

Program Name: Eat Like a Rabbit, Swim in Peanut Butter and Other Healthy Tricks

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Artist: Dino O'Dell

### Special Requirements:

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Open performance space, stage or gym floor preferred; electrical outlet nearby; area cleared 1 hour prior to performance; 30 minutes needed for tear down

### Special Points of Interest:

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Before “becoming” Dino O’Dell, Kevin Dolan was a preschool music and language arts teacher

### Performance Description

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Dino is the nutrition musician as he communicates his message about healthy food and an active lifestyle through interactive music and stories that engage children with finger plays, movement, fill-in-the-blank lyrics, counting songs, dramatic expression and humor. The students meet a vegetable eating rabbit that never stops jumping, an exercising cowboy who swims in peanut butter and a space

alien who tries and fails to fuel his spaceship with junk food. On your mark, get set, let's get healthy!



### Educational Objectives & Standards

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#### Students will:

- Practice being a good audience member and build listening skills.
- Experience rhythm and melody.
- Learn details about all seven continents.

#### Standards addressed:

- **Music:** introduces that music is a collaborative effort.
- **Math:** understands plus and minus and how they relate to one another.

## Artist Bio: Kevin Dolan

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Kevin Dolan has worked as a professional actor on stage and TV. As a musician he has worked professionally in reggae, punk, folk, rock 'n' roll and Dixieland bands. Kevin is a former preschool and elementary music and drama teacher. Now, he travels the country as Dino O'Dell, performing children's music shows and assemblies with his band the T-

Rex All-Stars. His assemblies and workshops focus on learning by engaging intrinsic motivators.

Dino has performed at the White House and he has produced three award winning children's CDs. Check out [www.DinoODell.com](http://www.DinoODell.com) for more information.

## List of Resources:

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**Apples** by Gail Gibbons. Do you like apples? If you do, and you live in the United States, you could eat a different apple each day for 2,500 consecutive days. That's over seven years of crispy, crunchy apples without once duplicating your selection.

**Bread Comes to Life: A Garden of Wheat and a Loaf to Eat** by George Levenson. Meet a baker who makes bread all the way from scratch-- "by sowing wheat in his backyard patch." The grass grows, and "when the crop is ripe and old, the tops are bowed and streaked with gold. And every head of wheat contains many tiny finished grains."

**Eddie's Garden and How to Make Things Grow** by Sarah Garland. Eddie is determined to grow a garden. So his mother takes him and his little sister, Eddie, to pick up all the things they need to plant a garden, and she show him how to plant pea seeds and bean plants. Before long, the seeds start to sprout, and sunflowers and pumpkins start to grow.

**No More Vegetables** by Nicole Rubel. Ruthie won't have to eat any more vegetables, but ... she has to help her mother in the family garden. Working in the garden turns out to not be so bad after all. Ruthie plants rows of vegetables, and learns to take care of them. She discovers the how much fun vegetables can truly be.

## Vocabulary:

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**Nutritious:** A lot of nutrients: Healthy foods that help children's bodies and brains develop.

**Vegetables:** An edible part of the plant that doesn't have the seed in it, like the stem, root or leaf.

Broccoli, Spinach, Carrots, Celery

**Fruit:** The part of the plant that has the seed(s) in it.

Apple, Kiwi, Orange, Banana



Contact KCYA for more information about this and other programs

816.531.4022  
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## Post-Performance Activities

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### 1) Scientific Sorting (Science)

We commonly call some fruits vegetables, the difference is that fruit has seeds in it. If it has seeds then it is a fruit. If it doesn't have seeds then it is a vegetable. *Materials:* Fruits and Vegetables, a knife (adult supervision required), a cutting board. Hunt for seeds to determine if the fruit or vegetables are actually fruits and vegetables. Adult supervision will be needed with the cutting, but the hunt for seeds can be done by the children. Keep a list of which fruits and vegetables belong to which category.

### 2) The Good Foods Survey (Math)

Students can conduct a survey to find out the favorite fruits or vegetables of their classmates and/or families. They can create tally charts of the data.

*Materials:* Pencil and paper for both a tally and to present findings.

### 3) Vegetable Prints (Art, Pattern)

*Materials:* Fruits (apples, pears, oranges, bananas, lemons), Vegetables (broccoli, cauliflower, bell peppers, potatoes, carrots,

corn, mushrooms, Chinese cabbage), Knife, Chopping board, Poster paint, Plates or trays

- 1) Clean the fruits and vegetables.
- 2) Prepare the fruits and vegetables by cutting them in half
- 3) Fruit and Vegetable Prints, Broccoli and cauliflower: separate into individual florets; Mushrooms- slice button or any round mushrooms lengthwise in half; Potatoes and carrots- slice into quarters, wedges or cut into specific shapes such as a flower or star; Chinese cabbage- trim off the base, we are going to use this part for painting.
- 4) Put paint in shallow plates or containers. Prepare your sketch paper as well.
- 5) Dip a fruit or vegetable in one color of paint, making sure that the bottom is evenly-coated
- 6) Press the fruit or vegetable firmly on your paper. This Chinese cabbage print looks just like a rose!
- 7) Go ahead and use the other fruits and vegetables to paint. You'll discover how each one can make a unique and interesting print.