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News > Local / Metro

Wednesday, Jul 2, 2008

Local / Metro

Posted on Mon, May. 19, 2008

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Best Bet: Foodplay to promote healthy habits

Can't get your kids to eat their vegetables? Foodplay, the award-winning children's performance group, can.

EdVenture Children's Museum, 211 Gervais St., is hosting three Foodplay performances Saturday, at 10:30 a.m., 1:30 p.m. and 2:30 p.m.

The colorful characters in the group use juggling, music, skits, live theater, magic and fun to promote nutrition and encourage kids to engage in healthy habits.

Childhood obesity rates have doubled among elementary school children and tripled among adolescents during the past 20 years.

Barbara Stroper, a national leader in children's nutrition, created Foodplay, which has received an Emmy Award for "Best Children and Youth TV Special" when made for television.

The 45-minute program emphasizes physical activity, nutrition and caring for the health of the planet.

During Foodplay children will help the "Coach" of the National Junior Juggling Team teach his star juggling student how to juggle the food he or she eats to end up with a balanced diet.

Though entertaining, the messages are serious. By encouraging healthy habits early in life, Foodplay arms children with the skills they need to help prevent heart disease, cancer and stroke.

EdVenture is open from 9 a.m. to 5 p.m. Tuesday through Saturday and from noon to 5 p.m. Sunday. Admission is \$6.95 for children and \$8.95 for adults.

For more information about Foodplay or other programs visit www.edventure.org or call (803) 779-3100.

— Liz Ruiz



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