



## Mission Nutrition Study Guide:

Mission Nutrition is an educational outreach program designed to improve student's lives by teaching students healthy living and eating habits.

Using magic, comedy, audience participation and storytelling, the points of the show are portrayed in a fun, interactive manner that will entertain students. In fact, students will be having so much fun they won't even realize they are learning! The entire show is "space-themed", as Jason dresses as an astronaut, the background and music are space-themed, and all of the points of the show are contained as an acronym in the word "Mars."

This guide is for grades k-6 and will give you the background and material that Jason will cover in the Mission Nutrition show.

We will cover:

- Before the Show
- M – Move and Exercise
- A – Always Think Healthy
- R – Remember to Balance
- S – Select Healthy Drinks



## Before the Show:

Before the show, there are several questions/discussions that you can have with your students to prepare them for the show.

### **Question: What is nutrition?**

Answer: (As stated on [kidshealth.org](http://kidshealth.org)) Nutrition is the study of food and how it works in the body. Nutrition includes all the stuff that's in your food, such as vitamins, protein, fat, and more. It's important to eat a variety of foods, including fruits, vegetables, dairy products, and grains, so you have what you need to grow and be healthy.

### **Question: Why is it important to move and exercise?**

Answer: (As stated on [kidshealth.org](http://kidshealth.org)) When most adults think about exercise, they imagine working out in the gym, running on a treadmill, or lifting weights.



But for kids, exercise means playing and being physically active. Kids exercise when they have gym class at school, during recess, at dance class or soccer practice, while riding bikes, or when playing tag.

Active kids will have stronger muscles and bones, leaner bodies, less risk of becoming overweight, lower blood pressure and blood cholesterol levels, and a healthier outlook on life. Besides enjoying the health benefits of regular exercise, fit kids sleep better. They're also better able to handle physical and emotional challenges — from running to catch a bus to studying for a test.

**Question: Why is it important to eat healthy foods?**

Answer: (As stated on kidshealth.org)  
When students eat a healthy balanced diet, they are ensuring that they are getting all the essential vitamins, minerals and other nutrients that children need for healthy growth and development. ... You can see that children will need foods that give them all these nutrients for their growth and development.



MyPlate is the model for healthy eating in the United States. Experts at the United States Department of Agriculture (USDA), the agency in charge of nutrition, created the colorful plate to help people remember to eat a variety of healthy foods, and eat less of some foods and more of others.

**Question: Why is it important to select healthy drinks, and in particular to drink plenty of water?**

Answer: (As stated on kidshealth.org) without water, your body would stop working properly. Water makes up more than half of your body weight, and a person can't survive for more than a few days without it. Why? Your body has lots of important jobs and it needs water to do many of them. For instance, your blood which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working.

Water also is part of your immune system which helps you fight off illness. Water helps keep your temperature normal. You need water to digest your food and get rid of waste. Water is needed for digestive juices.

Your body doesn't get water only from drinking water. Any fluid you drink will contain water, but water and milk are the best choices. Lots of foods contain water too, most notably fruits and vegetables.

## *M – Move and Exercise*



**Question:** What do you remember from Mission Nutrition, where the show talked about moving and exercise?

Here are some bullet points from the show:

- Your heart is a muscle, and like other muscles in your body, you want it to be healthy and strong. But your heart can't lift weights like other muscles in your body. Your heart gets stronger by moving and exercising
- Moving and exercise can be fun! Playing basketball, tag, gymnastics, jumping rope, etc., are all different ways to have fun and work out your heart at the same time
- What are some other ways you think you could move and exercise?
- Try to get out and move and exercise for 60 minutes a day

## *A – Always Think Healthy*

**Question:** The letter “A” in Mission Nutrition stood for “Always Think Healthy” What was said during the show about “Always Think Healthy?”



Here are some bullet points from the show:

- During the show, several suitcases were brought onstage. At this point, we played a game of “Meal or No Meal.”
- The game revolved around choosing cases that had grains in them, and not choosing the case that had the treat food in it.
- Grains, in specific whole grains, are an important part of our diet.
- Grains are loaded with nutrients like B vitamins, minerals, and fiber, all necessary for children's development.
- Whole grains supply a useable source of fuel, which helps kids have the energy they need.
- Eating whole grains in childhood leads to habits that provide long-term health benefits.
- There are so many ways for kids to eat whole grains: breads, crackers, pretzels, tortillas, bagels, and rice

## *R – Remember to Balance*



**Question:** The letter “R” in Mission Nutrition stood for “Remember to Balance”. What was said during the show about “Remember to Balance?”

- During the show, Jason introduced “My Plate”, the model for healthy eating according to the United States Department of Agriculture
- My Plate teaches us that we have five different food groups, and we need to eat from each of the food groups because each group gives our body different vitamins and nutrients that it needs to grow
- Fruits and vegetables take up about half of the plate, and grains and protein take up a quarter each. Dairy is a smaller portion
- 5 students were brought onstage, and with a fun plate-spinning routine, we created a “human” food pyramid, keeping all 5 plates up in the air and spinning





### *S – Select Healthy Drinks*

**Question:** What do you remember from Mission Nutrition, where the show talked about Selecting Healthy Drinks?

- During the show, Jason poured some water from a bowl until it was empty. Then, he poured some more water from the bowl, until it was empty again. Then, he poured more water, several times, each time from an empty bowl!



- Water is perhaps the most important thing we put into our bodies
- Our bodies are made as much as 75% from water.
- Water helps to flush toxins out of our bodies

- Water helps to keep our body temperature regular
- Water is essential for digesting food
- Blood is more than 90% water, and blood carries oxygen all through your body
- Water helps your lungs to breathe air more efficiently
- Water helps to maintain blood pressure

## About Jason

Jason Hudy has performed over 8,000 shows around the world, for ESPN, Chevrolet, Six Flags, and many more.

He is a regular guest entertainer on Disney Cruise Line, and his TedX Talk gives audience insight into the world of magic.

Jason headlined “The Magic of Saipan” for two years, 950 shows on the U.S. territory island of Saipan, in the South Pacific Ocean.

Jason was one of a select group of magicians to perform at the “House of Magic” at Studio City Casino in Macau, near Hong Kong.

