



Performing Arts
FOR CHILDREN AND FAMILIES

CLASS STUDY GUIDE

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Go behind-the-scenes

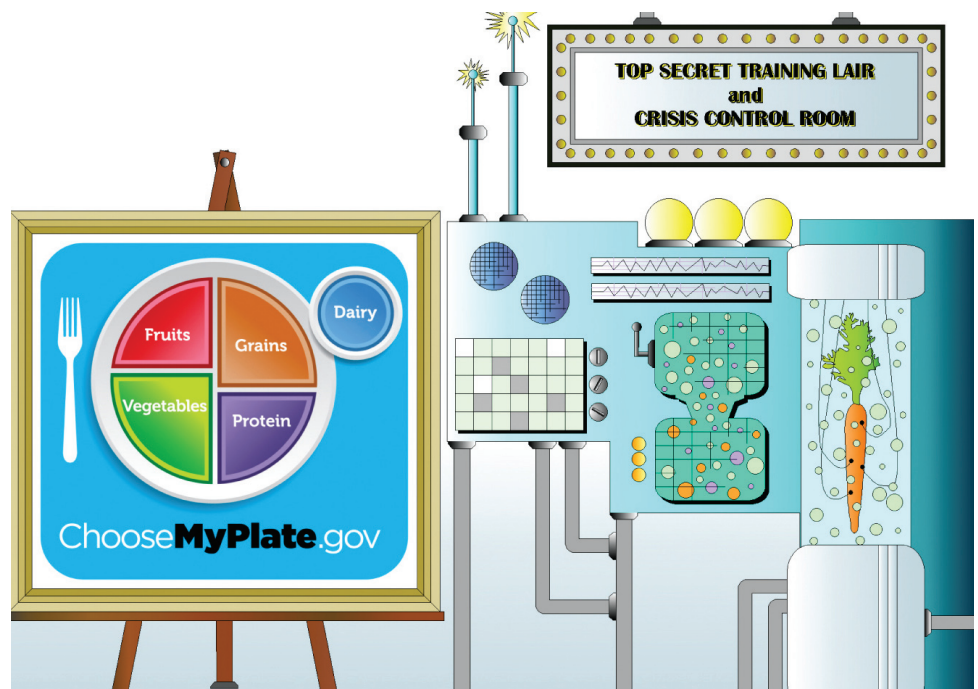
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The Super Adventures of Nutrition Man & Dr. Exercise

Written by Brian Guehring • An original production of The Rose Theater

Welcome to The Rose Theater, where we strive to enrich the lives of children through live theater and arts education. We are pleased you have chosen to make The Rose a part of your students' learning experience, and we will do our best to make it both meaningful and educational. This study guide has been created to help identify themes and lessons from the show, so they can be moved into the classroom for further development through discussion, activities, and assignments.



Pre-Show Activities

Fruit Bowl (Drama)

OUT-OF-CHAIR ACTIVITY • 15-25 MINUTES

Objective: Students will learn about a variety of fruits and vegetables through a fun and active game of tag.

Discussion: What are some of your favorite fruits? Why do you think it is important to eat a variety of fruits to stay healthy? Eating fruit is important because your body needs the vitamins and nutrients found in fruit in order to stay healthy and strong.

Brainstorming: As a class, brainstorm as many fruits as possible. Write the list on the board so the students can see it.

Research: Assign each student a fruit and ask him to learn more about it. Where is it grown? What type of plant does it come from? What does it look like? How is it eaten and prepared?

Activity: Have the class sit in a large circle on the floor. Ask one volunteer to sit in the middle with his eyes closed and state the name of

his fruit (e.g.: Strawberry) followed by the name of somebody else's fruit (e.g.: Banana). He can now open his eyes. *Note: From here on out, we will refer to each student by their assigned fruit.*

When Banana hears Strawberry call out his name, he must name his fruit and somebody else's (e.g.: Banana, Grape) before being tagged by Strawberry. If Banana succeeds, then Strawberry must tag Grape before Grape can state the name of his fruit followed by somebody else's (e.g.: Grape, Kiwi). If Strawberry is able to tag Grape before he does so, then Grape goes to the middle of the circle.

If a student calls out the fruit already in the center of the circle, then he must automatically take over the position in the middle of the circle. After one or two rounds of the game, the students should shuffle their positions around the circle in order to make the game more challenging.

Side-Coaching: Remember that the goal of the game is to name as many fruits as possible in order to keep the person in the middle of the circle running around.

Extension: Repeat the game using vegetables.

CAST & CREDITS

The Super Adventures of Nutrition Man & Dr. Exercise

Written by Brian Guehring

Artistic Team

Director Amanda Kibler
Playwright Brian Guehring
Costume Designer Sherri Geerdes
Set Designer Ronald L. Wells, Jr.
Props Master Ronald L. Wells, Jr.
Study Guide Contributors Lindsay Hogan,
Brian Guehring

Cast

Nutrition Man Michael Miller,
Andy Saladino

Dr. Exercise,
Movie Star Mommy,
Gluttonous Goo,
Greasy Grub Gracie,
and Housewife Helga Hope Clarke,
Kate Morgan

Reporter Renata,
Super Sickly Slug,
Super-Sized Sammy,
Slow Sloth,
Fried Food Fairy Jennifer Ettinger,
Jennifer Guhl

The Super Adventures of Nutrition Man & Dr. Exercise is an original production of The Rose Theater, Omaha, NE.

Space & Facility Requirements

This production requires a 20' wide by 15' deep performance space. Main floor spaces that facilitate the load-in of scenery and equipment is appreciated. One electrical outlet is required. Actors need 20 minutes before and after the show for set-up and tear down.



Behind-the-Scenes Spotlight on Playwriting

An interview with Brian Guehring, playwright for *The Super Adventures of Nutrition Man & Dr. Exercise*

Q: What do you do for a living?

A: I am The Rose Theater's education director and playwright-in-residence. I teach classes, perform in shows, direct young people in productions, and write scripts for the theater.

Q: Why did you become a writer?

A: I enjoy writing because it's creative, challenging, and fun. I love collaborating with the directors and actors to bring a story to life on the stage.

Q: What is your favorite part about being a playwright?

A: It's great to see one of my scripts being produced by different theater companies and schools. I love seeing the differences in each production.

Q: What inspired you to write this play?

A: This show was originally written as *The Super Adventures of Pyramid Man & Dr. Nutrition* back in 2008 when ConAgra Foods approached The Rose about creating a show that could be used to teach young audiences about healthy eating and exercise. I worked closely with them to learn about these issues and did a lot of research on my own. Finally, I brainstormed different, interesting ways to make these issues into a play. Personally, I love superheroes such as X-Men and Spiderman, so I thought the superhero storyline was the most stimulating way to spin the story. When the U.S. Department of Agriculture introduced the MyPlate recommendation in 2011, the show was adapted and renamed *The Super Adventures of Nutrition Man & Dr. Exercise*.

Q: What message do you want the audience to take from this play?

A: I hope that audiences will realize that with a few simple steps, we can all learn to make healthier choices about food and exercise.

Q: How long did it take you to write this play?

A: It took me about 12 months to write the script. I researched information online, read articles, and interviewed experts for about three months. Then, it took me about two months to write the first draft, which was reviewed by the director, actors, and nutrition experts. The next four months were used to revise the script (a couple times!). Finally, we performed the play for six different schools and used student and teacher feedback to make the script even better!

Q: Which character in the play is your favorite?

A: That's tough. I like all of the characters! Movie Star Mommy, Sickly Slug, Gluttonous Goo, and Nutrition Man make me laugh the most, though.

Q: What advice do you have for young people who want to become playwrights?

A: Watch lots of plays and movies and enroll in some acting and directing classes so you can understand the needs of the people who will be using your scripts. Take some creative writing classes and write, write, write!!!

Q: What else have you written?

A: I have written more than 25 plays including *Old Yeller*, *Where the Red Fern Grows*, *Julie of the Wolves*, *The Bully Show*, and *Miss Bindergarten*.

Post-Show Activities

Explore Playwriting

IN-CHAIR ACTIVITY • 15-25 MINUTES

Objective: Students will write a paragraph from the point of view of a character from *The Super Adventures of Nutrition Man & Dr. Exercise*.

Definitions:

Playwright - The person who writes the action and dialogue for a play or movie.

Monologue - Dialogue written for just one person to perform.

Brainstorming: Ask the class to list all the characters from the play as you write them on the board. Feel free to reference the cast list (see page two) to ensure you have a complete list.

Activity: Ask each student to choose a character from the play. Next, present the students with a series of questions in which each student should answer on paper as their character. Questions could include: "how old are you," "where were you born," "how do you feel about Nutrition Man," and "what do you want more than anything." The students will then use their answers to write a short monologue. They must write from their character's point of view to a chosen audience (e.g.: a friend, an enemy, the class, etc.)

Extension: Ask a couple of students to read their monologues out loud, changing their bodies and voices to fit the characters'.

Living Comic Book: Frozen Pictures

OUT-OF-CHAIR ACTIVITY • 15-25 MINUTES

Objective: Students will use their acting tools (body, voice, and imagination) to create frozen pictures that depict Nutrition Man stopping a new villain.

Definition: A frozen picture (or group statue) is created when actors freeze in a pose that represents a moment in a story, such as one panel of a superhero comic book.

Modeling: Ask three student volunteers to come to the front of the room to model the moment when Nutrition Man is defeating Slow Sloth. (Anti-Athletics Angela, Nutrition Man, and Slow Sloth are dancing. Slow Sloth is confused, but the others are happy.) Get suggestions from the audience about what each character might be saying or thinking during this moment of the production. Encourage the audience to say each line in first person, as if they are the characters, too.

Research: As a class, list the challenges that students face when trying to make healthy choices. Write this list on the board. Examples include picky eating habits, eating too much food, not eating enough vegetables, not eating enough whole grains, eating too many fried foods, and not getting enough exercise.

Brainstorming: Divide the class into small groups and have each group choose one of the challenges that is listed on the board. As a group, they should create new villains who represent their challenge. Encourage the groups to give their villains creative names! Consider questions such as "Will Nutrition Man need to invent a new gadget to stop these evil villains?"

Activity: Ask each group to create a frozen picture that depicts Nutrition Man and Dr. Exercise stopping the newly created villains. Each actor should say at least one line of dialogue from his/her character's point of view as the group introduces its scene and shows its frozen picture to the rest of the class.

Living Comic Book (Continued)

Extension I: Explore story structure by asking each group to create three frozen pictures that illustrate the beginning of a situation, the height of the problem, and the solution.

Extensions II: Ask each group bring their three frozen pictures to life by creating a scene that connects the dots between the beginning, middle, and end.

Character Interviews: Point of View

IN- AND OUT-OF-CHAIR ACTIVITY • 10-20 MINUTES

Objective: Students will explore "point of view" by becoming Nutrition Man and Dr. Exercise during an interview session.

Discussion: During the show, the students were allowed to ask questions about Nutrition Man. What other questions might we ask?

Warm-up: Ask each student to walk around the room as if he/she is Nutrition Man or Dr. Exercise. While they're walking, ask them questions such as "What is the mood of your character?" and "How does your character move?"

Activity: Choose two student volunteers to sit in front of the class and play the roles of Nutrition Man and Dr. Exercise as the rest of the class asks them questions. The student volunteers should answer each question in character. A "time out" can be used by the teacher and actors when discussion is needed in order to answer a question correctly. After a few minutes, two new volunteers should be selected to serve as Nutrition Man and Dr. Exercise.

Extension: Add to the panel of superheroes at the front of the room by including other characters from the show. Examples could include the students who were saved by Nutrition Man and Nutrition Man's father. Avoid the villains so the interview can remain focused on healthy eating choices.

Name That Food: Critical Thinking

IN-CHAIR ACTIVITY • 10-20 MINUTES

Objective: Students will test their knowledge of the "My Plate" healthy eating recommendations by racing to name the most food items found within a specific section of the "My Plate" diagram.

Review: As a class, review the five sections of the "My Plate" diagram. Discuss specific foods that could be classified in each.

Activity: Divide the class into several small teams. Each team will need a pencil and a piece of paper. Next, select a section of the "My Plate" diagram. Each group should be given one minute to list all the foods that belong in that section. When a minute is up, the groups should read their lists out loud to the class. Keep a tally of the number of correct items that each group lists. The game continues until all sections of the "My Plate" diagram have been covered. The group with the highest total score wins the game.

Extension: Turn the activity into an imaginary game show! What would you name the show? What prizes would be offered? Who would be the host? Choose two teams to come to the front of the classroom and compete to see who can name the most food in a section of the "My Plate." Next, choose two students to act as game show hosts. The winning team can stay at the front of the classroom (the "stage") to defend its title against a new team, with new hosts!

Educational Outreach Programs for Students in Grades 3-8

The Rose Theater offers 3- to 10-day **drama workshops** that use theater to teach grade-specific curriculum. Popular topics include:

- The American Revolution
- The Civil War
- American Indians
- Shakespeare
- Playwriting

The Rose Theater also offers **teacher enrichment workshops** and **interactive theater-in-education touring shows**:

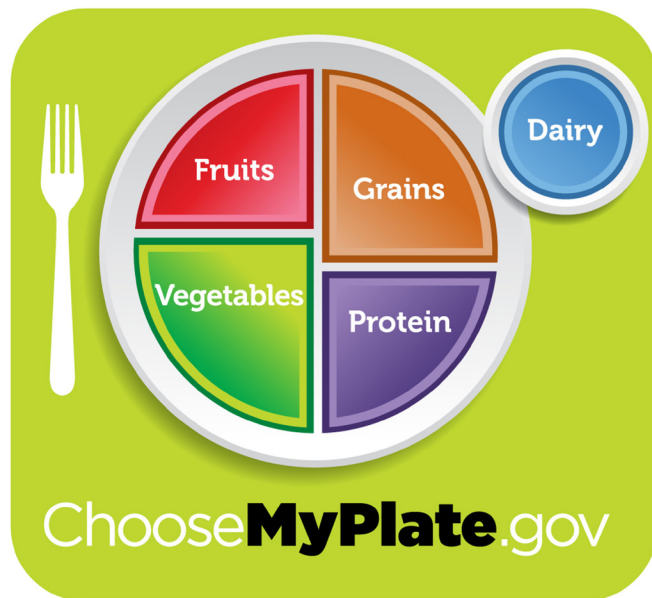
- **Nebraskaland! Famous Nebraskans**
This show explores the lives and contributions of famous Nebraskans and takes place at a meeting of VIPs where Thrill America is unveiling plans for a new theme park named Nebraskaland!
- **The Bully Show**
This show takes place at the taping of a new game show, *YOU WANNA BE A BULLY!*, with the students acting as the studio audience and contestants. Students are challenged to reconsider their assumptions about bullies, victims, and spectators.
- **Famous Women of the 20th Century**
Students will be introduced to inspirational American women of the 20th century by pretending to be reporters at a White House press conference where the first female President discusses the influence of Jane Addams, Amelia Earhart, Eleanor Roosevelt, and others.
- **Virtual Latin America**
This show helps students gain an appreciation for Latin American history and culture. On the verge of beating a popular video game called *Latin America Culture Domination*, one of the characters comes alive and challenges the gamer to demonstrate how much he really knows about the countries he is trying to conquer.
- **Ancient Greek Heroes: Odysseus!**
This silly, high energy comedy uses found-object puppetry to retell the classic Greek adventure of Homer's *The Odyssey*. The timeless tale is retold from a unique modern perspective that resonates with today's students.

For more information, please contact James Larson at (402) 502-4618 or jamesl@rosetheater.org.

Please feel free to contact us about the show!

Letters and emails may be written to:

Brian Guehring
The Rose Theater
2001 Farnam Street
Omaha, NE 68102
briang@rosetheater.org or (402) 502-4636



Additional Resources

Web Sites

<http://www.choosemyplate.gov/>

This United States Department of Agriculture website offers nutritional guides and great information on healthy, balanced eating.

<http://teamnutrition.usda.gov/educators.html>

A wide variety of educational resources can be found on this United States Department of Agricultural website from worksheets and posters, to storybook downloads and activity manuals.

<http://www.letsmove.gov/>

Chart a course to success! This website provides information on food, nutrition, and physical activity. It also provides helpful tips and step-by-step strategies to families, schools, and communities to help kids be more active, eat better, and grow up healthy. Specific sections of the site are dedicated to addressing the school environment.

<http://www.fruitsandveggiesmatter.gov/index.html>

This website provides information about fruits and vegetables, as well as tips for healthier, more informed eating.

http://kidshealth.org/parent/nutrition_center/healthy_eating/myplate.html

This website provides information for parents who want to better understand the MyPlate guidelines.

The Super Adventures of Nutrition Man & Dr. Exercise is supported by:

