

Nutrition, The Magic of 5-A-Day

With Brian Richards

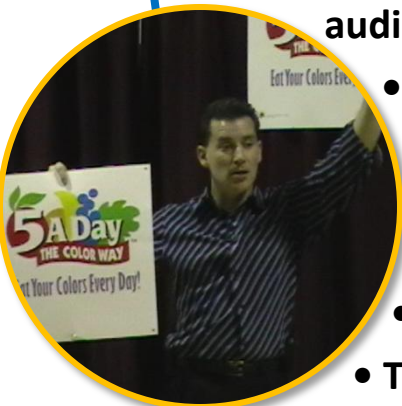
Magician and Entertainer, Brian Richards, presents
"Nutrition – The Magic of 5-A-Day" for grades K-6.

Endorsed by the American Cancer Society, 5-A-Day is a national program promoting the importance of eating 5 servings of colorful fruits and vegetables every day.

In this 45-minute, interactive assembly, Brian Richards teaches children about the 5 different colors of fruits and vegetables and why they are especially important in a balanced diet. With the aid of magic, comedy, and audience participation, students will learn:

- Creative strategies to ensure they eat their 5 servings of fruits and vegetables a day
- How the 5 different colors of fruits and vegetables are good for different parts of our bodies
- Why balance and moderation are important
- The benefits of exercise
- Ways to determine which foods are "sometimes foods" and which are "all-the-time foods"
- And much more!

Using the perfect blend of comedy, magic, and education, Brian Richards will get your students excited about good nutrition. To turn the excitement into commitment, students and staff are invited to accept the 5-A-Day Challenge and pledge to eat their 5-A-Day every day.





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Program Specifications

Space:

- Brightly lit performance space with minimum area of 14' x 8'
- Performance space can be stage or floor level, though floor level is preferred.
- If the performance space is floor level, please seat students on the floor and not in chairs.
- If the space is a stage, please have steps for easy-volunteer access to the performance

Set-Up: 45 minutes (Please make sure performance space is clear and empty of classes during set-up.)

Take-Down: 30 minutes

Audience Capacity: 350

Equipment:

- Depending on your location, you may be asked to provide a PA system with RCA Jack Input.