The Magic of 5-A-Day

**Blends magic and comedy to educate about good nutrition and motivate healthy choices.**

Magician and entertainer Brian Richards engages students with a fun attitude to get them excited about the importance of eating five servings of fruits and vegetables every day. Almost without knowing it, students learn different ways to make healthy choices. After this action-packed presentation, students actually *want to finish their vegetables at dinnertime!*

Audience participation reinforces creative strategies to ensure good nutrition habits.

With the aid of magic, comedy, visual aids and interaction, students learn: why five servings of fruits and veggies are important; how different colors of fruits and veggies are good for different parts of our bodies; how to know the difference between a "sometimes" food and an "all-the-time" food; why balance and moderation are important; and more! Plus, students take the 5-a-Day Challenge and pledge to eat their 5-a-day every day.

They may laugh and be fooled by his tricks, but your school WILL get excited about nutrition!

Presented by one of the most hilarious assembly educators in the country, students and staff alike are sure to be entertained. This program uses the perfect blend of entertainment and education to teach healthy habits and inspire positive nutritional choices.
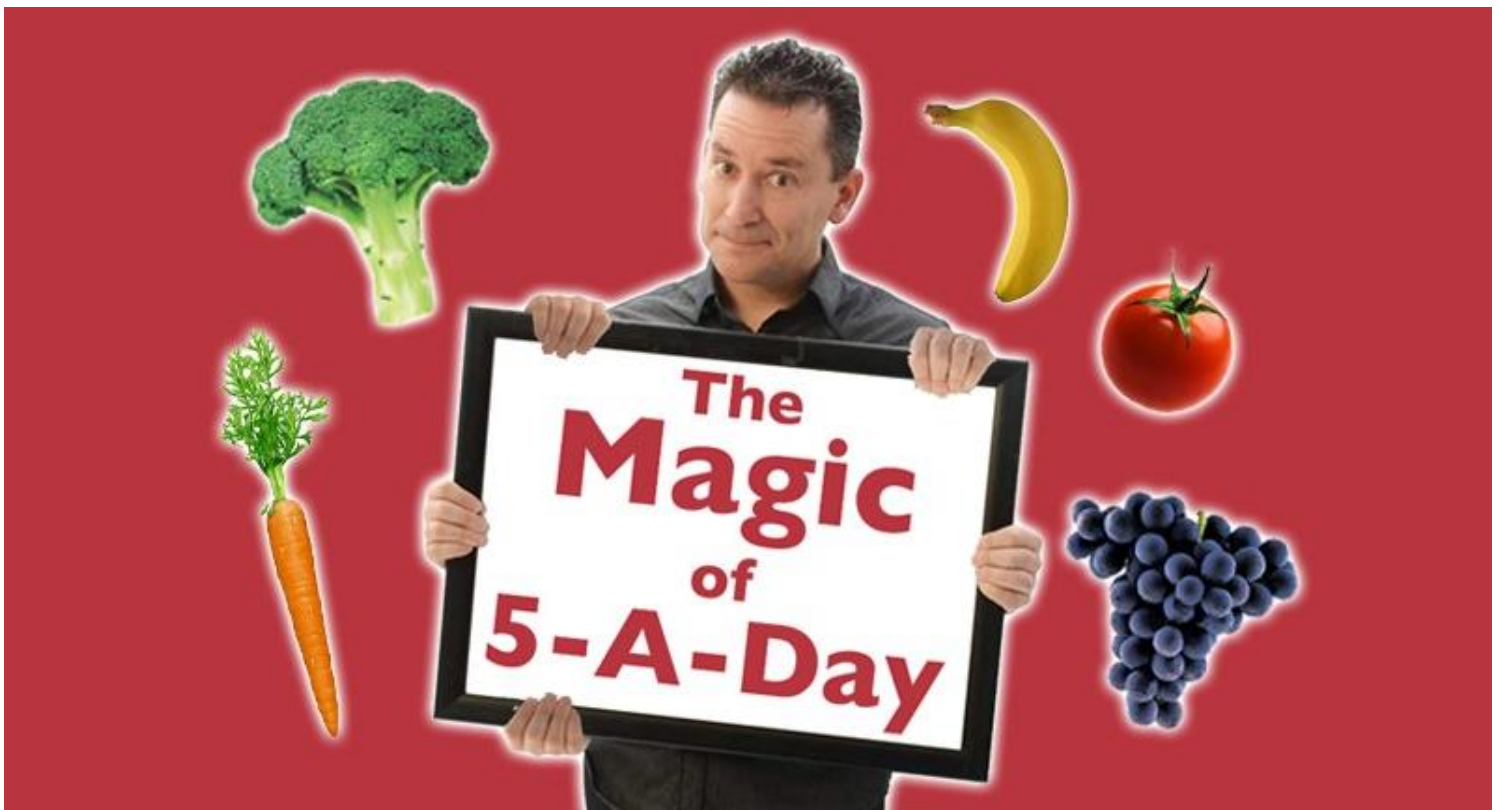
Audience: PreK-6 **Capacity:** 400

Presentation Time: 45 minutes during set-up time.

Set-Up Time: 45 minutes. Pleasure ensure performance space is clear and empty of classes

Take-Down Time: 30 minutes

Presentation Area: Brightly lit performance space; minimum area of 8 ft. x 14 ft. Performance space can be stage or floor-level; floor level is preferred. If performance space is floor level, please seat students on the floor and not in chairs. If the performance area is a stage please make sure there are stairs for easy volunteer access to the performance area.

Assembly Requirements: Depending on your location, you may be asked to provide a PA system with RCA-jack input.