



## FOODPLAY's Fresh Adventure!

A Health & Nutrition Program  
for  
Elementary School Ages & Families

Grades  
K-5

### A Jazzy, Hip-Hop Version of FOODPLAY!

A new show with an urban flair dishes up nutrition and active lifestyles with theater, music, dance, juggling, rap, audience participation, and FUN!

*An exceptional program! Children really relate to the characters, music, performance, and messages. Teachers and students are inspired to make real lifestyle changes regarding nutrition and physical activity. A great addition to our efforts in creating healthy schools.*

—EAT.RIGHT.NOW Nutrition Education Program  
School District of Philadelphia, PA



### Comes with Complete Resource Kit:

- \* FOODPLAY Teacher's Activity Guidebook (60+ pages of lesson plans)
- \* Healthy snack cards for kids
- \* Parent letter (English & Spanish) with healthy tips
- \* Food service packet to link cafeteria with classroom learning
- \* Nurse packet to promote school wellness
- \* Evaluation to assess program impact
- \* Press kit, web activities, and downloads

**Ideal for:** Grades K-5 and families  
**Audience size:** Up to 400 (exceptions made)  
**Running time:** 45 minutes  
**Space needs:** Auditorium, cafeteria, gym, or other large performance area  
**Program fee:** Contact us

 **Proven Results!**  
(over)

### More information:

[www.foodplay.com](http://www.foodplay.com) | 1-800-FOODPLAY (1-800-366-3752) | [info@foodplay.com](mailto:info@foodplay.com)



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## FOODPLAY's Fresh Adventure! It Works!

Grades  
K-5

### FOODPLAY's Fresh Adventure! teaches kids how to:

- ✓ Choose healthy meals and snacks at home, school, and on the run.
- ✓ Get the most nutritional value for their money.
- ✓ Fuel up with breakfast and participate in school breakfast programs.
- ✓ Create a balanced diet using MyPyramid.
- ✓ Increase their intake of fruits, vegetables, whole grains, and calcium-rich foods.
- ✓ Cut down on sweets, sugary drinks, and unhealthy fats.
- ✓ Read food labels, see through media messages, and critically analyze advertisements.
- ✓ Have fun being active every day.
- ✓ Treat their bodies right — whatever size and shape — and discover that every body is different, and different is a great thing!

*Great assembly! Thank you for teaching me how to eat healthy and treat my body right! I will stop drinking too much soda, start eating more vegetables, check ingredient labels, and be more active!*

—Joseph, 5th Grader, Philadelphia, PA



*I liked the play because it shows how to eat healthy, and it tells you to read it before you eat it. I liked the part when Janey was eating healthy food and she made the juggling team!*

—Abdoul, 4th Grader, Philadelphia, PA



*This was the best show I ever saw! Can you come back?*

—Jahya, 4th Grader, Philadelphia, PA



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