

The Amazing Food Detective

Investigating clues to healthy eating and physical activity

A Kaiser Permanente
Educational Theatre
Program



“I’ve noticed an increase in healthy food choices in lunches. That alone was a major success that this program had on our population.”

– Physical Education Teacher

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Program Name

The Amazing Food Detective

Target Group

Lower Elementary Students

Program Intent

To give children the tools to make responsible choices with food and physical activity.

Program Description

A humorous, interactive play presented for lower elementary students that promotes physical activity and good nutrition. The program includes rap music with instructive and easy-to-remember lyrics.

Cost

Free to schools and youth groups along Colorado’s Front Range — from Longmont to Colorado Springs.

Information

Call 303-344-7259

The Mystery to Healthy Living

The sleuth is on the case in **The Amazing Food Detective** — an interactive play that helps young students understand the importance of healthy food and physical activity choices. Kaiser Permanente’s professional actor-educators engage students in lower elementary as they discover together what foods give lasting energy and what it means to be physically active.

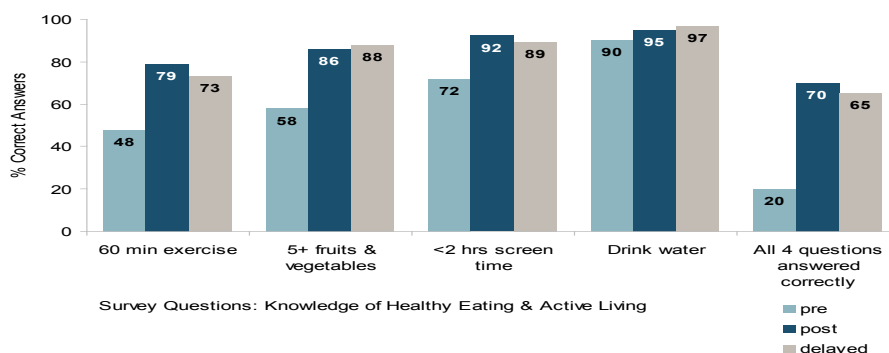
Developed in partnership with health experts, schools and health organizations, **The Amazing Food Detective** presents age-appropriate health messages, including the need to:

- Eat five fruits and vegetables every day
- Eat regular meals: breakfast, lunch and dinner
- Be physically active 60 minutes a day
- Spend less than 2 hours a day in front of the TV or computer

Key messages and select dialogue are translated into Spanish.

Impact

After viewing **The Amazing Food Detective** program 88% of students surveyed learned the 4 health messages and 86% retained those messages after three weeks.



FURTHERING KAISER PERMANENTE'S PREVENTION EFFORTS

Kaiser Permanente, a major nonprofit health plan, brings health education to our communities free of charge through our Educational Theatre Programs. What started as a single play for elementary school children in 1985 has become a series of award-winning theatrical productions, skill-building workshops, and youth engagement programs designed to meet the unique health needs of the communities we serve.

Kaiser Permanente has assembled an ethnically-diverse group of professional actors, who also serve as skilled workshop facilitators, health educators and role models to the people they meet every day. Through theatre, Kaiser Permanente seeks to measurably improve the health of our communities.

Supporting Colorado Academic Standards

The Amazing Food Detective supports academic standards for lower elementary students, such as:

Physical Education: Physical and Personal Wellness

Recognize the importance of making the choice to participate in a wide variety of activities that involve locomotion, non-locomotion, and manipulation of objects outside of physical education class.

Identify good brain health habits.

Understand that physical activity increases the heart rate, making the heart stronger.

Reading, Writing, Communicating:

Oral Expression and Listening

Become aware that verbal and nonverbal language is used to express and receive information.

The performance also addresses the policies set forth in Senate Bill 05-081, ensuring that every student has access to instruction designed to teach lifelong healthy eating habits and a healthy level of physical activity.

Scheduling The Amazing Food Detective

The following criteria are required for hosting the performance:

- A minimum audience size of 100 and a maximum of 500 are recommended.
- A minimum ceiling height of 15 feet and a 30' x 30' flat floor are required for the performance space. (This does not include audience seating.)
- 1 hour is needed for set-up; 1 hour is needed to take down the set.

Two performances can be presented at the same location in one day.

Multi-Media Resources

Music and Lyrics

The "Food Rap" and "AFD Theme Song" are available for free download at www.ETPColorado.org/AFD.

KidsSpy Hotline

A toll-free hotline where students call in and listen to a "radio-theatre" like presentation of another case for **The Amazing Food Detective**. Call 1-877-KIDS-SPY.

The Amazing Food Detective Game

A free bilingual on-line game allowing students to choose characters who experience different challenges with healthy eating and active living. Visit www.AmazingFoodDetective.org.

"I learned that junk food is very bad for you. I am trying to stop. It is very, very hard, but I am trying my best."

– Student