

FOODPLAY productions

★ Presents ★

Lil' Red Ridin' Thru 'Da Hood

A play by Caree J. Jackson, MS, RD, LD



Live Nutrition and Health Theater

Helping children take charge of growing up healthy and fit!

FoodPlay Productions is happy to present its newest production, *Lil' Red Ridin' Thru 'Da Hood*, an upbeat live theater performance that makes learning about nutrition fun for urban youth! **The performance incorporates hip-hop music, dance, stepping, and audience participation to relay its important messages of healthy eating and daily physical activity.** The play's main characters, Lil' Red, Big Boy, and Gran'ma Jackson, inspire elementary school children and their families to think about how the food and activity choices they make today can impact their future. Through a series of fun skits, children learn how to make healthy food choices at home, school, and on the run. The audience is invited to participate throughout the show and ultimately learns a fun hip-hop song with dance steps that help them remember to keep -

"Eatin' good in the neighborhood and making healthy choices like I know I should!"

"Lil Red" was the best-show I've ever seen in my life. The play was a good play and I wish I could see it again!"

-5th grade student
Atlanta, GA

"The music was great, the kids loved it, the teachers said it was great! I highly recommend "Lil' Red"!

-Linda Wilson, RN
Philadelphia, PA

Proven Success
Educating
Urban Youth
About
Nutrition!

To bring "Lil' Red" to your school or special event,
contact us at FoodPlay Productions
413-247-5400 or 1-800-FOODPLAY (1-800-366-3752)
info@foodplay.com - www.foodplay.com

Bring “Lil’ Red” to your schools, community events, conferences, theaters and festivals!

Audience: Elementary school-age children and families
Running Time: 40 Minutes
Space Needs: Auditorium, cafetorium, gym or other large performance area

Program includes a live theater performance and professionally designed follow-up materials to be selected from:

- Lil’ Red Hip Hop CD - “What’s Best 4 Me”
- Student Activity Booklets
- Teacher Activity Guidebooks
- Snack Cards
- Follow-up reproducible materials for students, teachers, parents, school food service and health staff to promote school wellness and reinforce health messages all year long.

Why Programs Like “Lil’ Red” Are Important

In the last twenty years the incidence of childhood obesity has doubled among children and tripled among adolescents, according to the “U.S. Surgeon General’s Call to Action.” Since obese children are more likely to become obese adults, many diseases resulting from poor diets and lack of physical activity follow these children into adulthood. Research has shown that African American and Hispanic children are at a higher risk for obesity than their Caucasian counterparts. The Centers for Disease Control has projected that one in three U.S. children born in the year 2000 will develop diabetes. The odds are worse for African American and Hispanic Children; nearly half are likely to develop diabetes. Thus, early intervention and innovative programs, such as nutrition-theater, are critically needed especially in these populations to help reduce rising rates of diet-related diseases.

A Research-Based Approach

The playwright, Caree J. Jackson, MS, RD, LD, is a PhD candidate in the Department of Foods and Nutrition at the University of Georgia. **“Lil’ Red” has had a successful run in several of Atlanta’s inner city schools with evaluation results demonstrating dramatic effectiveness educating urban youth about the issues of nutrition, physical activity, and health.** “Lil’ Red” is currently being presented by FoodPlay Productions at 165 schools throughout Philadelphia to rave reviews. “Lil’ Red” was originally sponsored by The University of Georgia College of Family and Consumer Sciences, The University of Georgia Department of Foods and Nutrition-Nutrition Intervention Lab, and the Atlanta Falcons Youth Foundation.

A Note From Barbara Storper, MS, RD, Executive Director, FoodPlay Productions

Good eaters make great learners and evaluations show that theater-based programs are highly effective approaches to empower children with the skills they need to see through media messages in order to make healthy eating and exercise choices. In my 25 years of experience creating innovative nutrition education programming, I have never seen urban youth so enthralled by a performance! “Lil’ Red” speaks directly to children in their language and effectively teaches and motivates them to improve their nutrition and health habits. The colorful characters, incredibly upbeat music, dancing, and fun-filled skits all work together to do what FoodPlay Productions is all about – “Make good eating great fun!” We’re thrilled to be able to bring “Lil’ Red” to your schools, conferences and special events.

Feedback for *Lil' Red Ridin' Thru 'Da Hood*

From Teachers:

"This was truly a great presentation! It would be very beneficial to include this as a health presentation throughout the school systems."

"Wonderful play! Take it all around the world!"

"During lessons, some [of our] teachers are now giving fruit as rewards instead of candy, cookies, etc."



From Students:

Dear Lil' Red, Big Boy and Gran'ma Jackson,
I loved your play! Thanks for helping me with the food problem. Now I eat healthy things like carrots, salad, and apples. I love them! Before I couldn't stand vegetables, but now I love them.
-5th grade student

Dear Lil' Red, Big Boy and Gran'ma Jackson,
I know I should eat right and I will. I want to live for a long time and I don't want to be sick. I am going to start by eating right and exercising. I will stop eating so much candy so I won't have a stomachache. I will also listen to your song! I liked the play. It was funny and helpful.
-4th grade student

Dear Lil' Red, Big Boy and Gran'ma Jackson,
In the play I learned that eating "go light" snacks is good for your health. Also I learned to eat five fruits and vegetables a day.
-3rd grade student

"I liked it when Gran'ma Jackson was getting her groove on!"
"I liked everything in the show! There wasn't anything I didn't like."

-3rd grade student
Atlanta, GA



"I loved this show! The rap was so cool. I learned to eat more fruits and veggies and I promise I'll try every day!"

-5th grade student
Philadelphia, PA

Playwright - Caree J. Jackson, MS, RD, LD

Caree Jackson, a native of Atlanta, GA, is a PhD Candidate in the Department of Foods and Nutrition at the University of Georgia (UGA). She graduated cum laude from Howard University with a Bachelor of Science degree in biology. In December of 2004, she earned a Master of Science degree in Foods and Nutrition and completed the Dietetic Internship at UGA. In addition to her studies, Caree also completed internships with Margo Wootan, DSc at the Center for Science in the Public Interest and with Barbara Storper, MS, RD at FoodPlay Productions. Caree Jackson's research focuses on creating innovative interventions to combat the problem of obesity in the African American community. As part of her master's thesis, Caree wrote an original script, *Lil' Red Ridin Thru 'Da Hood*, a nutrition theater play that conveys healthy eating and exercise messages to low-income African-American children.

Conferences, Presentations, and Awards for "Lil' Red" Playwright, Caree J. Jackson

National Black Graduate Student Association Conference, First Place Award Recipient
Student Research Paper/Presentation, Charlotte, NC, March 2005
Georgia Nutrition Council Conference, First Place Award Recipient
Student Research Presentation, Athens, GA, February 2004

Centers for Disease Control Health Disparities Conference, Presenter, Atlanta, GA, 2005
American Public Health Association Conference, Presenter, Philadelphia, PA, 2005
USDA Food and Nutrition Service National Nutrition Education Conference, Presenter, Wash., DC. 2005
Society for Nutrition Education Conference, Presenter, Orlando, FL, 2005
Hawaii International Conference on Social Sciences, Presenter, Honolulu, HI, 2005
National Black Graduate Student Association Conference, Presenter, Atlanta, GA, 2003

Director – Bruce Robinson

Bruce Robinson is Founder and Executive Artistic Director of FreshVisions Youth Theatre Company. A thirty year theater veteran, Bruce is a producer, director, actor, writer, theater arts teacher and workshop leader. He is a winner of Philadelphia theater's prestigious Barrymore Award for Theater Excellence as well as KYW TV-3's "People Making a Difference" Award.

Executive Director and Producer - Barbara Storper, MS, RD

Barbara is Founder and Executive Director of FoodPlay Productions. She is an Emmy Award-winning nutritionist, writer, director and leader in the field of children's nutrition. Barbara has received a host of national awards including the Society for Nutrition Education's first "Outstanding Nutrition Educator in the Country Award," The American Dietetic Association's "Outstanding Nutrition Entrepreneur in the Country Award," and an Emmy Award for "Best Children and Youth TV Special."

FoodPlay Productions

FoodPlay Productions is a national award-winning nutrition and health media organization presenting the best in live touring theater shows for school assemblies, conferences, and special events. The company also creates fun-filled video kits, curricula, media campaigns, exhibits, and hands-on resources to help improve the nutrition and health habits of the nation's schoolchildren. Founded in 1982, FoodPlay Productions' live touring theater shows and campaigns have reached three million school children coast to coast and have been widely featured in the national media. FoodPlay Productions' programs have been sponsored by the US Department of Agriculture, Centers for Disease Control, Harvard Pilgrim Health Care Foundation, and State and City Departments of Education and Public Health throughout the country.