

## ADDENDUM I

Written manual for the Musical Play



This project is sponsored by the South African Sugar Association (SASA)

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**Guideline:** Eat 5 small meals a day  
Enjoy a variety of foods

**Message:**

Individuals, including children need specific nutrients to maintain a healthy lifestyle. Nutrients are the building blocks for the body that each provides a different type of nourishment for the body. For your body to absorb all the different nutrients, you need to take in a variety of foods on regular time intervals.

A variety of foods include the different food groups within the food pyramid (e.g. starches, fruits and vegetables, meat and meat products, milk and milk products as well as fats). Whenever you don't consume a variety of foods, your body develops a deficiency and cannot function properly. A deficiency can be seen as (i) a puzzle that shorts one piece; therefore the picture seen is incomplete or (ii) as a house without all the building material; therefore also incomplete.

The reason for taking these foods on regular time intervals is to maintain your energy levels and to ensure that you don't overeat at one specific time. Energy can be defined as the power your body needs to function properly. When you overeat at one specific time without the same amount of exercise, your energy intake exceeds your energy expenditure; therefore your body stores the excess foods as fat.

**Visual material:**

*Food pyramid*

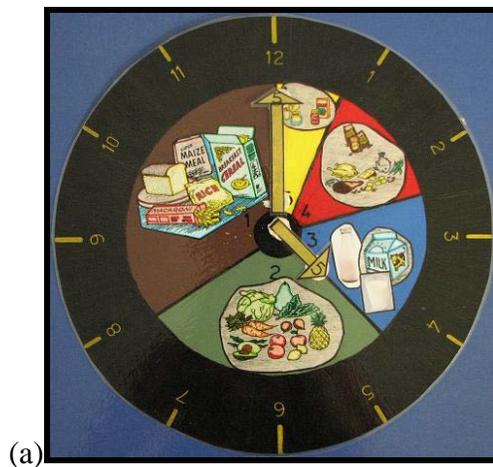
Carton boxes are used for the five different groups within the food pyramid. Each level of boxes are painted a different colour; each representing a different food group. Flash cards of the different foods within each food group are then stuck onto the appropriate level of boxes.

- *Level one:* the starches are represented by the colour brown. This level is the longest and forms the basis of the pyramid because of two reasons (i) starch is the body's main energy source and (ii) starch should form the basis of each meal.

- *Level two:* fruit and vegetables are represented by the colour green. This level following starches is second due to its importance in providing vitamins and minerals which our body needs to be healthy.
- *Level three and four:* these two levels consists of milk and milk products as well as meat (animal protein) and meat products. Milk and milk products are represented by the colour blue, where as the animal protein is represented by the colour red. These two food groups are mainly the building blocks for muscles, teeth and bones.
- *Level five:* fats are represented by the colour yellow. This food group should be used sparingly. Sugar and salt is also associated with level five in regards to the recommended amounts of consumption (sparingly).

*Food-time wheel*

This time wheel (a) consists of the five food groups within the food pyramid. Each food group starts at a different time which indicated the five recommended times to eat. The colours used in the food-time wheel are similar to the colours used in the food pyramid.



### *The puzzle*

The puzzle (b) is represented by a picture of a face. This face consists of five facial features which represents the five food groups. These facial features are also colour coded according to the food pyramid. If one facial feature (food group) is left out, the picture is seen as incomplete. When the picture is seen as incomplete, it suggests that the body lacks some nutrients due to the consumption of an unbalanced diet.



### *The house*

The house (c) also consists of five basic components; also representing the five food groups. These components (food groups) cannot stand alone; therefore, if one component is left out, the house is also seen as incomplete. When the picture is seen as incomplete, it suggests that the body lacks some nutrients due to the consumption of an unbalanced diet.



## Movements:



### 1. *The Squat movement (representing 5 meals a day: prevents blood sugar dipping)*

The Squat movement consists of three simple steps: (1) right leg steps to the right corner, (2) squat down with both hands on knees while bringing the left leg to the right leg, and (3) stand-up straight facing the left corner. This movement repeats itself towards your left side.



### 2. *The Jive movement (represents 5 meals a day: the hour hand)*

The second movement representing a variety of foods is called the Jive movement. This movement is demonstrated by pulling down the right arm while lifting the left shoulder; then repeating the movement to the other side and ultimately lifting the left hand upwards while pulling the right arm down. Both arms are kept straight throughout the movement.



### 3. *The Variety movement (represents eating a variety of foods)*

The Variety movement consists of three movements performed in sequence. The start and end position for these movements are a stance with feet together facing the front. The first movement is demonstrated by stepping backwards with the right foot and stepping back to the starting position. This movement is repeated to the front to form a second movement. The third movement consists of a circular motion around yourself. This circular motion is done by a repeated action of stepping forward (within an imaginary circle) with the right foot and then bringing the left foot to the right foot. Throughout the whole sequence of movements, the hands are clapped whenever the left foot are brought towards the right foot. In some cases only the third movement are used to demonstrate a variety of food due to the degree of difficulty of performing the three movements in sequence.

#### **Placement** (reinforces knowledge):

To reinforce the concept of the food pyramid and the house, the children are placed on stage in a shape of the base of a house.

#### **Music and dialog:**

These two guidelines are performed on “*Whole again*” from the artist Atomic Kitten.

The name of each movement is called out just before the movement is performed to inform the audience of what is being demonstrated. Several children leave the pyramid during a certain point within the song;

thereby causing the house to collapse (demonstrating a shortage of energy). All the children call out “5 meals a day” whenever movement (2) is done.

**Props:**

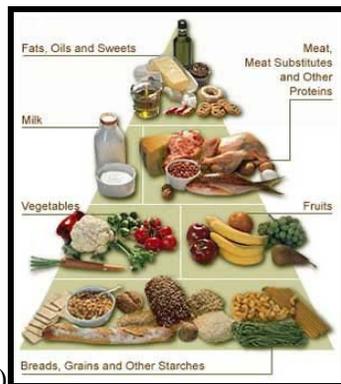
Masks (d) are used which represents the different food groups within the food pyramid. Children are wearing different coloured gloves, also representing the different food groups within the food pyramid; therefore representing a wide variety of foods.



(d)

**Decor:**

The food pyramid (e) is placed on stage as well as a model of the house (f).



(e)



(f)

**Guideline:** Make starchy food the basis of most meals

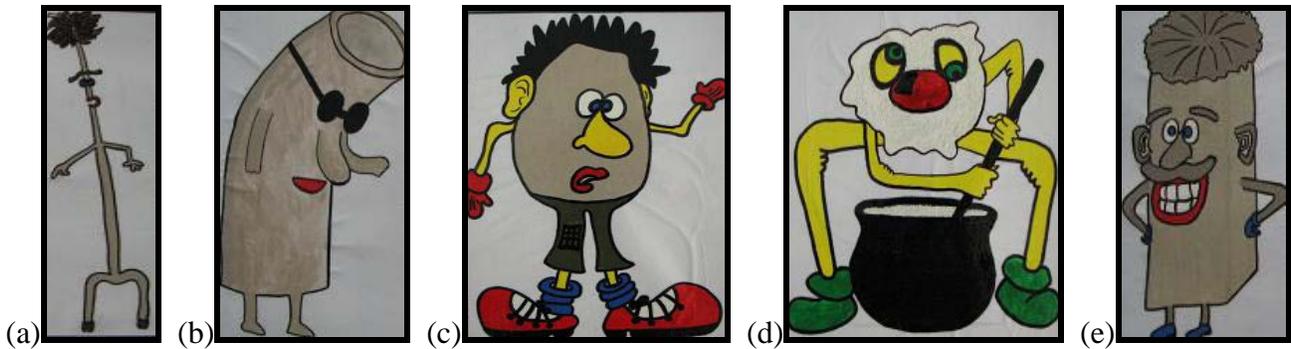
**Message:**

Starchy food is mainly responsible for providing energy to the body. Energy can be defined as the power our bodies need to be able to function properly or to be physically active. Unrefined starchy foods are the best choice of starches to include into your diet. The reason for this is that starches contain fibre that helps the bowel function properly and keeps blood glucose levels constant. Fibre can be defined as the roughage that you find in food that slows down the digestion process (the process of breaking down complex carbohydrates into simple blood glucose). The result of this slowed down digestion is that it makes your stomach feel full for a longer time period; therefore, you won't get hungry easily and will have energy (power) available for a longer period of time.

**Visual material:**

The main concept that needs to be transferred is that different types of starches provide energy that can be used for different types of physical activity, and therefore needs to be included in most meals to keep energy levels constant. The following types of starches are examples of energy giving foods that needs to be taken in for performing different tasks:

- (a) Spaghetti doing a ripple movement over the lath during his high jump attempt.
- (b) Macaroni stretching side-to-side.
- (c) Potato doing a long jump.
- (d) Stirring a pot of porridge.
- (e) Dancing like a Rusk.



The importance of fibre in the diet is also then emphasized through the use of an example of one white- and one whole grain bread that rises during the baking process. This rising action can also be associated with the starting position of a race; therefore, the white and the whole grain bread are aiming to race against each other after rising into the starting position. At first it will seem as if the white bread is going to win the race (a lot of energy for a short period of time), but at last the whole wheat bread wins the race since he had energy available for a longer period of time. Two children (characters) act as the white and whole wheat bread.

**Movements:**



*1. The Starch movement (representing energy gained from consuming different starchy foods)*

This movement consists of four simple steps: (1) bend your right arm 90° sideways with your hand upwards, (2) bend your left arm 90° sideways with your hand upwards while holding the right arm in its position, (3) rotate both arms in its current position downwards towards the ground, and (4) use both arms and show thumbs-up with both hands shoulder height. While doing this movement all the examples of

starchy foods are named two at a time through using the following cry: e.g. “bread and porridge make me strong”



2. *The Melting movement (representing a Rusk melting when dipped into coffee or tea)*

The movement starts from a standing position and then progresses through relaxing the whole body until it collapses to the ground.



3. *The Baking bread movement (representing bread rising while being baked)*

The movement is initiated through pushing the upper body upwards while pressing on the elbows. The starting position is lying flat on your tummy with elbows bent and hands under the forehead.



4. *The Macaroni ripple movement (representing macaroni)*

This ripple action starts from a standing position until a bend knee crouching position.



5. *The Stirring porridge movement (representing a pot of porridge being stirred)*

The movement is performed through a clockwise circular motion with your right hand. While making circles in front of your body, the right foot steps sideways to the right when the right hand is closest to the body; followed by the left foot stepping right when the right hand is the farthest away from the body.



6. *The Shaking rice movement (representing a packet of rice being shaken by pulling the top corners of the packet)*

Rice is demonstrated through pulling the right shoulder and ear towards each other, followed by the left shoulder and ear which are pulled towards each other while relaxing the right shoulder to its starting position. Throughout this movement the hands are kept in a fist-position.



7. *The Snake movement (representing long, thin and flexible spaghetti)*

The hands are used to demonstrate an upwards S-shaped-movement above the head. Throughout this movement the hands are held together (palms inward).

**Placement:**

The placement for this guideline will be based entirely on the entertainment value of the movements.

**Music and dialog:**

This guideline is performed on “*Net die een vir my*” from the artist Nicolas Louw.

**Props:**

Children are using (f) wooden spoons to stir the imaginary pot of porridge.



**Decor:**

Polystyrene models of (g) the white bread and (h) the whole wheat bread are placed on stage to reinforce the message that the two characters are aiming to bring forward.



**Guideline:** Eat plenty of fruits and vegetables

**Message:**

Fruits and vegetables contain a lot of vitamins and minerals. Vitamins are nutrients within foods which protect the body. Minerals are nutrients which the body needs to function properly. Vitamins and minerals are seen as the soldiers within the body that protect you against diseases (bacteria). Therefore, vitamins and minerals increase the body's immunity. Immunity of the body is the body's ability to fight off diseases (bacteria). Therefore, the more fruits and vegetables you eat, the more soldiers your body has to protect it against diseases (bacteria) and the higher your body's immunity will be.

**Visual material:**

Two characters are used to explain the importance of fruits and vegetables: (a) an ill character ("arme Sakkie" / poor Bill) that doesn't eat fruits and vegetables and (b) a healthy character ("gesonde Gert" / healthy Alphy) that eats plenty of fruits and vegetables. Within the musical these characters are introduced as (c) bacteria ("die Kiem" / the Germ) versus (d) vitamins and minerals ("die Soldaat" / the Soldier) within the fruits and vegetables. The vitamins and minerals will fight off the bacteria and will eventually win when standing alongside the bacteria (lying on the floor) with arms raised above the head.

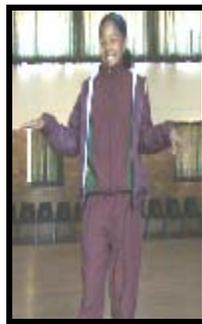


## Movements:



### *1. The Spinning apple movement (representing an apple spinning round and round)*

This movement therefore involves spinning around yourself while holding your arms bended sideways, demonstrating the roundness of an apple.



### *2. The Banana split movement (representing peeling off a banana)*

The Banana split movement can be demonstrated through tucking your bended arms into your sides while keeping the wrists relaxed. Throughout this movement the head is moving side to side on the beat of the music. The arms during this movement represent the skin of the banana being peeled off.



3. *The Watermelon wiggle movement (representing a watermelon)*

The Watermelon wiggle is demonstrated through lifting your bum into the air and wiggling it sideways. The arms are placed on the ground for stability in order to prevent injuries. While wiggling the bum, the feet are kept together.



4. *The Slicing oranges movement (representing slicing an orange)*

The Slicing oranges movement basically implies that you jump from a standing position where the feet are against each other, to a position where the feet are far apart, mimicking a scissor-jump.



5. *The Growing bean stalk movement (representing a bean stalk starting to grow)*

This movement consists of a basic upward hand movement simulating the growing action. At the beginning of the movement the hands are held shoulder width apart, in front of the chest, with fingers spread out. The movement then progress as both hands continuously perform figure-eight movements in front of the face.



6. *The cauliflower fingers movement (representing cauliflower)*

In order to demonstrate this movement both hands are imagined to be cauliflower cobs. The arms are raised upwards in a v-shape and the elbows are locked. The hands are held above the head while each fingertip moves individually. The body then sways from side to side.



7. *The Pumpkin head movement (representing a pumpkin)*

The Pumpkin head movement basically entails grabbing your head with both arms and elbows pointing sideways.

The vegetable namely, a carrot is demonstrated by four concepts: (8) simulates the growing of a carrot, (9) represents the chopping of a carrot, (10) shows a little rabbit wanting to eat the carrot, while (11) demonstrates the carrot being eaten by the rabbit.



8. *The Growing carrot movement*

The movement starts in a crouching position and slowly progresses into a standing position, simulating growth.



9. *The Chop till you drop movement*

The Chop till you drop movement begins in a standing position followed by a slow downwards jerking motion into a drop to the ground where the movement ends in a crouching position.



#### *10. The Rabbit dance movement*

In order to represent a little rabbit, you need to act and look like a rabbit. Therefore, the Rabbit dance movement is demonstrated through pulling yourself into a small bundle on the ground while tucking-in your legs underneath your body. This then is followed by placing the hands in front of your head with only the index fingers pointing upwards, simulating rabbit ears. In this position the rabbit now bounces up and down (small movement) on the beat of the music.



#### *11. The Grinding carrot movement*

The Grinding carrot movement can be demonstrated by bringing the left hand to the mouth as if eating the carrot while the right hand makes imaginary forward circles around the right ear. This circular motion aims to simulate a grinding action of the carrot.



12. *The Boxing beetroot movement (representing a beetroot boxing the germs)*

The Boxing beetroot movement is demonstrated by a downwards boxing action. The arms are alternating and held alongside your body throughout the boxing action.

**Placement** (reinforces knowledge):

The children are divided into two groups (i) germs and (ii) soldiers. The whole song will represent a fight between the two groups with the soldiers ultimately winning the fight and thereby reinforcing the knowledge that fruits and vegetables keeps your body healthy by fighting of bacteria and illness.

**Music and dialog:**

These movements are performed on “*Pampoen*” from the artist Steve Hoffmeyer.

**Props:**

The children wear masks representing (e) the germs and (f) the soldiers (fruits and vegetables). The children not wearing masks are wearing (g) fruit and vegetable bandanas.



(e)



(f)



(g)

**Decor:**

Large polystyrene food models (h) are used to present some of the fruits and vegetables representative of this guideline.



(h)

**Guideline:** Meat, fish, chicken or eggs can be eaten every day

Drink milk every day

**Message:**

Proteins are the main building blocks of muscles in the body. Examples of proteins that can build the body's muscles are red meat, fish, chicken and eggs (animal proteins). Animal proteins contain a lot of fat (especially saturated fat – so called “bad fat”), and must therefore be eaten in small quantities (Remember to remove all visible fat from meat). Two to three portions of meat and meat products can be eaten daily. A portion meat is the size of a match box and as thick as your thumb. Red meat is also a source of iron. The body needs iron (iron can be visualize as a small boat and water as blood) to carry oxygen around in the body. If the body would develop a deficiency (small quantities of iron-boats carrying oxygen), it can lead to feeling tired (not enough oxygen). Food with a content of high quality iron, include organ meat, red meat, fish, and chicken. Spinach, broccoli and beans have an iron content of low quality.

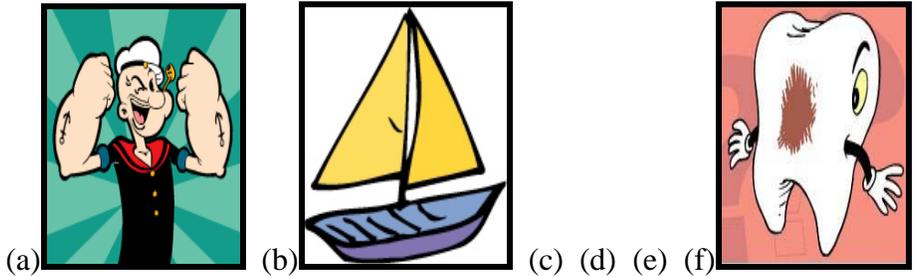
Milk and milk products as well as the bones of pilchards are a good source of calcium, which is important for strong bones and teeth. Two to three portions of milk and milk products can be eaten daily. One portion of milk is a cup (250ml).

**Visual material:**

*Meat*

The character (a) “Popeye” is used to demonstrate that the protein within meat builds muscles and that red meat is a good source of iron which is also found in spinach which makes “Popeye” very strong. A picture of an “iron” boat carrying oxygen (b) is used to demonstrate that iron carries oxygen in the blood throughout the entire body. A picture of “Popeye’s” arm (c) is used to demonstrate the recommended number of meat portions and the size of a portion of meat. Another character’s arm (d) is used to demonstrate the result of excess meat intake (more portions than recommended) or the result of the intake of fatty meats.

Two characters are used to demonstrate strong bones and teeth gained from daily milk intake (adequate Calcium): (e) “Oom Kallie Kalsium” is used as an example of an older person with a weak bone structure due to little calcium intake and (f) “Frikkie vrot asem” / “Bad Breath Bob” is used as an example of a person with bad teeth also due to little calcium intake.



**Movements:**

*Meat*



1. *The Cow movement (representing beef)*

The Cow movement can be demonstrated through crawling around on the ground while making a “moo” sound.



2. *The Little lamb movement (representing lamb)*

The Little lamb movement is performed through bending over while elevating the right shoulder and depressing the left shoulder. This movement is then repeated so that the left shoulder is elevated and the right shoulder depressed. Throughout this movement, the arms are kept straight, but not locked at the elbows. While performing this movement the “mê” sound is made.



3. *The Pig snore movement (representing pork)*

The Pig snore movement entails bending forward with arms wide and round sideways while making the sound of a pig.

## *Fish*



### *4. The Fat fish movement (representing fish)*

The Fat fish movement is a fast, swift movement made by the head (the head dips sideways towards the ground and rise again). Throughout the entire movement the hands are held in front of the ribs, palms touching each other.

## *Chicken*



### *5. The Chicken cry movement (representing chicken)*

The Chicken cry movement is performed by placing the thumbs underneath the armpits, flapping the elbows as if flying and lifting the legs one by one. During the movement the sound of a chicken is made.

## *Eggs*



### *6. The Egg bounce movement (representing eggs being boiled in water)*

The Egg bounce movement is performed through making round arms sideways and jumping up and down.



7. *The Breaking egg movement* (the action of breaking an egg in order to make scrambled or fried eggs)

The Breaking egg movement is performed through imagining yourself as the egg and your arms as the egg shell, breaking while bending the knees and lowering the hands sideways from the shoulders to the ground.

*Milk*



8. *The Milkshake movement* (representing a bottle of milk being shaken)

The Milkshake movement is performed by holding the arms round and wide to the front as if aiming to hold a big bottle of milk against your chest. This bottle of milk is then shaken by bending the body repeatedly to both sides.



9. *The Flowing milk movement (representing milk flowing out of a bottle)*

The Flowing milk movement is performed through holding both arms shoulder height sideways and lifting the right shoulder while lowering the right hand, thereby pulling the body to the right. The body then ripples back to the left through lifting the left shoulder while lowering the right shoulder. The left hand is then also lowered and the body is pulled to the left.



10. *The Strong teeth movement (representing strong teeth as a result of regular milk intake)*

The Strong teeth movement is demonstrated by standing on your knees while making strong arms as if aiming to show-off your muscles and showing your teeth through a big smile.

**Placement:**

Children are placed in four groups behind the four farm animal used as decor.

**Music and dialog:**

These movements will be performed on “Old Mc Donald had a farm” from the artist.

**Props:**

No props are used for these guidelines.

**Decor:**

Four farm animals [(g) a cow, (h) a lamb, (i) a pig and (j) a chicken] are place on stage as examples of these guidelines.

(g) (h) (i) (j)

**Guideline:** Eat fats sparingly

**Message:**

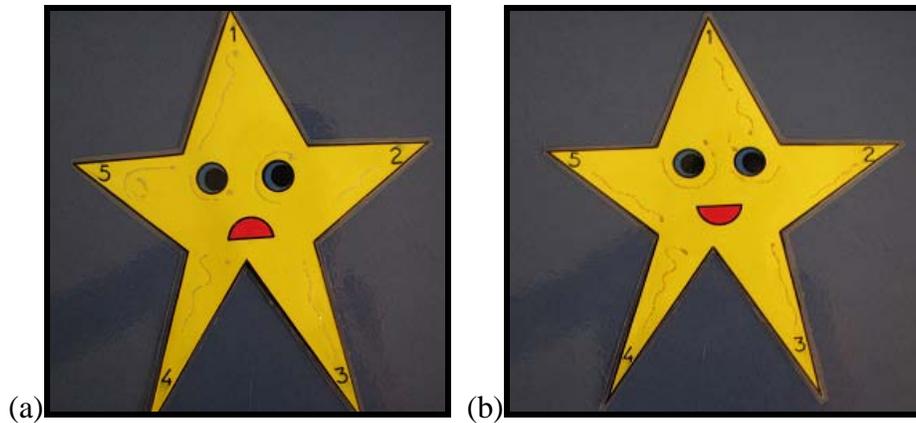
There are different types of fats: (i) *good fats* (mono- and poly-unsaturated fats; mostly *plant fats*) and (ii) *bad fats* (saturated and Trans fatty acids; mostly *animal fats*). These fats have certain roles within the body: (i) source of energy, (ii) for growth, (iii) for protection against illness, (iv) for body warmth, and (v) for the absorption of fat-soluble vitamins (ADEK). High fat intake is associated with the following health risks: (i) obesity, (ii) diabetes mellitus, (iii) hypertension, and (iv) heart problems.

It is not only the type of fat that is important to your health, but also the amount that you take in and the method of food preparation. The amount of fat that is recommended is 2 to 3 portions per day. Regarding the preparation of food, there are healthy and unhealthy methods: (i) healthy preparation methods include boiling, steaming, roasting, pan frying (if moderate amounts of fats are used) and grilling whereas (ii) unhealthy preparation methods include deep frying.

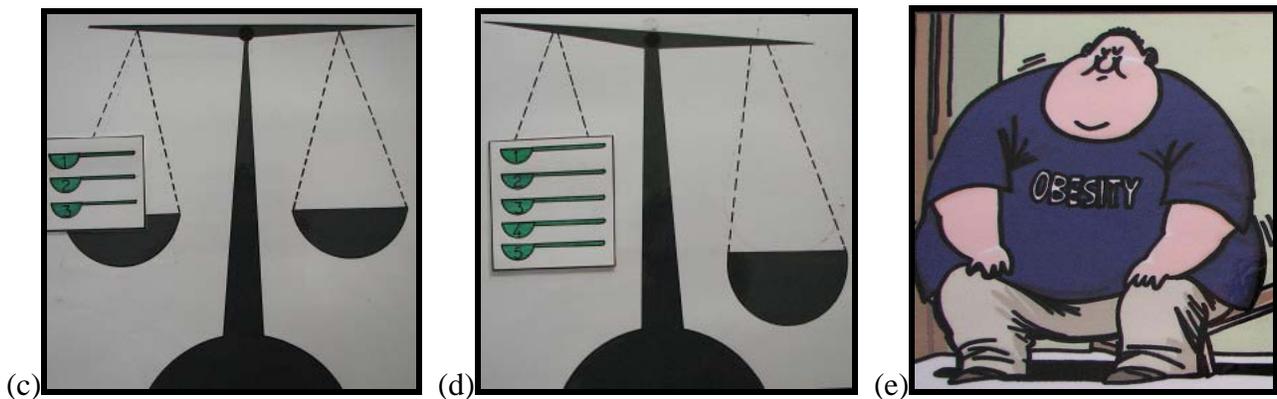
It is also of importance to note that the sources of fat is not always only the fats you can see and identify, but can also include fats hidden within other foods (e.g. fats hidden in meat).

**Visual material:**

A five pointed star is used to represent the 5 roles of fats within the body. The different types of fat, the preparation methods as well as the different sources of fat are each influence the brightness of the star according to the effect it has on the different roles of fats within the body. Whenever these factors influence the roles of fats within the body negatively, (a) the star's brightness dims. Whenever these factors influence the roles of fats within the body positively, (b) the star shines bright.



The amount of fat recommended per day is introduced by a balancing scale. This scale balances (c) whenever the right amount as well as type of fat is taken in. Whenever more or less fat than recommended is taken in or the wrong type of fat, (d) the scale tips over and thereby indicate an unhealthy diet. Whenever the five pointed star is dim and / or the scale is of balance, there are certain health risks that can occur [Obesity (e), diabetes mellitus, hypertension and heart problems].



Flash cards of underweight, normal weight, over weight and obesity are be used to explain the term obesity. The key mechanism is used to explain diabetes mellitus. A bloated balloon is used to demonstrate pressure within the veins. Whenever the pressure gets to high, the vein (balloon) bursts; leading to a stroke. Heart problems are demonstrated by a blocked straw representing a blocked vein / artery; which can lead to a heart attack.

## Movements:



### 1. *The Fatty veins movement (representing a blocked vein)*

The Fatty veins movement represents the result of fatty foods on the body and is performed through relaxing the body to the left-hand side in a standing position.



### 2. *The Too fat movement (representing the result of fatty foods on the body: being overweight or obese)*

This movement is demonstrated through trying to get up from the ground from a straight leg sitting position through aiming to push yourself upwards on one hand while stretching the other hand upwards as if your tummy is preventing your arm from lowering down over your body.



3. *The Wobbling chip movement (representing oily chips)*

The Wobbling chip movement is demonstrated by bending the knees, bending the body slightly forward while leaning backwards and walking forwards with a bounce.



4. *The Move like meat movement (representing fatty meat)*

During this movement the body is imagined to be a piece of meat that is being pulled alternately on in the top two corners while being marinated. Therefore, the same leg and arm is lifted while the other leg is firmly on the ground. Thereafter the arms and legs are changed so that the leg that was lifted are brought to the ground as the other arm and leg are lifted into the air.



5. *The Eating too much movement (representing eating a huge hamburger)*

The Eating too much movement is performed through simulating eating a very big hamburger. The hamburger is taken to the mouth which is wide open trying to consume this big hamburger. After eating the hamburger, the arms are held wide and big around an imaginary big tummy, demonstrating weight gain after eating too much.



6. *The Pizza walk movement (representing a slice of pizza)*

The Pizza walk movement is demonstrated through placing the arms in a triangle above the head simulating a triangular pizza slice, while walking forward with bend knees, swinging hips and feet turned inwards.



7. *The Butter glide movement (representing aiming to walk on butter or margarine)*

This gliding walk is demonstrated by stepping forward with the right leg and twisting both feet to the right as the left leg steps forward towards the right leg.



8. *The Jumping vetkoek movement (representing a vetkoek)*

The Jumping vetkoek movement is performed through jumping up and down in different directions while imagining yourself holding a big fat vetkoek in your arms.



9. *The Chock walk movement (representing a stiff block of chocolate trying to walk)*

This walk is demonstrated by swinging yourself forward with stiff legs through every step while changing direction with every step.

**Placement:**

The placement for this guideline will be based entirely on the entertainment value of the movements.

**Music and dialog:**

These movements will be performed on “*Build me up buttercup*” from the artist Mean Mr Mustard.

**Props:**

No props are used for this guideline.

**Decor:**

Empty boxes of different take-away foods (f) are placed on stage as examples of fatty foods.

(f)

**Guideline:** Eat dry beans, split peas, lentils and Soya often

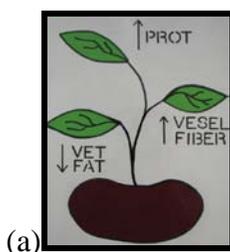
**Message:**

Beans, lentils, split peas and soya products are good alternatives for meat and meat products due to the fact that (i) it contains good quality proteins, (ii) it is low in fat and sodium, (iii) it is high in fibre as well as (iv) it is a cheap alternative for meat.

Beans, lentils, split peas and soya products also have several health advantages including: (i) it makes your stomach feel full for a longer time period, (ii) it keeps blood glucose levels constant, (iii) it increases intestinal tract motility (movement), (iv) it can be eaten daily if you want to lose weight as well as (v) it keeps blood cholesterol ("bad fat") low.

**Visual material:**

A picture of a bean germinating (a) are used to explain the advantages of beans, lentils, split peas and soya products.



**Movements:**



1. *The Growing beans movement (representing a bean stalk growing)*

The Growing beans movement is done by rising up from a bend-knee position to a straight-leg position. Throughout this upward movement the arms make parallel sideways waves in front of the body. When the straight-leg position is reached, both hands are relaxed downwards to the right hand side simulating the beans on the bean stalk.



2. *The Cooking beans movement (representing beans twirling in boiling water)*

This Cooking beans movement is demonstrated by twirling around yourself to your right from a bended position to a straight-standing position.



3. *The Dancing peas movement (representing peas)*

The Dancing peas movement is done through walking sideways to the right-hand side while hopping the body up and down. The hands are in front of the chest whenever the feet are together and the hands lead the sideways movement of the body through an upward circular movement.



4. *The Lentil leap movement (representing lentils)*

The Lentil leap movement is performed by swinging from side to side in a star-position.



5. *The Soya sway movement (represents soya products)*

This Soya sway movement is done by swaying the whole body from side to side while the hands are hanging beside the sides of the body.

**Music & dialog:**

These movements will be performed on “Loslappie” from the artist Kurt Daren.

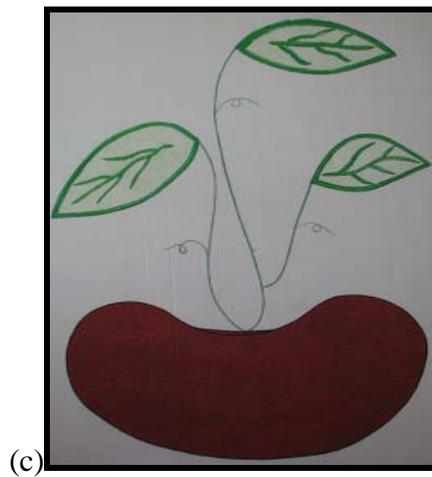
**Props:**

Shakers made with dried beans, lentils, split peas and soya are used to demonstrate these products and to simulate the sound made when shaking these products.



**Décor:**

A three leaf polystyrene “plant” are placed on stage to represent the three components of dried beans etc. (low in fat, high in fibre and high in protein).



**Guideline:** Use foods and drinks containing sugar sparingly and not between meals

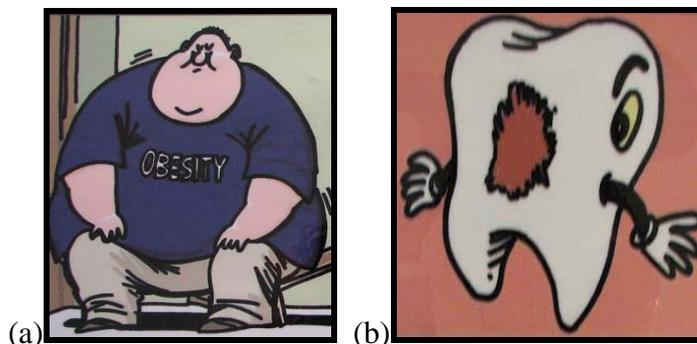
**Message:**

Sugar and sugar containing drinks and foods are high in energy. If these foods and drinks are consumed in large amounts it can easily lead to a feeling of satiety, and this in result lead to a diet lacking in variety and balance between the five different food groups. Since sugar and sugar containing drinks and foods are high in energy, and most of the time is also high in fat this can easily lead to obesity in the absence of the required physical activity. Sugar and sugar containing drinks and foods must rather be consumed in small amounts after meals in order to ensure that the body consume all the necessary and appropriate nutrients.

Sugar is also associated with teeth decay. Whenever sugar is consumed (especially sticky toffees that stay stuck on teeth) and teeth are not brushed regularly, teeth starts to decay.

**Visual material:**

The same characters used for obesity (a) and teeth decay [named Bad Breath Bob: (b)] are used to demonstrate this guideline of sugar and sugar containing drinks and foods.



## Movements:



1. *The Tooth ache movement (representing tooth ache as a result of the consumption of too many sweets)*

The movement is done by grabbing your right cheek with both hands while bouncing up and down with bend knees and a relaxed body. This movement is repeated to the left side.



2. *The Thumbs down movement (representing the consumption of too many sweets as bad)*

The Thumbs down movement is performed by circling the arms inwards with thumb down while shouting “too much sugar”.



3. *The Lolly pop movement (representing a lolly pop)*

The Lolly pop movement is demonstrated by standing straight and lifting the arms (rounded) above the head so that the finger tips touch while moving up and down and / or side-ways.



4. *The Birthday party movement (representing a birthday cake)*

The Birthday party movement is performed by walking forward with a semi-bended posture while the hands are placed on the head with palms facing inwards and the finger tips pointing upwards.



5. *The Twisted movement (representing a koeksister)*

This movement is demonstrated by bending forward, hooking the left arm behind the right leg, and finally stretching the right arm upwards while looking to the front.



6. *The Toffee factory movement (representing a sticky toffee)*

The Toffee factory movement is performed by standing straight with the arms at the side, then lifting the left arm and lowering it again, and finally lifting the right arm and also lowering it again. Throughout the movement the arms are lifted against imaginary resistance to simulate the stickiness of a toffee.



7. *The Jelly belly movement (representing a jelly tot)*

This movement is done by sitting with your legs crossed while rubbing your tummy and bouncing your head to the sides.

**Placement:**

The placement of this guideline is entirely based on the entertainment value of the song.

**Music:**

This guideline are performed on “*My Boy Lollipop*” from the artist Milie Small.

**Props:**

Small shakers (c) are used to simulate the sound of a great amount of sugar falling into a bucket as the main ingredient in the manufacturing process of sugar containing drinks and foods.



**Decor:**

Polystyrene models of sugar containing foods (d) are placed on stage.



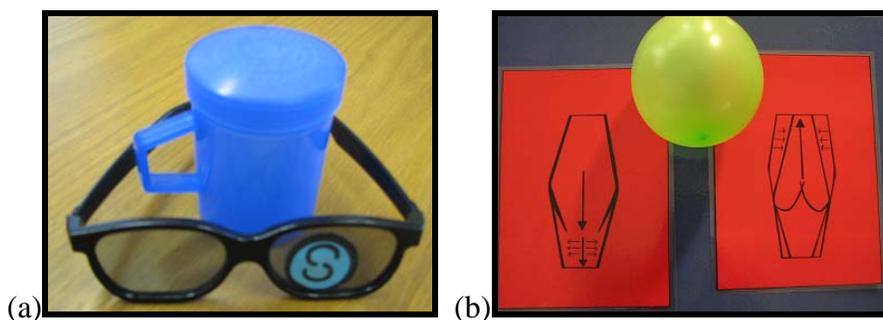
**Guideline:** Use salt sparingly

**Message:**

When consuming too much salt certain health risks occur: high salt intake causes (1) high blood pressure which leads to (2) a stroke and also (3) heart failure.

**Visual material:**

A pair of Glasses (a) is used to look into a blood vein where the blood pressure is increased. The glasses simulate salt pots that throw salt into the body's blood veins which increases the blood pressure within the body. The health risks that occur due to excessive salt intake are presented in picture form (b) and are demonstrated by a balloon bursting (a stroke), a blocked straw (heart attack) and two sponges (1) dried out and (2) soaked in water (water retention and kidney failure).



**Movements:**



1. *The Blood spike movement (representing high salt intake resulting in high blood pressure)*

The Blood spike movement is demonstrated by taking both hands against the sides of the body from the hips to above the head while making small jerking movements with the hands.



2. *The Sprinkling salt movement (representing salt)*

The Sprinkling salt movement is performed through writing the letter “W” in front of your face. During this writing action the fingertips are moved individually.



3. *The Salt pot movement (representing salt thrown out of a salt pot)*

This movement is done by flicking the head twice to the right from a straight standing position.



#### 4. *The Throwing salt movement (representing salt)*

The Throwing salt movement is performed by taking the right hand horizontal to the floor from the right side to the left side, followed by a shaking action of the right fist (thumb downwards) also from the right side to the left side.

#### **Placement:**

The placement of this guideline is entirely based on the entertainment value of the song.

#### **Music:**

These movements will be performed on “*Soos bloed*” from the artist Theuns Jordaan.

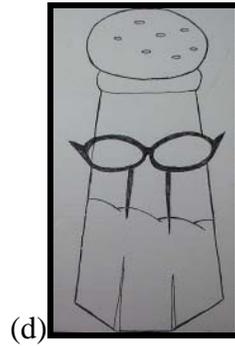
#### **Props:**

Each child will wear a pair of sunglasses (c) representing the concept of glasses looking into the vein and seeing the blood pressure rise.



**Decor:**

A salt pot wearing sunglasses made out of polystyrene (d) is placed on stage to strengthen the concept taught.



**Guideline:** If you drink alcohol, drink it sensibly (adults)

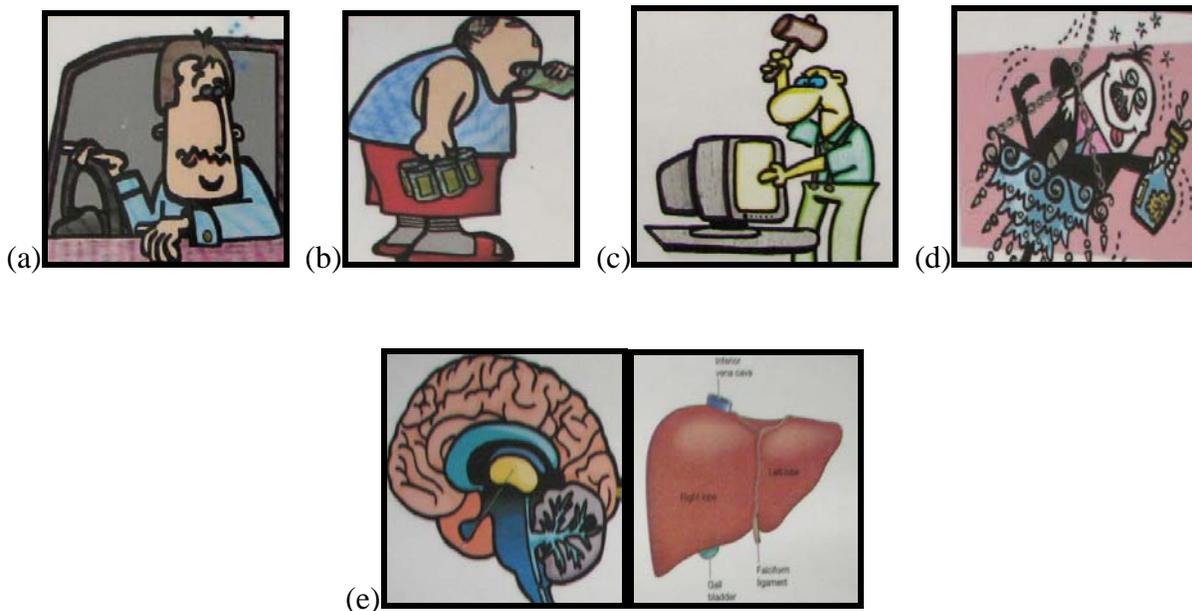
No alcohol allowed under the age of 18 years (children)

**Message:**

Children under the age of 18 years are not allowed to drink alcohol. Alcohol abuse may lead to brain and liver damage as well as personality changes. Alcohol can cause a person to become aggressive, tired, foolish (do things that you do not usually do) and / or drunk.

**Visual material:**

Pictures of the different outcomes of alcohol usage for example (a) drunk driving and sleepiness, (b) becoming drunk, (c) getting angry, (d) foolishness and (e) organ damage (brain and liver) are used to explain the effects of alcohol.



## Movements:



### 1. *The Drunkard movement (representing a person drinking too much)*

The movement is performed through walking zic-zac to the left. With every cross-over step with the right foot, the right hand is brought to the mouth as if drinking alcohol. After two cross-over steps are completed, the head is shaken sideways while standing on both feet close together.



### 2. *The Toe touching movement (representing a drunken person falling after aiming to touch his / her toes)*

The Toe touching is demonstrated by aiming to reach your toes and then falling down just as the hands reach the ankles. The hands are used to brake the fall and to assist in gently lowering the body to the ground.



3. *The Headache movement (representing a person with a hangover after drinking too much)*

This movement is rather simple and is performed by holding the head with both hands while swinging the upper-body around.



4. *The Passed out movement (representing passing out due to alcohol abuse)*

The Passed out movement is done by walking around as if you are drunk and then lifting one leg forward in order to lower the bum to the ground and finally fall to the ground until you lie flat on your back.



5. *The Foaming beer movement (representing beer as an example of an alcohol containing beverage)*

This movement is performed by moving the body sideways downwards and then upwards. The hands are held palms down in front of the ribs with bended arms.

**Music & dialog:**

These movements are performed on “*Bring vir die Harlekyn nog wyn*” from the artist Sonja Herald.

**Placement:**

The placement of this guideline is entirely based on the entertainment value of the song.

**Props:**

Glasses with foaming beer (f) are used too demonstrate this guideline.



(f)

**Decor:**

A model of a car (g) will be made and placed in front of the smaller children which will strengthen the movement of falling asleep in a car.



(g)

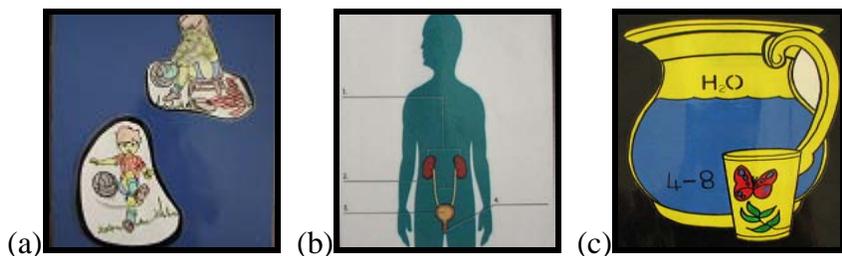
**Guideline:** Drink lots of clean, safe water

**Message:**

The biggest part of our body (organs) consists out of water. This water is easily lost through the body regulating processes of sweating (especially after exercising) and urinating. In order to regulate the body's hydration status, it is important to drink lots of clean, safe water during the day (4-8 glasses of water).

**Visual material:**

Two water bottles filled up with water to different levels are used. Each of these bottles are representative of the body in a hydrated (70% filled up with water) and dehydrated (less than 70% filled up with water) status. Pictures of a boy before and after exercise (a) are used to show how water is lost through the temperature regulating process of sweating. A picture of the urinary system (b) is also used to show that water is also lost through urinating. A picture of a jug and a glass of water (c) are shown to indicate the applicable amount of water that needs to be drunk every day by an individual (child).



**Movements:**



1. *The Waves movement*

The Waves movement is rather simple to perform and requires both arms to move alternating in a wave-like motion. Therefore, when lifting the right arm the left arm is lowered. The shoulders lead the action and palms face downwards during the lifting of the arm and upwards during the lowering of the arm. Throughout the entire movement, the arms are semi-relaxed and maintained in a rounded position.



### 2. *The Water hands movement*

This Water hands movement entails a basic folding action preformed by the wrists. The wrists form an x-shape (right hand in front) in front of the chest to start the movement. The right wrist leads the action through circling around the left wrist towards the body. At the same time, the left wrist circles around the right wrist away from the body. The wrists are rubbed against each other throughout the entire movement.



### 3. *The Raindrops movement*

The Raindrops movement is a continuous downwards and upwards movement of the hands attended with simultaneous individual movements of the fingers. The downwards movement starts with stretched hands above the head and stops when the hands reached the shoulders, initiating the upwards movement.



#### 4. *The Steam movement*

Steamed water represents a form of safe clean water and is demonstrated by means of the movement called Steam. In this movement the little fingers face the front when the hands are held in front of the chest right before the movement starts. Both hands are rippled upwards simulating steam being evaporated. During the movement the hand never cross each other and are held parallel towards each other throughout the motion.



#### 5. *The Tap-tap movement*

Safe water from a tap is demonstrated by the movement called the Tap-tap (figure 4.78). This movement just shows a tap being opened, water being poured into a cup and finally water being drunk. The right hand is used to open the imaginary tap by turning it to the left. Thereafter, the right hand is held underneath this imaginary tap as if holding a cup. After filling the cup, it is brought towards the mouth for the purpose of drinking the water. As the cup is tipped over, the head is held backwards simulating the drinking action. Note that the rugby ball has no significant meaning. The only reason why the rugby ball features within this photo is that this movement followed the activity movement performed within the same workshop session.



## 6. *The Healthy water movement*

The Healthy water movement is used to demonstrate the purpose of safe, clean water, namely, to drink (consume) and to clean yourself. The movement's starting position is crossing the hands over the chest as if aiming to hold your heart. The movement then progresses into the remaining three phases of the movement. The second phase is performed by raising the right hand to the mouth for simulating water being drunk. The third phase is washing yourself using both hands to rub your shoulder, arms and tummy. The final phase is lowering the hands further to the sides of the thighs. The movement is carried out on the following cry: "I drink water and wash myself clean".

### **Music and dialog:**

This guideline is performed on "*Raindrops falling on my head*" from the artist B.J. Thomas

### **Placement:**

The placement of this guideline is entirely based on the entertainment value of the song.

### **Props:**

Umbrellas (d) are used to demonstrate rain as a form of clean water. Water bottles (d) are also used to show that water should be drunk regularly.



**Decor:**

An examples of a polystyrene glass filled with water (e) is placed on stage. This glass indicates the amount of water that needs to be consumed each day per individual (child).

