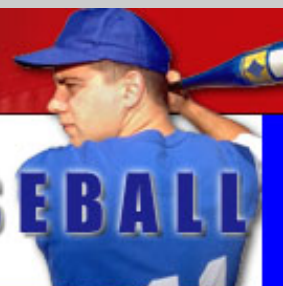
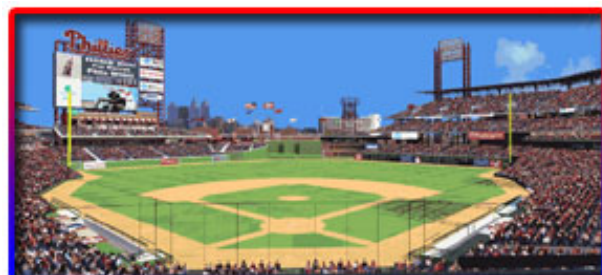




WELCOME TO INSIDE BASEBALL



Welcome to **Inside Baseball**, an educational behind-the-scenes look at the game of baseball, brought to you by ARAMARK, the company that helps your school provide breakfast and lunch programs, and the Major League Baseball Players Association!



- Have you ever wondered what goes on “behind-the-scenes” during a baseball game?
- Do you want to learn more about your favorite baseball players?
- Do you want to learn more about Citizens Bank Park and how it runs?

Well, you're in the right place!

Inside Baseball is a fun program that uses this Web site to teach you more about your home team, the **Philadelphia Phillies**. You'll learn how your favorite players help their communities through volunteering, how ARAMARK chooses the food and beverages you eat and even how workers get the park ready for thousands of fans on game day!

When you've completed your projects, your parents will have the chance to bring you and your family to a baseball game at Citizens Bank Park, where you'll see all the people you learned about in action!

Let's get started. Be sure to hit a home run!



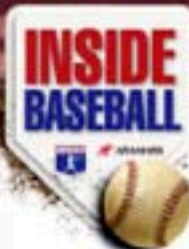
Spike's Rules to Stay Healthy:

- Eat Right
- Get Plenty of Sleep and
- Exercise Everyday!

The Spike mascot is proprietary and a trademark of the ARAMARK Corporation.

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WELCOME TO INSIDE BASEBALL



Good Eats at School, Good Eats at the Ball Game: **Building the Food Pyramid**

The food pyramid teaches us about the different kinds of food we need to stay healthy. At your school, ARAMARK plans a menu that has foods from each group of the food pyramid so that you eat right and stay healthy.

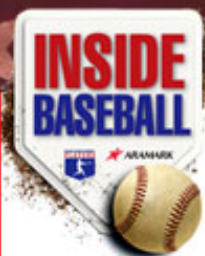
All the foods you enjoy at the ballpark fit on the food pyramid. Do you know where your favorite ballpark foods fit on the food pyramid? Match the ballpark food to its correct place. To learn more about where different foods belong on the food pyramid, visit: <http://schoolmeals.nal.usda.gov/py/pmap.htm>



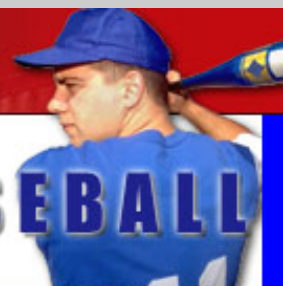
Draw a line connecting the item to the correct position on the Food Pyramid.

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WELCOME TO INSIDE BASEBALL



Getting Ready for the Game

It takes many people behind-the-scenes to get Citizens Bank Park ready for each Phillies game. The grass needs to be mowed, the seats need to be cleaned and the floors must be mopped. Can you find out just how much work needs to get done?

1. Joe the Janitor has to mow the grass on the field at Citizens Bank Park. If he mows down the left field line 338 feet and then mows down the center field line 410 feet, how many feet of grass will he have mowed?

2. There are 55,600 seats at Citizens Bank Park. Joe needs to clean the chewing gum off each seat before the next game. If he cleans half of those seats today, how many will he have to finish tomorrow?

3. Now, Joe must make sure that there is soap in all the bathrooms. If Citizens Bank Park has 150 bathrooms and only 45 have soap, in how many bathrooms does Joe need to put soap?

4. Joe has been working hard all day but he still has to mop the floors in front of the food stands. There are 23 food stands, and Joe mopped 5. How many more need to be cleaned?

5. Finally, Joe needs to take out all the trash before the next game starts. If Joe filled 120 garbage bags and he only has time to take out one quarter (1/4) of those bags, how many bags will be thrown out today?

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Batter up! Here are some bonus questions for grades 4 and 5!

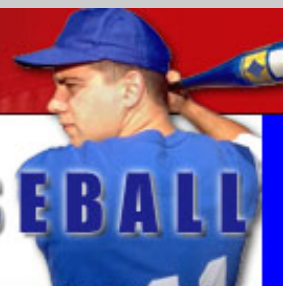
1. If it takes Joe 10 minutes to take out 20 garbage bags, how many hours would it take Joe to remove 1,680 garbage bags?

2. Joe works very hard at the ballpark. He needs to take breaks throughout the day to eat a healthy lunch and keep his energy high. If he took a break from 9:45 a.m. until 10:15 a.m. and then another at 1:25 p.m. until 2:15 p.m., for how many minutes did Joe take a break today?

3. Joe must wash the dirty rags everyday. He uses 1 box of laundry detergent each week. How many boxes of detergent does he use in a 175-day baseball season?



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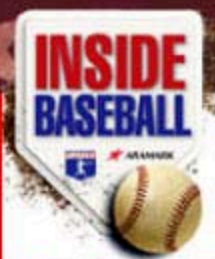
Winning on the Field, Winning in the Community

It's no secret! Your favorite Phillies are good guys who like to help others in need.

For this part of the project, pick two of your favorite Philadelphia Phillies players. Go to <http://bigleaguers.yahoo.com/mlbpa/players>, find their names and find out where they volunteer and help those in need.

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Winning on the Field, Winning in the Community

If you could spend the day with your favorite two players and volunteer, where would you go? How would you help people together? Why is volunteering important?

