

Feeding the Future

Healthy Eating for Secondary Pupils

Ages 11-14 (School Years 7-9)

Key Stage 3



An explosion of comedy, drama and song, that teaches pupils about nutrition, the value of eating healthily, and how looking after yourself can help you look after your future.

“Some students are changing eating habits. More students now choose a roll and fruit for lunch than ever before...I thought it was informative and presented to the students in a way that they could understand.

The humour added to gaining their attention.”

**Belinda Eathone, Assistant Head of Year 8, Eastbury Comprehensive School,
London Borough of Barking & Dagenham**

THE PROJECT

Feeding the Future was created following the massive success of *Food 4 Thought*, our healthy eating show for primary school audiences. We realised that there was an urgent need for a project with a similar message for older pupils, so we created a 35 minute show using our captivating formula of pop culture and comedy to make healthy eating engaging and appealing for 11-14 year olds.

The result was *Feeding the Future* – a super-size serving of comedy theatre with all the right ingredients to help young people live a healthy happy lifestyle. Jam-packed with information, advice and practical tactics to help them make informed choices, the show whets young people’s appetite for a healthy life, by making them more knowledgeable and more confident in taking control of their own diets.

Feeding the Future is an explosion of comedy, drama and song containing the message that feeding our minds and bodies with the right nutritional information can ultimately save lives.

“Pacy, relevant, informative and entertaining. Thoroughly appropriate for its target audience.

They thought it was brilliant. They found it fascinating from a drama point of view and clearly absorbed the healthy eating message.”

Carole Jordan, Deputy Headteacher, Ilford County High School, London Borough of Redbridge

THE SHOW

Charlie’s Angels have a new mission; changing young people’s eating habits. Thousands of lives are at stake and with this responsibility in mind the Angels set about their task with gusto. With high-kicking antics and kung-fu stances, they take on both the supermarket and the school canteen. They finally discover that all the foods we need are readily available and that it is up to us to make our own informed decisions to ensure a long and healthy future.

We explore the issues of diet and exercise, learn how to read the often confusing labels on packaging, find out how different cooking methods can help us cut down on the wrong kinds of fat, and perhaps most important of all, underline the fact that food is ultimately to be enjoyed.

As the audience is swept along with this fast-paced performance, we meet, the Simpsons, Simon Bowel and his *X Factor* contestants and almost the entire cast of *EastEnders*! *Feeding the Future* is an explosion of comedy, drama and song containing the message that feeding our minds and bodies with the right nutritional information can ultimately save lives.

"It explicitly pointed out the differences between carbohydrate, proteins, fruit and veg etc. and what they are needed for...It was fun, bright and appropriately pitched for year 7 students...Excellent! Keep it up."

Sarah Heath, Head of PSHEE, Plashet School, London Borough of Newham

FEEDING THE FUTURE TEACHES YOUNG PEOPLE...

- How to achieve five a day – what counts and what doesn't
- The health benefits of eating more fruit and vegetables
- About the different food groups (e.g. protein, carbohydrate, fat, vitamins & minerals)
- The importance of a healthy heart and how exercise and food can achieve this
- To make healthier choices at lunchtime
- How to read food labels
- How to put together a balanced meal that's both tasty and nutritious
- That they have the power to take charge of their own eating habits

"Cheers! You made me laugh plenty and still you educated me."

Pupil, Marshalls Park Secondary School, Romford, Essex

A FEW FAQS...!

How long is the show? 35 minutes

Who's it for? Ages 11 to 14/ Years 7 to 9/ Key stage 3

What school work does it link to?

- PSHE (Personal, Social & Health & Education)
- Design and Technology Curriculum (cooking and nutrition)
- 5-A-Day Initiative
- Healthy Schools
- National Curriculum For Sciences

Are there any accompanying resources?

You can book an optional one-hour interactive drama workshop for up to 60 pupils. Just get in touch for costs and to find out more!

"Good fun, clear message, good use of comedy, music and characterization. Well done!"

Vikki Barrie, Teacher, Plumstead Manor School, London Borough of Greenwich

For more information on this show or any of our other work, please feel free to get in touch and we'll be happy to help!

Chain Reaction

Tel: 0208 981 9527

Email: admin@chainreactiontheatre.co.uk

We look forward to hearing from you!