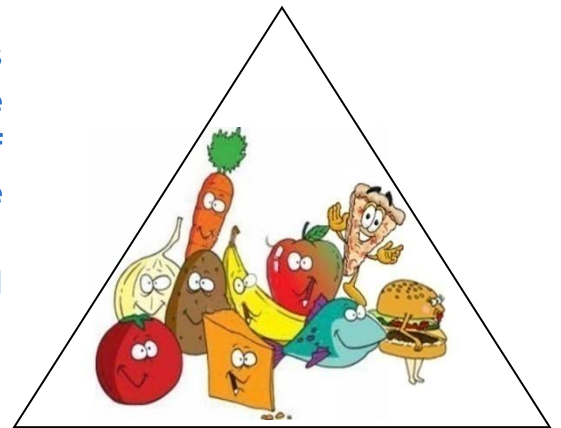


# Food Groupies

EDUCATIONAL THEATRE PROGRAM ON HEALTHY EATING FOR P - 6

The food groups come alive in this hilarious performance about making healthy choices. The food pyramid becomes an onstage arena of music, dance and unforgettable stories. Join the adventures of jumping beans, exercising watermelons, a carrot who wants to be green and a cake who tries to take over the food pyramid!



The Australian National Children's Nutrition and Physical Activity Survey\* revealed at least 23% of Australian children are considered to be overweight. Eating too much of the wrong type of food is a major contributor to lifelong patterns in eating behaviour\*\* Even though parents, doctor's, educators and nutritionists are the key decision makers when it comes to family health - it is important to realise that young children make choices about what they eat too!

Cultural Infusion has developed this program to make healthy eating fun in the lives of 5 -12 year olds. Through interactive performance, workshops and activities, this program will help students::

- understand and appreciate changing body shapes
- discover how the loveable 'food groupies' share the food pyramid
- gain insight into how the body has an effect on the mind
- realise the importance of having a balanced diet

**Key learning areas:** balanced diet, addressing eating habits, body image

## Delivery

50 minute educational theatre presentation designed with strong interactive elements. Artists require a 6 x 4 m stage area. As part of this program your school will receive the pyramid resource, student activities, take home work sheets and a class plan with easy-to-use teacher notes.

\$6 per student + GST (price based on minimum of 140 students)

To introduce your school to our Health & Well-being programs any Food Groupies booking made in 2010 will receive a 10% discount

\*Australian Government Department of Health and Aging, 2007

\*\*Westenhoefer J. Establishing good dietary habits capturing the minds of children. Public Health Nutrition. 2001;4: 125-129

## Cultural Infusion National Schools Program

helping create Global Unity through the delivery of schools programs, tours, concerts and workshops focusing on Harmony, Diversity, Inclusiveness and Health & Well-being

For information on all our programs and to make a booking enquiry please visit [culturalinfusion.org.au/schools](http://culturalinfusion.org.au/schools) call 1800 010 069 or email: [info@culturalinfusion.org.au](mailto:info@culturalinfusion.org.au)

