

Macintosh Version

Minimum Requirement: Motorola 68020 based Macintosh computer with 4M RAM (8M recommended), 8-bit color graphics with a 13-inch monitor (640 horizontal pixels x 480 vertical lines), CD-ROM drive with at least 150K/s transfer rate, mouse,

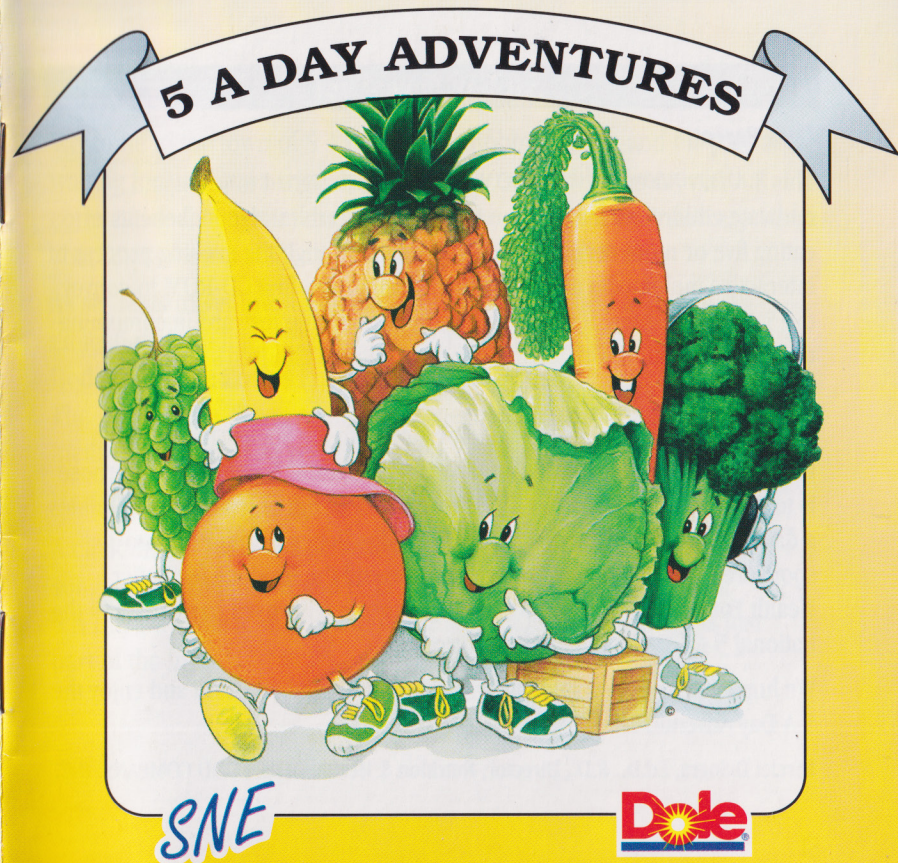
System 7 OS. To run this program:

- Double click on the 5 A DAY icon
- Double click on the 5 A DAY Adventures application



Program Available To Schools

The 5 A Day Adventures CD-ROM is an exciting program designed to encourage children to eat five servings of fruits and vegetables a day in support of the national 5 A Day For Better Health Program. This educational program is also available to elementary schools. Teachers may receive this program free of charge from Dole Food Company by writing (see page 12) on school letterhead and indicating the type of CD-ROM system they have and the number of discs they would like.



5 A Day Adventures

Dear Parent:

This 5 A Day Adventures CD-ROM program is designed to teach and motivate children to learn about fruits and vegetables and the benefits of eating five or more servings a day. It does so through the exciting process of interactive multimedia and discovery learning. The first CD-ROM to convey the 5 A Day message, it represents an important step forward in combining nutrition education with technology that captures children's attention through music, animation, and video.

Dole Food Company, Inc., in collaboration with the Society for Nutrition Education (SNE), is proud to sponsor this program. Together, our purpose is to encourage children to eat five or more servings of fruits and vegetables a day, and to support the national 5 A Day for Better Health Program sponsored by the National Cancer Institute and the Produce for Better Health Foundation. Dole Food Company, Inc. is a licensed participant in the national 5 A Day for Better Health Program.

We hope you and your students will benefit from the program and enjoy the 5 A Day Adventures!

Lorelei DiSogra, Ed.D., R.D., Director, Nutrition & Health, DOLE FOOD COMPANY, INC.

The Adventure Begins

Welcome to the town of 5 A Day, where Bobby Banana and his pals are waiting for you! It's a friendly place that bustles with adventures that come to life through interactive learning as animated fruit and vegetable characters dance, sing, and tell stories about themselves.

As students travel down Banana Boulevard they'll find a total of six educational modules: The Adventure Theater, The Salad Factory, H.B.'s Body Shop, The Cook's Kitchen, the Jukebox (which is in the cafe), and The Leafy Green Travel Agency. (See next page for a "map" of the main menu. It will help you recognize the icons you see on the screen)

Here is an overview of the six educational modules:

A click on the **Jukebox** activates **5 A Day Top Tunes**: ten original songs about Vitamins A and C, Fiber and being healthy the "cool" 5 A Day way. Music videos add to the show and singing along is just part of the fun.

Salad Factory

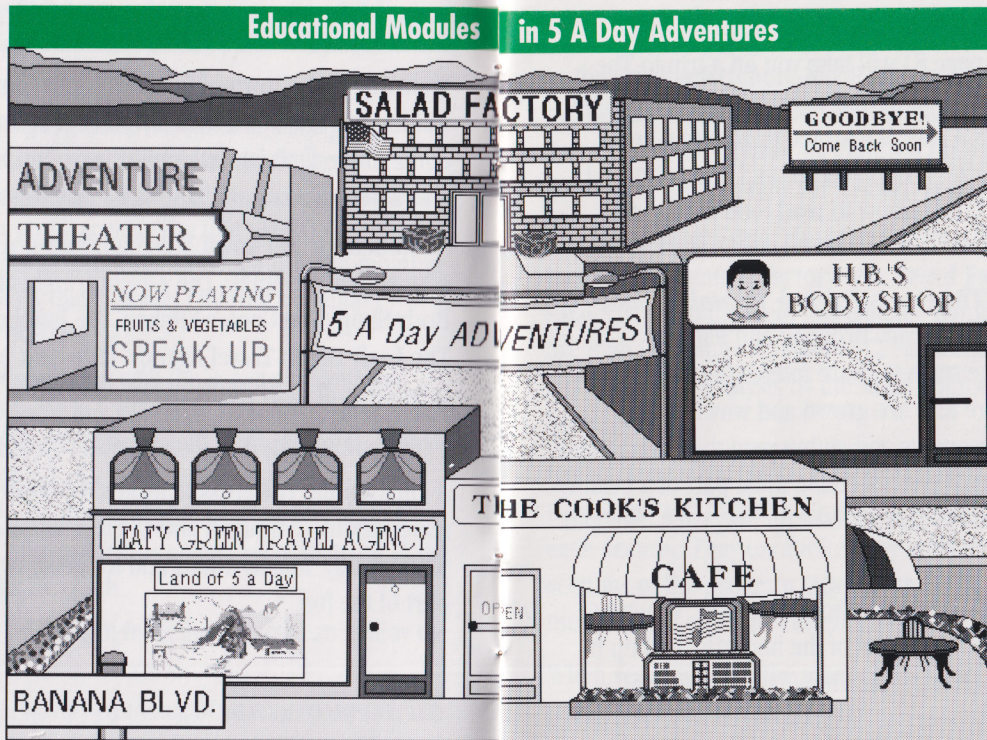
Make your own salad and have the salad computer analyze it for nutrition content.

Adventure Theater

36 animated fruits and vegetables appear “on stage” to tell stories about where they’re grown and why they’re good for you.

Leafy Green Travel Agency

A tour to the land of 5 A Day offers five lessons on nutrition. (See page 8 for a complete description.)



H.B.'s Body Shop

Healthy Buddy demonstrates why Vitamins A and C and Fiber are important to various parts of the body.

Cook's Kitchen

A combination of videos, photographs and safety tips make it easy to create the delicious, nutritious recipes shown here.

Jukebox

5 A Day Top Tunes. Music videos add to the show and singing along is just part of the fun.

A click on the door of the **Leafy Green Travel Agency** (see guide to *Leafy Green Travel Agency* on page 8) will take you on a trip to The Land of 5 A Day. In this exciting land children explore the WFIVE Super Highway station to learn about 5 A Day, are invited to go along on a picnic and learn about serving sizes, visit a market and find fruits and vegetables, look at a billboard to learn how to read food labels, and discover the food pyramid.

Now playing in the **Adventure Theater** is *Fruits & Vegetables Speak Up*. Here, 36 animated characters like Barney Broccoli and Pamela Pineapple take their place on the stage to share interesting facts about how they were discovered, where they are grown and why they're so good for you. With plenty of personality and enthusiasm they share ideas about preparing fruits and vegetables and making them part of a healthy diet. As an added attraction, there is also a movie on how each fruit and vegetable is grown.

At **H.B.'s Body Shop**, Healthy Buddy shows how Vitamin A, Vitamin C, and Fiber are important to the various parts of the body. Backed up by some lively 5 A Day tunes, H.B. gets specific about which fruits and vegetables provide these nutrients. He gets his message across with a true

sense of fun and style--the kind children remember.

In the **Cook's Kitchen**, Ray Raisin introduces simple fruit and vegetable recipes for children to make at home. Each recipe is illustrated, and some have movies showing children preparing and eating the delicious foods and how to safely use kitchen appliances.

The Salad Sisters sing, dance and extend an invitation to spend time with them at their unique factory. The **Salad Factory** is a place to "make" salads from 16 different ingredients. Emphasis is on making salads that are high in Vitamin A, Vitamin C, Fiber and low in fat. Salads move along a conveyer for analysis by the salad computer, then on to the cafeteria to be enjoyed.

Each adventure presents an opportunity for children to *take the Challenge* and show how much they have learned from the activities in each section. They earn tokens by answering questions related to the sections of the program. After all the challenges have been completed, they become officially certified as a *5 A Day Kid*.

When ready to leave the town of 5 A Day, just click on the **Goodbye** sign. Come back and visit anytime!

Navigation

It's easy to discover the fun in 5 A Day Adventures! Use the mouse to move the cursor until the *arrow* becomes a *hand* and click. Lots of little surprises are hidden among the big adventures. You will never need the keyboard, just the mouse. A click on any of the stores found on the main menu will get you started. When you are finished, select the *Goodbye* sign along the road on the way out of town.

Screen Layout

Control buttons or icons are located at the top of the screen. The following controls are used to navigate through the program.



Banana Boulevard



Hints



Jukebox



Return



Printer



Glossary



Tokens



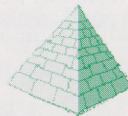
Challenge

Guide to Leafy Green Travel Agency/Land of 5 A Day

Click on the door to the Leafy Green Travel Agency and you're in the land of 5 A Day. Here's a quick guide to the icons you'll find in the exciting landscape:



Learn the story of 5 A Day.



Visit the pyramid to learn about the USDA Food Guide and enjoy some music and fun along the way.



An interactive trip to the supermarket to find a variety of fruits and vegetables.



Unpack the picnic basket for a rhyme about serving sizes.



A billboard "comes alive" to show how to read food labels.

Teacher Support Module

In addition to 5 A Day Adventures, this disc contains a vast amount of teacher support, including cross-curricular activities and a trouble-shooting guide. All of these materials can be printed from this disc. To access the teacher support module double click on the icon named "Support Material."

Here's what you'll find in "Support Material":

- Activity Lessons for Math, Social Studies, Science and Language Arts
- Lyrics to the 5 A Day Top Tunes
- Stan & Sarah's Lesson on Serving Sizes
- Token Summary, 5 A Day Kid's Certificate and Logo

Technical Support

Three Technical Support files are included on this disc:

- About this program (includes trouble-shooting guide)
- Getting the most (how to use the program successfully)
- Printing Instructions

National 5 A Day For Better Health

* The national 5 A Day for Better Health Program was launched in 1991 to encourage all Americans to eat at least five servings of fruits and vegetables every day. This program is sponsored by the National Cancer Institute and the Produce for Better Health Foundation.

* The National Academy of Sciences, the U.S. Department of Agriculture and the U.S. Department of Health and Human Services have determined that a minimum of five servings of fruits and vegetables per day are needed for good health and to reduce the risk of certain cancers and heart disease.

* Dole Food Company, Inc., is a licensed participant in the national 5 A Day For Better Health Program.

For more information on the national 5 A Day For Better Health Program, please contact:

Produce For Better Health Foundation
P.O. Box 6035
Newark, DE 19714-6035
(302) 738-7100

Society for Nutrition Education

The Society for Nutrition Education (SNE) is a professional association of nutrition educators in the United States, Canada, Mexico and several countries outside of North America. The Society's mission is to enhance the ability of its members to help the public make informed food choices. The peer-reviewed *Journal of Nutrition Education* is the official periodical of the Society for Nutrition Education.

SNE members have diverse roles and responsibilities and work in a variety of settings. Nutrition educators teach, conduct research, develop and provide nutrition programs, and influence public policy and nutrition communications.

The Society for Nutrition Education provided technical assistance for the development of the nutrition content of this CD-ROM program. Such technical assistance does not indicate or imply endorsement of the sponsor's other products, programs or services. For information about the Society for Nutrition Education, please contact:

Society for Nutrition Education
2001 Killebrew Drive, Suite 340
Minneapolis, MN 55425-1882
(612) 854-0035

A Commitment to Nutrition Education

Dole Food Company, Inc. is proud to sponsor this interactive learning experience. We are especially committed to reaching children with the 5 A Day message in a way that is exciting and memorable. We believe this CD-ROM helps accomplish this goal.

Dole Food Company, Inc. is one of the world's largest producers of high-quality, fresh fruits and vegetables, juices, packaged fruits and nuts. All of Dole's nutrition education programs support the national 5 A Day For Better Health Program. For information about **5 A Day Adventures**, please contact:

Dole Food Company, Inc.
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155 Bovet, Suite 476
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(415) 570-4378

*5 A Day Adventures was produced by
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