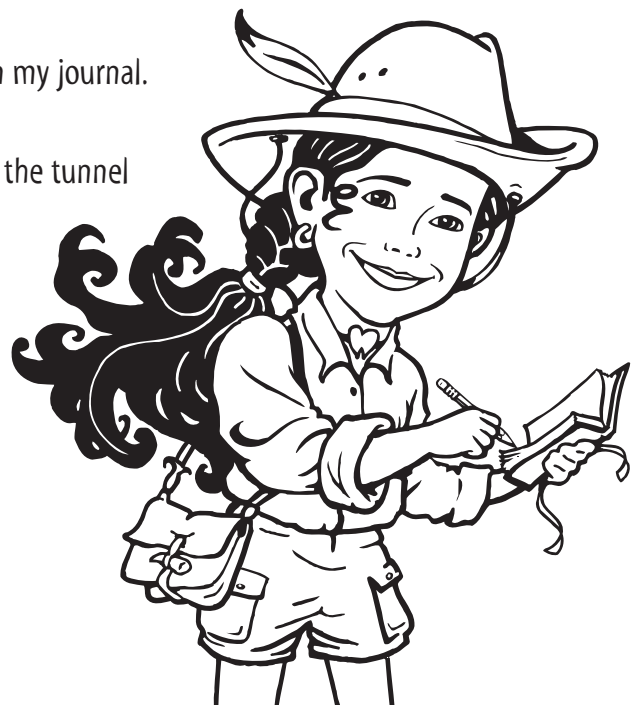


As the song ended, we lurched forward. I scratched a few more notes in my journal. This was just the information I had been looking for.

The car made a sharp turn and we entered a long tunnel. At the end of the tunnel was a sign: "Grain Gallery ahead."

The car moved into a hall with a beautiful landscape scene. There were kids dancing, kids walking, kids climbing trees, and kids sitting under trees reading. There were kids on Rollerblades®, kids on skateboards, kids in canoes, and kids doing rock climbing. There were kids playing musical instruments, kids drawing, kids swimming, and kids studying.

The Big Voice came on, "Foods from the Grain Group give you carbohydrate (KAAR-bō-HI-drayt). Carbohydrate provides energy for everything you do."



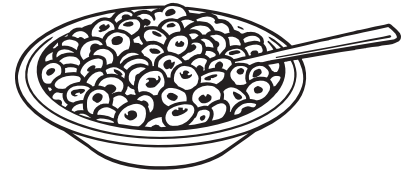
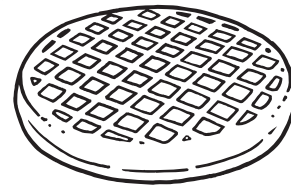
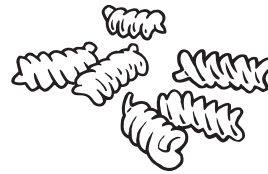
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All the kids in the Grain Gallery stopped what they were doing. Together they recited this chant:

"To perform well,
 To work great
 Be sure to get
 Your carbohydrate.

"Eat the Grain Group
 To demonstrate
 You know you need
 Your carbohydrate.

"Car-bo, Car-bo,
 Car-bo-hy-drate
 Gives you
 Energy
 To calculate
 To celebrate."



There was barely time to make a quick sketch in my notebook when the Big Voice announced, "Your ride through the 'Great-Mysteries-of-Nutrition' Pavilion is about to end. Thank you for visiting the 'Great-Mysteries-of-Nutrition' Pavilion. And do remember: You need foods from ALL Five Food Groups to keep your body healthy."

"Awesome," said Marcus.

"Awesome times ten," I said.

"Want to ride again?" said Marcus.

"Does the Milk Group build strong bones and teeth?" I asked.

Marcus got it and laughed. We exited car number 10, went outside, bought more tickets, and got right back in line.

