

# Sugar the Musical

*A fun interactive way to explore healthy eating and sugars with your pupils putting on a final performance for parents, carers and other family members. This show is 20 mins with music and messages on one video. Rehearsals can be carried out during one day or over a longer period.*

## **In this Pack :**

Link with Sugar the musical

video <https://www.dropbox.com/s/e13ljbirbmngv61/Play%20In%20A%20Day%20%28Full%29.mov?dl=0>

Example link to sugar the musical show <https://youtu.be/TI0mtbre24c>

Running order and suggestions (see below)

Digital Signs to print and possibly laminate (below)

Food portion digital rehearsal pack (below)

Links to craft pages for props

## **You will need to provide:**

2 x Torch or equivalent

4 x empty pop bottles

2 x empty aerosols or equivalent

3 x empty sweet bags/ paper bags

2 x small plates

1 large plate

2 x banana or alternative

Plain paper (news reader notes)

## **We will provide on day:**

Black cape and hat for sugar mc sugar face

5 x Trilby hats

5 x inflatable guitars

Food portions

30 x Bibs

Super Strawberry costume

Banana costume

Inflatable stereo

A member of the Health Improvement team to answer any questions parents have after performance.

# Set up

2 benches or sit on floor in rows either side of the screen, Sugar gang stage right, Fruit and veg gang stage left.

## Running order and suggestions

Section	Song	Length of section	Message	Action Notes	Props needed
Intro	Star Wars theme tune	1min 14 sec	Introduction to the show and background story	Voiceover - someone with a loud and clear voice to read out.	None
Sirens	Siren sound effect	43 sec	To show the difference in two gangs the fruit and veg are trying to tell people how bad sugars are and sugar gang trying to destroy evidence.	Fruit and Veg gang; 2 pupils enter and put up posters on screen and run away.  Sugar gang; 2 pupils enter and look for fruit and veg gang with torches and rip down posters on screen.	Torches x2
Sugar Gang HQ	Star wars death march	48 sec	First time audience see sugar gang and sugar mc sugar face. This is set at Sugar gang HQ on product testing day.	All sugar gang march in single file across room Act scared. Boos from veg gang. They stay on stage in a line across back of stage (standing or sitting).  Lord Sugar enters (via audience) Interacts with audience (panto baddy) try and get audience to boo.	Lord sugar costume Black cape
Fizzy Pop	Dirty Pop	45 sec	This section aims to show the effects of fizzy drinks including sugar rush and crash.	Schools own dance routine (show product placement and have energy and slump at the end) 3 – 5 pupils	Fake drinks

Sweets	Bad	50 sec	This section aims to highlight the negative effects of eating too many sweets (feeling sick etc.)	Schools own dance (use bags of sweets) 3 – 5 pupils	Empty Sweet bags
Fast Food	Fast food rockers	42 sec	How fast food is part of our environment	All pupils Dance – arm movements see video	none
Sauces	Bad guys Bugsy Malone	1 min	Hidden sugars in everyday food such as sauce.	Schools own dance in the style of Bugsy Malone 3 – 5 pupils	4 x trilby hats
Cereals	Bad to the Bone	50 sec	Sugar in cereals and Yoghurts	Schools own dance - Air Guitar, rock stars 3 – 5 pupils	Blow up guitar x 5
Sugar mc sugar face exit	Laughing sound effect	16 sec	Shows how industry are making money from selling addictive sugars	All Laugh with Lord sugar as sugar gang leave stage	None
Fruit and veg intro	I'm a celebrity theme tune	34 sec	Introduction to the fruit and veg gang, who have set up camp in hiding	2 pupils Fruit and veg sneak in Spray painting The rest of Fruit and veg gang comes on saying hello to each other and hi fiving.	Fake spray cans x 3
Myths	Ghostbusters theme tune	1 min	Try to dispel common myths around food.	Schools own dance (could use extra props of backpacks of fruit) Shout out when myth busters flashes on screen top corner. 2- 5 pupils	Myth buster – laminated sheets
Portion sizes	Just a little Bit	1 min	Shows portion sizes and using hand as a guide.	First pupil comes forward with heaped plate of food, 2-pupil come to help with smaller plates and share out food so that they have a better portion size.	Plates x3, 1 large 2 x small showing portion sizes not too big. 3 x chicken breasts 3x baked potatoes 3 x peas 3 x carrots
Healthy swaps	Changes	1min 20 sec	This part is about how we can make simple swaps and still have things we enjoy	Use printed resources to show healthy swaps Fruit instead of crisps Grilled chicken of nuggets	4 x sets of food swap cards (2 in a set)

				<p>Wrap instead of burger Weetabix instead of coco pops</p> <p>Feel free to add any other moves 4 pupils</p>	4 x laminated cards that spells out – “just by making small changes, we can make big differences”
Breaking free	Breaking Free	1 min	Fruit and veg gang decide they have had enough and are going to rebel	(All fruit and veg gang) Movement such as pass it on whispers or passing message followed by team huddle and cheer.	
Face off	Good, bad and ugly	22 sec	The sugar and fruit and veg gang meet in a central place to battle.	<p>Gangs start at opposite sides and march in led by sugar mc sugar face (sugar gang) and strawberry (fruit and veg)</p> <p>The gang leaders face off and then step aside revealing 2pupils on each side with banana or milky bars for quick draw duel.</p>	<p>Banana x4</p> <p>Milkybar x 4</p>
Rock paper scissors	Count down theme tune	7 sec	Ongoing battle between sugar and fruit and veg gang. Sugar gang win	Music moves quickly so pupils need to be ready. Same pupils as above to countdown music - rock paper scissors – sugar gang win and celebrate by cheering	
Penalty kick off	Match of the day	34 sec	Sugar and fruit and veg gang undergo a penalty shoot out sugar runs out of energy and Fruit and veg gang win	<p>1 x pupil from each gang Sugar gang goes first. Football tricks goes to score goals runs out of energy and misses.</p> <p>Fruit and veg pupil does the same, scores a goal, and celebrates. All fruit and veg cheer</p>	<p>2 x spare bibs/jumpers to mark out goal.</p> <p>Imaginary football</p>
Dance Battle	It's Like that Run DMC	44 sec	Sugar and fruit and veg gang have a dance battle and at the end decide to work together.	Dance off each side take turns to come into middle and do a dance move. pupils raise hand when they are ready to dance and staff select.	Inflatable stereo

Gangs come together – make friends	Work together	30 sec	The sugar and fruit and veg gang come together and make friends – sugar can be eaten in moderation.	Find a friend in 2's or 3's from opposite gang and make friends. Once together stand still	None
Sugar Mc Sugar Face returns	The apprentice Theme tune	1min 20sec	Sugar mc sugar face is not happy that the gangs are together, but the gangs hold strong	Lord sugar enters the pupils rebel and turn against him They take off red vests and throw at his feet. All shout you are fired – lord sugar leaves in a strop.	None
news	News theme tune	25 sec	Gang await the news that sugar mc sugar face has been overthrown, in a battle for people health	After 'your fired' all pupils sits where they are stood. 2 pupils sit to be news readers shuffling papers When news said that sugar mc sugar face has been overturned everyone cheers	Papers
The finale	Everything is awesome		The end, Pupils can take a bow.	Sugar mc sugar face can change into a banana. Pupils Stand in a semi-circle and bow and then wave.	None

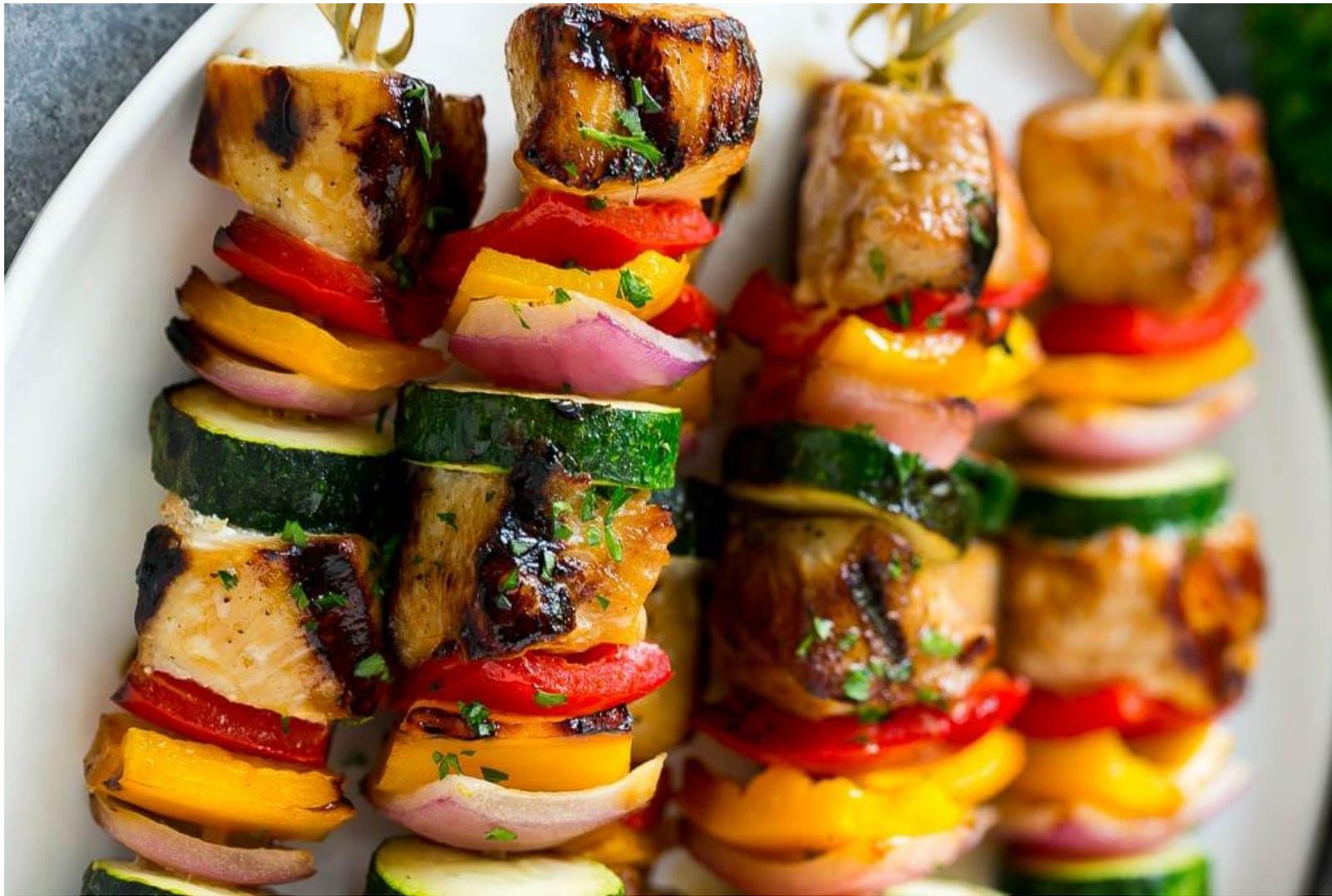
## Props to Print

1. Healthy swaps
2. Milky Bars
3. Myth Busters (print 3-4)
4. Just by making small changes, we can big differences
5. Portion size practice food (we will bring actual models on the day)





















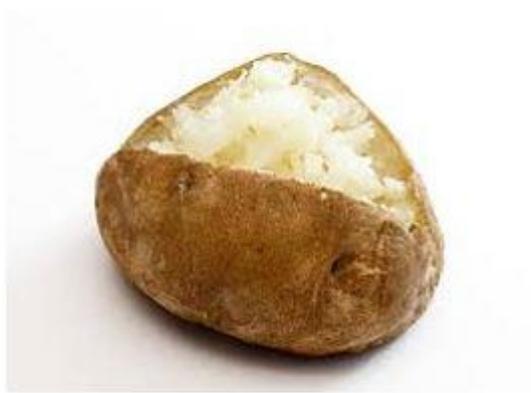
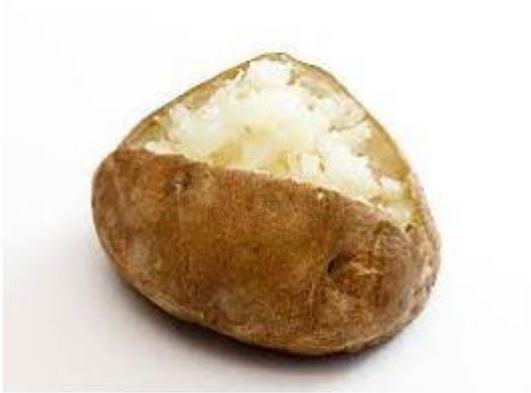
**MYTHBUSTERS**

**JUST BY MAKING**

**SMALL CHANGES**

**WE CAN MAKE**

**BIG DIFFERENCES**



# Invites

Dear Parent/Guardian

Come and join us for the Year **INSERT YEAR GROUP** performance of Sugar the Musical. Year **INSERT YEAR GROUP** have been practicing and learning about healthy choices and the impact of eating too much sugar.

If you want further information on this please see our website at [www.haltonhealthimprovement.co.uk](http://www.haltonhealthimprovement.co.uk) and click on Start Well Resources. Or contact [HIT@halton.gov.uk](mailto:HIT@halton.gov.uk) for more information.

Please RSVP to school.

Kind Regards

Health Improvement Team

## Healthy swaps postcard

### My healthy swap

In school today we have talked about swapping to a healthier choice. I have chosen to swap

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For.....

If you require further support or advice regarding healthy lifestyles, please contact the Health Improvement Team.

Telephone: 0300 029 0029 Email: [HIT@halton.gov.uk](mailto:HIT@halton.gov.uk)

Website: [www.haltonhealthimprovement.co.uk](http://www.haltonhealthimprovement.co.uk)