



Moves With Healthy Foods





Healthy Eating + Exercise = Energy.

Colourful props, hand puppets, marionettes and heaps of humour are all combined in this very visual comedy to get across the important messages of healthy eating and lifestyle.

Stef has a show to produce about healthy eating and exercise. Dressed in her brightest artificial colours and desperate to play a part, Lolly-Pop shows up to audition. Using all their powers of negotiation Stef and her wacky assistant, Stage Hand, have to balance out the content of the show. The fresh fruits and vegetables are overjoyed with their starring roles but convincing the refined sugars they can only make a brief appearance is more of a challenge.



Super Banana is ready to split when he finds out that Top Banana wants to fire him out of a cannon. On the food chart each food group is shown their role they in a healthy balanced diet and are allotted time in the review accordingly. Just when it looks as if the show will come to a halt because Stef cannot find an act to cover water and exercise, Tap Dancer comes rap dancing to the rescue. This zany marionette cabaret, set to toe tapping music has each puppet doing something totally unexpected to amaze and promote a healthy lifestyle.



What schools have said: Excellent marionettes. Well executed. Students had a great laugh while learning the need for healthy eating and exercise.

Christine Cook. Walpole Primary School. WA.

Great show! Students were engaged and excited the whole time. The performer was enthusiastic and excited. She really engaged well with all ages. *Melissa Wales. K to Year 6. Whitsunday Christian College. QLD.*

Curriculum Relevance. PDHPE: Growth and Development - Lifestyle Choices - Active Lifestyle - Personal Health Choices.

Price: \$5.50 per student (GST incl.). **Suitable:** K, P to Year 6.

Minimum Audience Size: 130 students.

Requires an indoor area 4m deep x 5m wide.

Times: Show: 50 mins. Set up: 45 mins. Pack up: 40 mins.



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