

# Food 4 Thought

*Healthy Eating & Exercise*

Ages 5-11 (School Years 1-6)  
Key Stages 1 & 2



An energetic and much-loved performance about the benefits of healthy eating and exercise, teaching young audiences that a good diet and active lifestyle can let them enjoy their lives today and tomorrow...

"We really enjoyed *Food 4 Thought* because it was really funny and the songs were catchy! We still sing the songs in class! Thank you for coming because now I know what healthy foods are the healthiest and what belongs in each category! I've started to change my life around by having a balanced diet!"  
**Pupil, Roding Primary School, London Borough of Redbridge**

## THE PROJECT

*Food 4 Thought* is an explosive 35 minutes of theatre that promotes the benefits of a balanced diet and stresses the importance of exercise and having a sensible approach to enjoying what you eat. This hugely successful project has been performed to thousands of children nationally and helps 5-11 year olds understand the importance of a healthy lifestyle, and how to make positive healthy changes in their own lives.

This interactive show provides the essential ingredients for creating a healthy lifestyle and reveals why this is so important. The project makes learning about healthy living fun, appetising and exciting, ensuring that the messages are understood, remembered and embraced by our young audiences.

"The *Food 4 Thought* performance was fantastic. It is a great fun way to get the importance of a balanced diet across to young pupils without them feeling they are being preached to [...] I highly recommend it to any primary school that is dealing with Food and Diet as part of the curriculum."  
**Gerry Clinton, Catering & Schools Traded Services Manager, London Borough of Havering**

## THE SHOW

Jean, the school cook, is determined to change the eating habits of our three unhealthy young students. Ali Dingrunner is a sports fanatic but never seems to have the energy to fulfill her potential; Jasmine Fluenza finds her sneezing is a constant irritation to herself and her friends; and Geoff Vorderman (the loveable nephew of Carol) has his head so far up in the clouds that he doesn't consider such trivial matters as food... and his schoolwork is suffering. Transformed into her alter-ego, the "Genie from the Magic Ketchup Bottle", Jean takes them all on an entrancing journey which both educates and entertains...

With sing-a-long pop songs, drama, comedy, dance, and loads of well-known TV characters and shows (including *The Teletubbies*, and sketches based on *Supermarket Sweep* and *EastEnders*), the children are educated on all the food types using key words. Proteins, carbohydrates, vitamins, minerals and fats are introduced, and the main characters and the audience come to discover which foods each can be found in.

The final sing-along song 'Eating Is So Much Fun' gets the audience involved in a true Chain Reaction-style celebration of the enormous contribution that food can make to our lives!

"Thank you for the wonderful lively performance you gave us. It certainly had an impact and during lunchtime our younger children were actually referring to what had happened. Our Year 3 children proudly told me they had eaten healthily and had lots of energy."  
Mrs Richardson, Head Teacher, Saltburn Primary School, Saltburn-by-Sea, North Yorkshire

#### **FOOD 4 THOUGHT TEACHES CHILDREN...**

- That eating a balanced diet and exercising regularly are two of the most important things you need to do to be healthy
- The need for regular, balanced meals and the importance of breakfast
- About the impact of a poor diet and a lack of exercise on personal health
- The different types of food groups/nutrients (e.g. protein, carbohydrate, fat, vitamins, minerals, dairy, fruit & vegetables)
- Which foods the various nutrients can be found, and the positive effects of these food groups
- That treats are okay once in a while as part of a healthy balanced diet
- That children can make healthy informed decisions for themselves

"Frozen vegetables are as good as fresh vegetables."  
Pupil, age 9, Beacon Hill Special School, Thurrock, Essex

#### **A FEW FAQS...!**

**How long is the show?**      35 minutes

**Who's it for?**                      Ages 5 to 11/ Years 1 to 6/ Key stage 1 and 2

#### **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!

"The children left the performance excited and chatting about the show... It had a high impact on children's views, particularly witnessed at lunchtime, when they talked about the show as they selected what they were having for lunch."  
Sharon Anderson, Deputy Head Teacher  
The Hayes Primary School, London Borough of Croydon

**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

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**We look forward to hearing from you!**