

## What are teachers, parents and students saying about Weis Mystery Tours™?



"I thought the displays and activities at each station were an effective teaching tool. The students were engaged completing the activities in the notepads and the hands-on challenges. It was evident that the curriculum was very well planned and organized from start to finish both in and out of the store." - Arlene, 4th Grade Teacher Dallas, PA

"The lessons about nutrition were practical for children, using grocery items that they enjoy eating. The pre-tour activities helped to prepare the students for what the tour would be about. Great time for kids and chaperones!" - Donna, Homeschool Teacher & Mom Macungie, PA

"I think the best aspect of the tour was the chance for students to be actively involved. When they needed to search for what was being discussed, it helped them remember it. The students enjoyed the tour very much and were talking about it for a long time! They have now been analyzing their family grocery items when shopping." - Stephanie, 3rd grade teacher State College, PA

"I was extremely impressed with all components of the program. The concept fits into our overall wellness promotions we are encouraging throughout the district." - Sue, Wellness Director Dallastown, PA

"I had a fun time with you at Weis Markets. My mom didn't even know half of the things I learned about. The fruits and vegetables looked so good. I just wanted to eat them right up. I didn't know all the different things to help your body. The grains—I didn't know what wheat looked like before it was harvested. I liked all the little challenges. I really had fun—I got to solve a mystery!" - Detective Jenna

For more tour reviews and photos, visit [weismarkets.com/mysterytours](http://weismarkets.com/mysterytours).



# SOLVE

The Case of the Missing Energy

# What are Weis Mystery Tours?

FREE interactive field trips offered at select Weis Markets stores that teach 2nd, 3rd and 4th grade students how to make sensible food choices and encourage daily physical activity. Mystery Tours content and activities are designed to support USDA's Dietary Guidelines for Americans and reinforce Department of Education health and wellness curricula. Tour content and materials were developed and tested by Weis Registered Dietitians.



## The Case of the Missing Energy

N.R. Getic George used to be full of energy but now he feels weak and tired. He cannot stay focused at school and does not feel like playing with his friends. N.R. Getic George needs help solving the mystery of how he lost his energy.

## Play the Role of Weis Detectives

Students gear up with a detective hat, badge, magnifying glass and clue pad and venture into supermarket aisles in search of clues.

## Solve the Case

After exploring the five main food groups, reading nutrition labels and sampling new foods, students uncover the clues they need to solve the *Case of the Missing Energy*.

# Take Home Messages

**Fruits and Vegetables:** Eating a variety of colorful fruits and vegetables gives you energy and special health benefits.

**Meats and Beans:** Meats and beans provide plant and animal protein for growth and building strong muscles.

**Grains:** Grains provide energy. Look for whole grains for more fiber and vitamins.

**Dairy:** To build strong teeth and bones, choose milk, yogurt and cheese.

**Beverages:** Active kids need water.

Choose water most often and read labels for added sugars.

**Physical Activity:** Fuel up with the right foods to be active and have fun!

# Materials & Classroom Support

Students are given items to take home including a detective hat, badge, clue pad, certificate of completion, educational activity book and an informational parent pack.

## Classroom Support Materials

Pre- and post-tour support materials are available to teachers for download at [weismarkets.com/mysterytours](http://weismarkets.com/mysterytours).

Schedule a Tour or Request More Info:

Visit [weismarkets.com/mysterytours](http://weismarkets.com/mysterytours)

Email [mysterytours@weismarkets.com](mailto:mysterytours@weismarkets.com)

Call (570) 988-3025

Plan to schedule 6 or more weeks in advance.

Each 90-minute field trip is limited to 25 students.