



The Kids on the Block Program on Healthy Eating & Dental Care

Featuring: Jason Robinson, Brenda Dubrowski and Michael Riley

"Kids need healthy snacks. Healthy foods give us energy we need and trying new foods can be a fun adventure!" Jason explains this to his friend Michael as the boys plan the menu for a party at Michael's house.

The Kids on the Block Program on Healthy Eating and Dental Care updates information originally released in the healthy snacking program and is designed to educate children about healthy eating habits, the fun of eating nutritious foods and the role food plays in growing bodies. Children learn from Jason, Brenda and Michael that healthful eating means not only knowing **WHAT** to eat but also **WHEN** to eat it, how to make healthy food choices and what positive effects those choices can have on the entire body—including one's teeth.

The package consists of large hand-crafted puppets, five scripts, props, follow up activities and resources.



A Troupe of Educational Puppets

**CALL OR WRITE TODAY
THE KIDS ON THE BLOCK, INC.**

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Script Summaries

A Safari Adventure – Food Exploration

Michael's father has put him in charge of planning the menu for his mother's surprise party. When Michael gets frustrated as a result of his inability to choose a menu which fits the party theme, Jason steps in to encourage Michael to research fun food choices with a healthy twist. **(Michael, Jason)**

At the Dentist

During a role-play for a class project, Jason plays the part of "Dr. Robinson," the dentist. As he checks Michael's teeth, he finds that although Michael has no cavities, he has plaque, or bacteria, on his teeth. "Dr. Robinson" talks with "his patient" about snacking and making good choices for his entire body, including his teeth. Finally, "Dr. Robinson" talks about brushing, flossing and the "swish and spit" method of keeping plaque off of teeth. **(Michael, Jason)**

Halloween/Party Time

Jason shows Michael a healthier option for eating sweets rather than "pigging out." By demonstrating his family's method of sorting foods to combine junk food with healthier options, Jason teaches Michael and the audience a tool for making responsible snacking choices during times when children typically receive a lot of candy. **(Michael, Jason and Brenda appears in Party Time)**

Food for Friendship

After Jason and Michael have an argument over a class report, Michael tries to make up with his friend by offering a series of candy choices. Jason talks with Michael about the dangers of using food as a reward or bribe and discusses the proper place for food and friendship. **(Michael, Jason)**

Fruit Stand

Brenda, Michael and Jason must work together on a school assignment designing a store or other place that sells things. After coming up with the idea for a fruit and vegetable stand as an alternative to a bake sale, they decide to set one up at school to raise money for a field trip. **(Brenda, Michael, Jason)**

NOTE: After each script, the children interact directly with the puppet characters during question and answer or informative review periods.

The Kids on the Block, created in 1977, features life-sized puppets who, through the magic of live puppet theatre, teach children and adults about disabilities, medical and educational differences, and social concerns. Through the hard work and dedication of many community-based groups, **The Kids on the Block** puppets are able to touch the lives of people all over the world.