Teacher's Guide

Kid Power's Operation Lunch Line 3D is designed to reinforce your curriculum in Health and Nutrition with connections to Physical Education, Science (Biology, Anatomy, Energy) and Performing Arts.

(Feel free to adapt this guide to better suit the ages and needs of your students.)

VOCABULARY

<table>
<thead>
<tr>
<th>Organs</th>
<th>Heart</th>
<th>Brain</th>
<th>Stomach</th>
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<tr>
<td>Lungs</td>
<td>Cells</td>
<td>Muscles</td>
<td>Esophagus</td>
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<tr>
<td>Nerve</td>
<td>Optic Nerve</td>
<td>Bone</td>
<td>Tissue</td>
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<td>Blood</td>
<td>Abdomen</td>
<td>Small Intestines</td>
<td>Large Intestines</td>
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<tr>
<td>MyPlate</td>
<td>Dairy</td>
<td>Vegetable</td>
<td>Fruit</td>
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<td>Digestion</td>
<td>Nutrients</td>
<td>Protein</td>
<td>Carbohydrates</td>
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<tr>
<td>Vitamins</td>
<td>Minerals</td>
<td>Water</td>
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<tr>
<td>Enzymes</td>
<td>Pepsin</td>
<td>Lipase</td>
<td>Amylase</td>
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<tr>
<td>Processed Food</td>
<td>Natural Food</td>
<td>Calorie</td>
<td>Portion</td>
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<tr>
<td>Fatigue</td>
<td>Famished</td>
<td>High Fructose Corn Syrup</td>
<td>Photosynthesis</td>
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PRE-SHOW ACTIVITIES

1. **Fantastic Voyage**: In the performance your students will be asked to imagine that they are miniaturized and put inside a human body. Ask them how they imagine that experience would feel. What would they see in different parts of the body? Also, what is the value of pretending and imagination?

2. **Vocabulary**: Play the Jeopardy game with the vocabulary words above - you give the definition and they must come up with the word, in the form of a question.

3. **Brain Storm**: Make a chart with two lists: BEST FOODS FOR HEALTH and BEST ACTIVITIES FOR FITNESS. Urge the students to give their suggestions when asked during the show.

4. **Organ Autobiography**: Have students research one of the organs listed in the vocabulary list. Then have them write the “Autobiography” of that organ, as if they were the organ talking. They can then read their autobiography to the other students.

5. **Remind the students of appropriate audience behavior**:

   - If you like the performance, clapping at the end of a song and at the end of the show is the best way to let the performer know.
   - Listen closely to Kid Power - sometimes he will ask you to say something all together, other times he will ask you to raise your hand if you’d like to answer a question or volunteer on stage.
   - Twice during the show Kid Power will ask you to move and dance - please stay in your own space; be careful not to touch or bump into your neighbor.
   - If you don’t like the show, the appropriate thing to do is sit quietly and respectfully.
POST-SHOW ACTIVITIES

1. **Have a Mystery Tasting Day.** Set up mystery tasting stations where the students can sample some foods they might not know. Have them keep a journal describing the taste, look and feel of each food. Then have them match their observations with a list of foods and their qualities that you have prepared beforehand (suggestions: kiwi, mango, jicama, pomegranate, rutabaga. We recommend using mostly fruits, lest we turn kids away from more vegetables before their palates are ready for them.)

2. **Sneaky Moves:** Kids often think of exercise as something they only do while participating in a sport or during PE class. Have them make a list of activities that burn calories. But instruct them to select activities that are NOT a sport, a game or a traditional exercise.

3. **Create-a-cise:** Divide your students into pairs or small groups and instruct them to create a new exercise or physical game in one of three categories: Aerobic, Strength or Flexibility. When finished, have each group teach the class their new exercise. Help students understand that exercise is only effective if done on a regular basis.

4. **Veggie Graph.** Have your class keep a record of the number of different vegetables they eat in a week. (For example, Heather had corn twice, green beans once, etc.) At the end of the week, tally the servings of vegetables eaten by the students and create a class graph to show how many servings of each vegetable were consumed. What was the most popular vegetable? (Note: You might want a category called "mixed salad.")

5. **Rhyming Riddles:** Have the students write rhyming clues about their favorite fruit. Then have the other students guess the answers. Example:
   
   My skin is yellow  
   I grow on bunches on a tree  
   What am I?
   
   My taste is mellow.  
   I have lots of Vitamin B.
   
6. **USDA MyPlate:** Create a large USDA MyPlate portions chart. Let students find pictures of foods in magazines and/or on the internet and paste them onto the respective sections of the plate. (This can also be adapted as a game for a Smart Board. [http://www.choosemyplate.gov](http://www.choosemyplate.gov))

7. **School Cafeteria Visit:** Arrange a visit to your school’s cafeteria and meet with a food service staff member. Take a tour of the kitchen and learn how the food is prepared for your meals. Have the students prepare questions about how the cafeteria staff creates the menus with particular attention to their health benefits.

8. **Body Types:** Healthy bodies come in many different shapes and sizes. Have your kids find images of different healthy bodies in magazines and on the internet. Make a collage or poster of the images they find. Discuss how someone who weighs 200 pounds and someone who weighs 100 pounds can both be healthy and fit.

Visit [www.kidpowerprograms.com](http://www.kidpowerprograms.com) to download activity pages that correspond to *Kid Power’s Operation Lunch Line 3D!* and curriculum standards. **Activity pages include:** 30,000 Plants Word Search, Kid Power Maze & Connect the Dots, Nutrient Puzzle, The Digestive System Diagram, Calorie Balance Challenge, Sugar Label Lasso, Hidden Sugar Search and more!