

Indy Joe and the Pyramid of Food

Southland Opera

Indy Joe and the Pyramid of Food live musical performance with one pianist and three singers.
Written by Phil Lollar and Eli Villanueva.

Audience Behavior:

The students are called the audience; they are part of the show. It is very important for the students to show good audience behavior. This is done by staying quiet while we perform and clapping and shouting Bravo when we are finished with a musical number. Bravo is an Italian word, which means great job. Also the students will be asked several questions throughout the performance, they will help us solve the secret of the pyramid. In order for the students to help, they must listen very carefully to the clues.

Before they attend the performance it is helpful to have a discussion with the students about the difference between television and live theatre. With television the people on TV do not know you are there and cannot hear their audience when they talk. In live theatre the audience is the most important part of the show, they are the reason why we are having the performance. Each audience is different making each performance a different experience. The more involved and well behaved the audience is, the better the performance. So everyone has a job, the performers as well as the audience, all work together to make a once in a lifetime experience.

MEET THE CHARACTERS OF "INDY JOE"

At the beginning of the performance, Indy Joe will teach the students a song, below are the words.

**I like food!
Good things to eat--
Like fruits and breads
And veggies and meat!
Cabbage, corn, and lettuce!
Spinach and asparagus!
Artichokes, jicama
Onion, kale, O, mama!
Apple, grape and cherry,
Raisin, date, strawberry!
Fig, prune, kiwi, mango-
Would you like to tango?**

**Don't want to be rude
With crude attitude
But I'm in the mood
To say-that-I-like-food**

Indy Josephine: Indygestion Josephine is a renowned Professor of nutrition and an adventurous explorer. The other characters in our story call her Professor Joe, her friends call her "Indy".

F.F. Greasy: F. F. Greasy is a famous and wealthy gentleman, who is a self-described philanthropist. A philanthropist is someone who gives money to charity to help people. Greasy's name should concern us because it's not healthy to eat a lot of grease. Grease (saturated fat) is found in french fries, fried chicken, and other fried foods. When a food is greasy it means it is high in fat. High fat foods can clog up our arteries (blood vessels) which increases our chances of heart disease, heart attacks and strokes. Greasy foods are very high in calories so they can cause us to gain weight and also can make us feel sluggish and tired.

Sugah: Sugah is F.F. Greasy's assistant. "Sugah" is the way people from the Southeastern part of the United States pronounce the word "Sugar". Sugar is something we want to eat very little of each day. It's very high in calories but has no nutrients, meaning it can make us gain weight but doesn't give us any vitamins and minerals. It can make you feel very energetic right after you eat it, but pretty soon that wears off and you can feel very tired. Listen carefully to Sugah's song that she sings towards the end of the show to learn more about what too much sugar can do to you.

Bog of Couch Potatoes: To understand who this character is, first it is important to know what a bog is. A bog is a wet and spongy ground like a marsh or a swamp. A person can sink into it and get stuck. A couch potato of course is someone who sits around on the couch most of the day watching T.V.

Exercise Exorcist: An exorcist is someone who casts something out, who removes something from a person. In our story, the Exercise Exorcist takes away the desire and motivation to exercise. This is dangerous because we all need to exercise to stay healthy. Exercise is very important because it helps to improve the function of our heart and lungs. It also builds muscle strength, makes us more flexible and gives us more energy. Exercise also helps to lower blood pressure and increases endurance, which means we can get more done during the day without getting as tired. It's a good idea to try to exercise for at least an hour a day, some good ways are to ride a bicycle or play your favorite sports.

INDY JOE AND THE PYRAMID OF FOOD

THE STORY

Our story begins with Professor Indigestion Josephine teaching her class a song about wonderful, healthy foods. F.F. Greasy and his assistant Sugah, who want to hire Indy for a special mission, interrupt her class. The mission is to find the scattered pieces and mysterious secret of the lost food pyramid. The food pyramid was scattered and lost long ago by the ancient Pharaoh Lolipo. Indy needs to find all the pieces and rebuild the pyramid in the right order according to the serving guide and then the secret will be revealed. Sugah gives Indy the map and the diary in order to help Indy on her search. This map and diary used to belong to the adventurer Polly Unsaturated, Polly dedicated her entire life to trying to solve the mystery of the Food Pyramid, but was unsuccessful. The map shows the location of the pieces of the pyramid. The diary contains riddles about the pieces that need to be solved.

Indy might need to be concerned about F.F. Greasy and Sugah, so watch carefully. F.F. Greasy acts like he's a good guy at the beginning of the show, but is he really? When Indy first meets Sugah, she seems to be as sweet as her name, but first impressions aren't always right. Sugah may surprise us before the show is over! In any case, Sugah helps Greasy convince Indy to go on the mission. Indy will ask the audience to help her out by acting as her assistants. Then Indy opens her map and begins the search. Each time she finds a piece of the pyramid; her assistants (the audience) listen carefully to the riddle and then help her solve it.

Along the way, Indy meets the Bog of Couch Potatoes. The Bog tempts Indy with his television set and Indy gets stuck in the bog. She'll need the help of her assistants to get out! Indy also runs into the Exercise Exorcist who takes away her will to move, so she is unable to continue her search. The assistants have the power to help break the spell so Indy can move again.

Finally, with the help of her assistants, Indy finds all the lost pieces of the pyramid. Then she goes to reassemble (rebuild) the pyramid and that's when she gets a big surprise and the real trouble begins! Watch and listen carefully and rest assured that by the end of the show, Indy, along with the help of her assistants, will be able to reveal the secret of the food pyramid.

Some terms to understand about music:

Costumes: the clothing, which is worn on stage, just like on Halloween we dress in costumes and pretend to be someone else. In theatre we do the same thing when we wear our costumes.

Pianist: The pianist is the one who plays the piano. It takes several years to learn to play the piano and is a skill one must work on every day.

Singers: the singer is the person who sings on stage, they are also known as the performers and actors.

Musical: a musical is a story, which has both singing and speaking.

Projection: The singers project their voices, meaning their voices can be heard without microphones. Learning to project properly takes many years of practice.

Composer: A composer is the person who writes the music.

Scriptwriter: The scriptwriter is the one who writes the story, the actual words the performers speak.

Some definition of terms related to Nutrition:

Blood Vessels: a tube like structure that transports blood. Blood flows through the vessel like water flows in a garden hose.

Calcium: A mineral needed for the development and maintenance of healthy bones and teeth. Calcium can be found in dairy products, dark green leafy vegetables, calcium fortified soy products, and fish with edible bones (i.e. sardines).

Calories: A unit of measurement used to describe the energy value of food. The exact amount of calories required per day depends on a person's age, height, weight, gender and level of physical activity. If we take in more calories than our body can use, the calories that are not burned up cause us to gain weight. Most children need about 2,000 calories per day.

Carbohydrates: An organic compound that provides the body with energy. A compound is a combination of two or more elements or ingredients. When a compound is called organic, it is more related in nature to living things like animals and plants. There are two types of carbohydrates, simple and complex. Simple carbohydrates are commonly known as sugars, they provide the body with energy but have little nutritional value. Complex carbohydrates are commonly known as starches, such as cereal, bread, rice and pasta. They can be an excellent source of fiber and B vitamins, especially the whole grains like whole wheat pasta, bran cereal and brown rice.

Cells: The basic fundamental unit of all living things. The body is made up of millions of cells.

Cholesterol: An organic compound present only in foods of animal origin and produced by our bodies. There are two different kinds of cholesterol. One is called HDL (High Density Lipoprotein) and is considered to be "good" cholesterol because it carries cholesterol away from body tissue so it can be excreted and it is high in protein and low in cholesterol. The other kind is called LDL (Low Density Lipoprotein) and is considered to be "bad" cholesterol because it carries cholesterol to body tissues and may form deposits on the walls of arteries. It is low in protein and high in cholesterol. Cholesterol is essential to the function of every cell in the body, however large quantities of LDL (bad) cholesterol can leave deposits and clog the inside of our blood vessels. This increases the risk of heart disease, heart attacks and strokes. Avoiding foods high in saturated fats (fatty meats, fried foods) will help control your level of LDL.

Cruciferous Vegetables: Vegetables from the cabbage family, called "cruciferous" because the blossoms look like a cross. They are a good source of fiber and also contain special healthy chemicals that may prevent cancer. Broccoli, brussels spouts, cabbage, cauliflower, collards, kale, rutabagas and swiss chard are all cruciferous vegetables. It's a good idea to eat this kind of vegetable a few times every week.

Extras: This category includes sugars, salt, fats and oils. These are the smallest part at the top of the food pyramid because you should eat only very small amounts of these things. Extras are high in calories but contain very few nutrients. Some specific examples of extras are soda, candy, butter and margarine.

Fiber: The structural material of plants not directly digestible by humans. Fiber helps your digestive system and can help to lower the LDL (bad) cholesterol in your blood. Whole grain breads, beans, fruits and vegetables are all good sources of fiber.

Iron: A mineral that is crucial for the formation of red blood cells. Iron helps red blood cells carry oxygen throughout the body. Good sources of iron include lean meats, poultry, fish, dried beans, and dark green leafy vegetables.

Kale: A dark green, leafy, cruciferous vegetable. Kale is a type of cabbage with curled leaves.

Ligaments: Elastic tissue that connects our bones to our joints. This is what connects our bones together.

Lipoproteins: Particles that contain cholesterol and carrier proteins that transport cholesterol throughout the body. In the story of "Indygestion Jo", we refer to the ancient Pharaoh Lolipo, his name refers to lipoproteins.

Minerals: Inorganic substances that are essential to the proper function of the body. When something is inorganic, it is not related in nature to animal or vegetable, and is not the result of living or organic processes. Minerals play an important role for every cell. They aid in oxygen transport, regulate the heartbeat and maintain proper fluid balance. Fruits and vegetables are an excellent source of minerals.

Polyunsaturated Fats: Unsaturated fats are those that turn to liquid at room temperature. Polyunsaturated fats are a better choice than saturated fats, but the healthiest fat of all is monounsaturated fats which are found in olive and canola oils. All oils and fats are high in calories so you want to eat very small amounts of them. In the show "Indygestion Jo" we refer to a lady named "Polly Unsaturated", she is named after polyunsaturated fats.

Potassium: A mineral that helps heart, kidney and muscle function. Apricots, avocados, bananas and oranges are all good sources of potassium.

Protein: Proteins are important to the activity of every cell. They make up the structure of skin, muscles and hair. Protein provides the building blocks needed for the growth, replacement and

maintenance of body tissues. Good sources of protein are meat, fish, poultry, eggs, dry beans, nuts, and soy products.

Saturated Fats: Fats that are solid at room temperature. Saturated fats are found in animal fats (fatty meats), butter, coconut and palm oils. These should be eaten in very limited amounts because they can raise the blood level of LDL (bad) cholesterol.

Tendons: Tendons are clusters of fibrous protein that join muscle to bone and muscle to muscle.

Vitamins: Organic substances that are essential to growth and the maintenance of good health. For example, vitamin B6 is important because it helps our bodies digest and use protein and carbohydrates. Vitamin B6 is found in meats, poultry, fish, whole grains, nuts, and legumes. Another important vitamin is vitamin C. Vitamin C helps maintain healthy blood vessels, teeth, bones and helps our body to absorb iron. It also fights infection and helps our bodies heal. Vegetables and fruits, especially citrus fruits (oranges, grapefruits) are a great source of vitamin C.

Whole Grains: The entire grain (wheat, oat, barley, corn, rye) in its unrefined state, nothing has been removed from it. It contains the bran, endosperm and germ. Whole grains are higher in fiber, B vitamins and minerals than refined grains are. Whole grain breads, pastas, cereals, and brown rice are the most nutritious carbohydrates.