



# EDP

## CHECKPOINT 1

The average American adult consumes a large amount of food. On an annual basis, this amounts to some staggering totals:

- 183 pounds of meat
- 29 pounds of french fries
- 415 pounds of vegetables
- 53 gallons of soda

All told, we eat, on average, close to 2,000 pounds of food per year, with a daily caloric average of 2,700 — which far exceeds the recommendations of the Institute of Medicine.



The purpose of our exhibit is to call attention to our dietary habits as well as to educate museumgoers on how we select, consume and process food.

What affects do our favorite foods have on us? What happens if we are deficient in one or more nutritional areas? How do we consume and then burn calories? How much do we *really* know about what we consume every day?



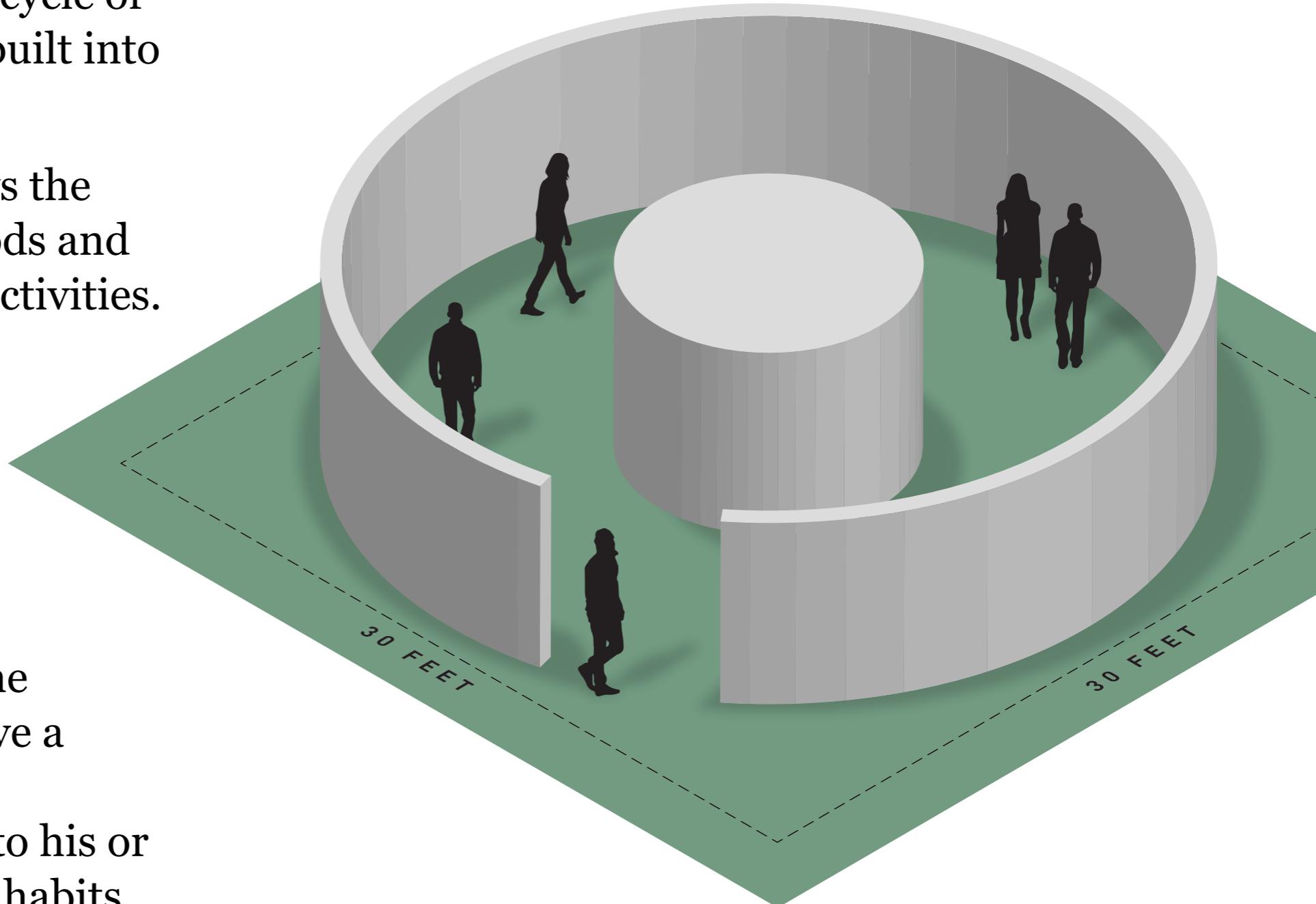
## THE SPACE

The exhibit will be built around the 24-hour cycle of food consumption, built into a circular space.

The inner wall allows the patron to choose foods and enter various daily activities.

The outer wall represents the effects these choices have on that individual.

At the conclusion, the individual will receive a grade or some other designation related to his or her “healthy eating” habits.



## INTERACTIVE COMPONENTS

Potential components of this exhibit include:

- A progressive calorie count: how much we take in, how much we burn
- Energy meter — how our food consumption affects our energy level throughout the day.
- Food IQ: Guess the food from the nutrition label
- Taste of food: Building a healthy diet based on each individual's favorite tastes.