

# Kansas City Young Audiences

## Teacher Program Guide

### Healthy Choices Count!

Artist: Leslie and Jay Cady

#### Inside this guide:

- Performance Description
- Educational
- Artist Bio
- Vocabulary
- List of Resources
- Post-Performance Activities

Contact KCYA for more information on this and other programs.

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### Performance Description

In this active workshop Jay and Leslie of Laughing Matters use theatrical skills to help young students make choices that are good for their bodies and good for their brains. Students learn that action words are called verbs and then they mime physical activities that are fun and provide exercise.

Jay juggles unhealthy foods, which Leslie removes from the pattern and replaces with healthy choices. The kids help Leslie write a letter to Zar, a space alien



whose ship needs five fruits or vegetables to fly.

A spinning plate represents Zar's ship, and students help choose fruit and veggies to attach to it. Finally, juggling balls get added to an increasingly difficult pattern as we count up five reminders for daily healthy choices: 1 hour of exercise, 2 or less hours of screen time, 3 servings of dairy, 4 glasses of water, and 5 or more servings of fruits and vegetables.

### Educational Objectives and Standards

- 5-9 fruits and veggies / day
  - ≤ 2 hours of screen time / day
  - 12 ounces or less of sugar-sweetened beverages / day
  - 60 minutes of moderate to vigorous physical activity / day
  - Limiting "red foods"
  - Replace 2% milk with 1% or skim
- Standards addressed:
- Identifies people, events, time, and place in classroom dramatizations.
  - Understands that many skills can be practiced until they become automatic, and that if the right skills are practiced, performance may improve.

#### Special REQUIREMENTS:

Open space with enough room for students to sit in a circle.

## Artist Bio: Leslie and Jay Cady

**Jay and Leslie Cady** have been full-time performing artists since 1980. They have given over 6000 performances in 34 states and seven countries including shows at the National Theater of Guatemala and at U.S. military bases overseas. They have trained extensively in circus and vaudeville arts, and in 1984 they studied with legendary mime Marcel Marceau. Jay and Leslie have twice been nominated for "Best Original Work" by the Kansas City Theater Awards. When Jay and Leslie became parents

in 1988, their already considerable interest in education was heightened. As PTA Cultural Arts Chairpersons at their daughters' school they saw the need for school programs that reinforce curriculum. In their assemblies and workshops Jay and Leslie use theatrical skills and humor to teach math, reading, science, civics, and more. In 2010 Kansas City Young Audiences awarded them the Lighton Prize for Excellence as Teaching Artists and designated them Master Teaching Artists.



Leslie and Jay Cady

## Vocabulary

**Healthy:** Being healthy means that you can play outside, you don't get sick, and you feel good.

**Physical Activity:** Moving your muscles a lot of different ways to stay healthy and strong.

**Go, Slow & Woah foods:** Go foods are foods we should have every day (vegetables and fruits). Slow foods are foods we should only have once in a while (fruit juice). Woah foods are foods we should almost never have (French fries).

**Nutrition:** The process of providing or obtaining the food necessary for health and growth.

**Recipe:** A set of instructions for preparing a particular dish, including a list of the ingredients required.

**Produce:** Things that have been grown and produced through farming, especially fruits and vegetables.

## List of Resources

### WEBSITES

**choosemyplate.gov** - Resources on dietary guidelines and healthy lifestyles for parents, teachers and kids.

**classroom.kidshealth.org** - Free health-related lesson plans for all grades and subject areas.

## Post-Performance Activities

1. (Recommended grades: K & 1st) Give students a picture of a rainbow (without color). Ask them to draw inside the rainbow different fruits and vegetables with crayons, to create a rainbow of foods that are good to eat every day. Students that can write may list the fruits and veggies.
2. (Recommended grade: K & 1st) Use Dino O'Dell's music CD to engage students in freeze dance, musical chairs, or other active games that get them up and moving.

