

Invasion of the Summer Puddings

TEACHERS' NOTES - KEY STAGE 1

Invasion of the Summer Puddings has been written with the aim of promoting a healthy lifestyle and to give its audience some ideas on how they can change their everyday habits for the better.

We follow the fortunes of our heroine Lainey Puddle, who with her boyfriend Tyler, eats unhealthily and doesn't do any activity if she can help it!

However, once 'The Doctor' and his robot friend Fee9 arrive on Earth in their Portaloo, it soon becomes apparent that the Earthlings may be being brainwashed into behaving in such an unhealthy way, but why?

As the story unfolds the full extent of the problem is revealed and Lainey, Tyler and the whole audience is left with the tools and knowledge to change their lives and follow in the Doctor's healthy footsteps...

To help reinforce the message of the play every time Lainey's boyfriend Tyler says 'Don't be rash – just eat trash' the audience are encouraged to reply 'Don't be a twit – let's get fit!'

HOW WE CAN EXERCISE



The play encourages children to do physical activity every day, which increases overall fitness. If children do this every day it helps to burn off calories and prevent them storing up excess fat in the body which can lead to cancer, type 2 diabetes and heart disease. It keeps their bones healthy and encourages muscle strength and flexibility.

Lainey and Tyler discuss the fact that they do no exercise whatsoever and they can't think of what they could do to remedy this. So they ask the audience for ideas of what they could do for exercise and Tyler acts each one out.

Lainey then describes a variety of activities and the audience have to decide whether they use *loads of energy*, *quite a bit* or *not a lot*. They look at

- *Running*
- *Watching the television*
- *Cycling*
- *Walking*
- *Swimming*
- *Playing computer games*



Lainey concludes that they need to do about an hour of activity every day.

IN CLASS: *discuss what might be counted as physical activity towards your 60 minutes a day. It may well be easier than the children think.*

Walk to School: *it's good for you; gets your respiratory system going; works off fat; helps you concentrate and you can meet up with your friends. There are practical aspects which include finding a safe route and especially in the darker months, wearing clothes that show up. You could also discuss starting a 'walking bus'.*

Cycle: *where practical cycle. You must, however, work out a safe route and have somewhere to store your bike and safety equipment.*

Sport: *it's a fun way of exercising. Even if you are not very good at sport it's the taking part that matters! It's fun to play football at whatever level you play, but there are many other sports out there. Get the class to think of as many sports as they can: football, cricket, hockey, netball, basket ball, tennis etc*

Dance: *join 'dance club' or just make up your own dance.*

Other clubs: *Beavers, Cubs, Rainbows, Brownies, Guides, Scouts, Boy's Brigade etc all do a lot of physical activity, playing 'dodgeball', ladders etc. and going on local treks. You can exercise whilst having fun.*

Just being more active: *don't just sit and watch telly or play computer games be more active – dance to the adverts, have a fashion show, if you've got a Wii try Wii Fit etc*

At home: *daytrips (family Olympics – 3 legged races, egg & spoon, sack race, wheelbarrow race) go for a walk, visit a castle, have a BBQ, go for a bike ride, treasure hunts (in the park, find a buttercup, find a conker etc), 'rounders' in the park, local fairs OR go swimming - it uses every muscle group and is great for cardiovascular fitness. Ask the children what they did at the weekend and count how many minutes of exercise their activities accrued.*

Keep a diary: *Ask each child to keep a diary of their movement each day and see if they have managed to do 60 minutes physical activity a day over one week. Give them ideas of how they can up their minutes and encourage them to play physical games at break time such as 'It' and 'Stick in the mud'.*

WHAT'S IN YOUR FOOD - SUGAR

One of the focuses of the play is to highlight hidden sugar in the food we eat. The Doctor uses his sugar detector to find out how much sugar there is in a variety of snacks.

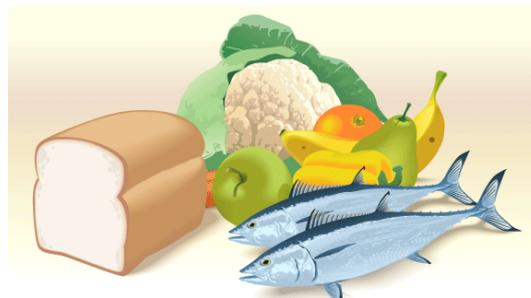
Fruitshoot – about 5 teaspoons worth
Dairy Milk – about 6 teaspoons worth
Twix – about 5 teaspoons worth
Toffee Crisp – about 5 teaspoons worth
Mars Bar – about 8 teaspoons worth



Lainey and the Doctor add up how many teaspoons of added sugar Lainey is having in a day – 29! It's recommended that we have no more than 6 teaspoons worth of added sugar a day.

A BALANCED DIET

Our bodies need a balanced diet to work properly. Food is our fuel and if we don't put the right fuel inside us we don't work properly.



At school, a special guest has come to talk to the children about healthy eating; it's Kevin Rooney, ex-pupil and local footballing star! He gives the children a run-down on what they need to eat to keep healthy.

The Doctor tells Lainey that some foods are good for you and some you don't need too many of because they are full of sugar, salt or fat. He then shows the children a list of foods and they have to tell him whether they are 'GOOD for you' or 'BAD for you'.

The first food is **sweets**, which of course are 'BAD for you' as they are full of sugar. Sweets are nice for a treat but don't eat too many of them!



Next the Doctor shows the children **carrots**. Carrots like all vegetables and fruit contain hardly any fat and are full of things called Vitamins and Minerals. Vitamins and Minerals help us to heal our wounds, build healthy bones and teeth and keep our brain alert.

Chicken is next. The Doctor tells us that meat is good for you because it contains Protein which helps build up your muscles but you don't want too much fried meat because it contains a lot of fat. Something like Chicken cooked in the oven is a good way of getting your protein without cooking it in fat.



We have a **potato** next, which is 'GOOD'. Potatoes are full of carbohydrates which give us energy. If you are doing a lot of exercise like football, cycling, dancing or even walking to school and you need your carbohydrates for energy. Other carbohydrates are pasta, bread and rice.

Finally the Doctor asks the audience what they think about **coke**, which of course is BAD. Coke like most canned drinks is full of sugar. He asks the audience if they can think of something better for us to drink, such as water, orange juice etc.



Kevin concludes his talk by summing up. What we need for a good diet is some **Protein** to build up our bodies- something like chicken which is low on fat, a lot of **Carbohydrates** like potatoes, rice and pasta for our energy, plenty of Fruit and Veg which is full of **Vitamins and Minerals** and not too much fat, sugar or salt.

IN CLASS: Try this experiment to see if a foodstuff contains fat: rub brown paper against the foodstuff and then hold it up to the light. If the paper turns see-through the food has fat in it.

In class the children can cut out paper plate shapes and draw their favourite meals. Which food types do they contain? The children can then draw a balanced meal using foods they like to eat.

Again, get the class to keep individual food diaries. The children must write down every item they eat or drink for a day and then assess whether they eat a majority of 'good' foods or 'bad' foods. Ask the children for suggestions as to how to improve their diets.

5 A DAY CHALLENGE

Eating more fruit and veg is important for us all. They are packed with essential vitamins, minerals and fibre which may help reduce the risk of diseases such as cancer and heart disease. So it's important for kids to eat a variety of at least five portions of fruit and veg every day. For a child, a portion is about 60g, which is roughly a handful of whatever fruit and vegetables you choose.

Lainey is meeting Tyler in Happy Burger after her trip to the supermarket with the Doctor. She has a bag of fruit and veg. Taking an apple, an orange, a carrot, some raisins and sweet corn out of her shopping bag she shows Tyler six easy ways to get your 5 portions of fruit and veg a day.



- Snack it! Almost any of the fruit or veg would make a tasty mid-morning snack – the apple, the carrot, the orange or the raisins and would count as one portion towards your five a day.
- Dip it! You can also dip the carrot in something tasty like humous, salsa or guacomole.
- Veg it! Have a portion of two different veg, such as carrots and sweetcorn, with your chicken for supper. If you're not used to the taste of vegetables then hide it in gravy.

- Add it! Cut the veg up small and add them to a sauce, such as Bolognaise or a curry. You'll never know they're there!
- Sprinkle it! Add chopped apple, banana or a handful of sultanas or raisins to your cereal in the morning instead of sugar.
- Drink it! The apple, the carrot and the orange can all be juiced to make a lovely drink. You can experiment with a mixture of different fruit to make a tasty smoothie

IN CLASS: *Discuss how you can get your five portions of fruit and veg a day. Suggest canned and frozen fruit and veg, 100% juice and dried fruit and veg which are often overlooked. They all count towards 5 A DAY as well as fresh produce. See what alternatives the class can come up with to replace chocolate, snacks or crisps.*

AT THE END OF THE PLAY

At the end of the play the actors will hold a short (5-10 minutes) question and answer session with the children which relates to the information and issues discussed in the play. The audience is then invited to ask any other questions they may have regarding any aspect of the production.