

Bluffton Today

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This Dude and Dudette went to market

Stop by Cahill's Market before embarking on a culinary world tour with BT's resident foodies. [Page 14](#)

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Fun with food

BY GWYNETH J. SAUNDERS
BLUFFTON TODAY

Members of the Boys & Girls Club of Bluffton witnessed a "triple play topic" Wednesday when Food-Play Productions of Massachusetts staged the Emmy Award-winning "FoodPlay."

The small troupe of two performers demonstrated the differences between "go" food and "whoa" food when the National Junior Juggling Team's "Coach" tried to get prospective new team member "Johnny" to eat healthy foods and get plenty of exercise. Complete with sound effects provided by stage manager Amen Igbinosun, the Coach talked about how a natural healthy "go" food like a fresh apple gets turned into a not-so-healthy "whoa" fast food apple pie.

Johnny, played by J.L. Reed, was all about eating cookies and cakes for breakfast – when he ate breakfast – and drinking sodas.

Coach, played by Joseph Bromfield, had a tough time getting the message across but by the end of the play, the young people in the Boys & Girls Club audience learned along with Johnny that plenty of foods have similar ingredients but some are better than others.

"Read it before you eat it."

If it's sugar or secret sugar like high fructose corn syrup or artificial flavors and colorings "or if you can't read the words," Johnny learned, the food is probably a "whoa" food.

It was a big shock when the audience found out that their



Gwyneth J. Saunders/ Bluffton Today

Contestants from the studio audience at the Bluffton Boys & Girls Club - C.J. Johnson, left, Travis Cogswell, Amanda Angeles and Kailee Manning - get instructions from Johnny to sound their horns if they know the correct food answers.

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favorite cans of soda contain as much as 10 spoonfuls of sugar. It was more of a shock when they learned that the average child drinks 600 cans of soda a year.

Midway through, Johnny became Igor the faithful assistant, as Coach, the Mad Scientist, worked to recreate Johnny's favorite drink in the "Colaboratory."

The extinct dinosaur whose "tooth" was used to show the destructive ingredients in soda would have needed a very large toothbrush to clean that decay off its molars.

The food pyramid came in for a big role when – in an effort to see if the children got the message about food – Johnny suggested "Let's have a game show."