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DeKalb Co. Snapshot: Food Play

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DeKALB – "Read before you eat" and "Kids with brains eat grain" were just two of the messages that Foodplay Productions delivered to DeKalb elementary schools last week. The messages, along with other healthy eating tips, were part of an hour-long, high-energy show that included skits, juggling, music and comedy.

According to stage manager Amen Igbinosun, the three-man group is one of three troupes touring the country giving presentations. For the first six months of the year, Igbinosun said the troupes are visiting elementary schools and teaching students the basics of healthy eating and the importance of exercise.



Some students were pulled from the audience to participate in a mock game show last week at Tyler Elementary School. From left, J.L. Reed of Foodplay, Jackson Forsberg, Mahalia Allen, Noah Brooks and Audrey Franklin. (DOUG OLESON – doleson@shawsuburban.com)

To emphasis this juggling act between nutrition and action, actors Joseph Bromfield and J.L. Reed literally juggled a number of items, to the amusement of their young audiences.

Igbinosun said that he saw a similar performance of Foodplay, established in 1982, when he was in school and it inspired him to spread the message.

One of the messages the troupe delivered was that there are now 300,000 food options, of which half have been made with processed foods and didn't exist for our grandparents. In one demonstration, Bromfield and Reed showed just how many teaspoons of sugar there are in a can of regular soda.

"Tell your parents to can the pop," Bromfield said, adding that the average child drinks 600 cans of soda a year. "Drink water instead."

The performances, which took place in DeKalb, Malta and Cortland elementary schools, were sponsored by Kishwaukee Community Hospital.

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