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The Super Adventures of NUTRITION MAN & DR. EXERCISE

an interactive play about healthy choices for 3-8 actors
by Brian Guehring

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The Super Adventures of Nutrition Man & Dr. Exercise begins with the invited audience getting to see Nutrition Man's top secret hideaway and to witness examples of Nutrition Man's previous adventures. When the Crisis Control Monitor sounds an alarm during the presentation, the audience even gets to help Nutrition Man defeat the Slow Sloth. Unfortunately, the Super Sickly Slug has also infiltrated the secret lair. When the villain eventually removes the memory of Nutrition Man and his partner Dr. Exercise, the audience has to help the superheroes remember the importance of healthy choices before its too late!

The Super Adventures of Nutrition Man & Dr. Exercise is a Theatre In Education (TIE) play. Theatre In Education combines theatrical elements with interactive moments in which audience participants work with actor-teachers towards an educational or social goal, using tools of theatre in service of this goal. The production of **The Super Adventures of Nutrition Man & Dr. Exercise** (and any accompanying post-show workshops and study guides) will challenge elementary students to learn the importance of being active, to eat moderate portions, and to balance their food choices, and to make healthier choices with their food consumption

**Winner of the 2010 American Alliance for Theater & Education
Unpublished Play Reading Project**

"You have a great grasp on what type of humor appeals to this generation! The looks on their faces when they heard they were going to see a play about nutrition and the looks on their faces during the play could not have been more different."

-a 5th/6th grade teacher after seeing THE SUPER ADVENTURES OF NUTRITION MAN and DR EXERCISE

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was developed and originally produced through a generous grant from
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The Super Adventures of NUTRITION MAN & DR. EXERCISE

an interactive play about healthy choices for 3-8 performers

Main Characters:

NUTRITION MAN	a confident, super healthy superhero who uses his powers to help people make healthier choices with their eating and exercise.
DR. EXERCISE*	his brainy research assistant and gadget inventor, who used to be inactive
REPORTER RENATA*	a reporter from the Secret Agenda Sentinel (who is actually SUPER SICKLY SLUG, Nutrition Man's nemesis, in disguise!)

Other Villains

GLUTTONOUS GOO	An evil villainess who wants kids to eat huge portions (in disguise as BABUSHKA, a kindly neighbor woman)
SLOW SLOTH	An evil villain with a torpor torpedo to slow down kids
FRIED FOOD FAIRY	An evil villainess who wants kids to only eat greasy fried foods

Citizens of Foodopolis

SUPER SIZE SAMMY	a boy who gets the largest size of drinks and food
MOVIE STAR MOMMY	Nutrition Man's mother
FRUSTRATED MOTHER	Dr. Exercises's mother
GREASY FOOD GRACIE	a young girl who is addicted to greasy foods
HOUSEWIFE HELGA	Super Sickly Slug's movie star obsessed mother

**In a three person cast, actress playing Dr. Exercise also plays Gluttonous Goo, Movie Star Mommy, Greasy Food Gracie, and Housewife Helga*

**In a three person cast, actress playing Reporter Roberta/Super Sickly Slug also plays Slow Sloth, Super Size Sammy, Fried Food Fairy and Frustrated Mother*

^If played by a male, the Reporter Name is Reporter Rupert

Audience is in role as kids who won a contest to see the headquarters of Nutrition Man.

SETTINGS:

Nutrition Man's Top Secret Training Lair and Crisis Control Room

TIME:

now

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Episode 1: Welcome Winners!

(The audience has arrived at the top secret Training Lair and Crisis Control Room of Nutrition Man)

DR. EXERCISE

Welcome, welcome, welcome! I am so excited that you have all made it to our training lair and crisis control room. I am Dr. Exercise, Nutrition Man's colleague and gadget inventor. We are so excited to show off our super hero headquarters for the first time ever. You are the intelligent students who we selected to be the first visitors to view Nutrition Man's secret lair. As winners of the contest, you will get to meet Nutrition Man, ask him questions about his life, and get a demonstration of these powerful tools we use to help keep kids in good health.

As I can see on my Pyramid Man Detector, our favorite superhero is just about finished saving another youngster from a health crisis. He'll be here very shortly. While we wait, I'll go ahead and turn on our holographic projector.

(SHE gets out projector)

This is another one of my inventions for Nutrition Man. It will project an adventure in front of you in three dimensions. It will almost seem live.

(SHE fiddles with the gadget)

Nutrition Man always has a one of his most successful adventures cued up to watch.....So enjoy this scene .

(MUSIC plays. Some sound effects of gadgetry. Maybe some strobe light. NUTRITION MAN struts on stage. HE is wearing a bright super-hero costume with an eye mask, flowing cape, and a belt with the Choose MyPlate Logo on it. NUTRITION MAN looks at imaginary camera in audience)

NUTRITION MAN

Now Dr. Exercise, are sure you have the holographic recorder on this time? Good. We don't want a repeat of the Bland Buds batte, which you somehow didn't record. And that was a brilliant adventure, I destroyed Bland Buds with my weapons of vegetable variety. So let's make sure we record this one, alright?... And make sure you focus on this side of me. It's my best side.

(NUTRITION MAN then rushes center stage and looks at the camera and he is "on")

Well, super hero fans, this is Nutrition Man ready to save the day again. My crisis control monitor has just informed me that there is once again a potential health crisis!

(SUPER SIZE SAMMY enters, an elementary school aged boy with a huge bag)

NUTRITION MAN

Whoa, there, Sammy.

SUPER SIZE SAMMY

Nutrition Man! How did you know my name?

NUTRITION MAN

My crisis control monitor tells me everything! And you are in a food crisis. Are you sure you want to eat all of that?

SUPER SIZE SAMMY

Of course I do! I have my super sized lunch every day and at least 3 monstrous munchie snack breaks.

NUTRITION MAN

Sammy, it is unhealthy to eat such huge portions all the time!

SUPER SIZE SAMMY

Kids can eat however much we want.

NUTRITION MAN

Where did you get that crazy idea, Sammy?

(BABUSHKA, an old woman comes out, with a huge plate of brownies)

BABUSHKA

Oh, dearie, there you are Samuel. You forgot your walking to school snack: my homemade belt busting brownies. You know, in case you get hungry again.

SUPER SIZE SAMMY

Thanks Babushka.

BABUSHKA

You'd waste away to nothing if wasn't for me.

NUTRITION MAN

Sammy, is this your grandmother?

SUPER SIZE SAMMY

Oh, no. She's just a neighbor who always is baking me something or taking me out to eat. I don't even know her real name, but she's very kind.

BABUSHKA

Little Samuel was skin and bones when I met him. *(To Nutrition Man)* Oh, dearie, look at you in that super-hero costume. You could use some fattening up yourself. Take some of these chips. *(BABUSHKA takes out a ridiculously large bag of chips)* You look famished, sweetie.

NUTRITION MAN

No thanks, I'm not hungry right now.

SUPER SIZE SAMMY

I feel hungry all the time. I crave lots and lots of food.

BABUSHKA

That's to be expected. You must be going through a growth spurt.

(NUTRITION MAN aims his DIETARY DETECTION DEVICE {which is shaped like the Choose My-Plate Model} at SUPER SIZE SAMMY)

SUPER SIZE SAMMY

What is that thing?

NUTRITION MAN

It is my Dietary Detection Device. It was invented by teammate Dr. Exercise. It allows me to scan any child and see how balanced their food intake is...Holy Humongous Hamburger! My Dietary Detection Device is picking up a total caloric overload! Super-Size Sammy you are off the meter!

BABUSHKA

Don't listen to him dearie. You are a growing boy, you need to eat.

NUTRITION MAN

You need to stop eating so much food.

BABUSHKA

Stop eating my food? Don't you love me?

SUPER SIZE SAMMY

I'm so confused. I don't know who to listen to. Nutrition Man, the celebrated super-hero, or Babushka, the kindly old woman who gives me attention, love and food.

NUTRITION MAN

Hmmm.....

(NUTRITION MAN aims his DIETARY DETECTION DEVICE at BABUSHKA)

BABUSHKA

What are you doing with that contraption, young man?

NUTRITION MAN

Detecting the truth. Just as I thought, Sammy. This woman isn't a kindly old neighbor, she's actually the evil villainess Gluttonous Goo!

(NUTRITION MAN takes off BABUSHKA's shawl and kerchief to reveal the super villain costume)

GLUTTONOUS GOO *(with totally different evil voice)*

That's right, Nutrition Man! I am the Gluttonous Goo! And I am slowly teaching every kid I can get my tentacles on to eat lots and lots! Be as Gluttonous as I am!

SUPER SIZE SAMMY

What's going on?

NUTRITION MAN

This evil villainess wants you to eat too much food. All the excess calories will then get turned into fat.

SUPER SIZE SAMMY

My stomach has grown quite a bit recently.....

GLUTTONOUS GOO

And when you are fat enough, I'll eat you myself!

SUPER SIZE SAMMY

No way, Gluttonous Goo! I am going to start eating smaller portions.

GLUTTONOUS GOO

I'm sorry to hear that, Samuel. Because now, I'll have to eat you immediately.

SUPER SIZE SAMMY

Stay away from me!

(SAMMY tries to push away the GLUTTONOUS GOO, but his hand gets stuck.)

SUPER SIZE SAMMY

My hand! It's stuck!

NUTRITION MAN *(looking for his cable)*

Stay calm, Sammy. Stay in control.

SUPER SIZE SAMMY

Take that Goo Glob.

(SAMMY swings to hit GLUTTONOUS GOO, but his hand is absorbed into her stomach)

SUPER SIZE SAMMY

What is happening to my hands? They're both stuck.

GLUTTONOUS GOO

I am so greedily gluttonous, that I can absorb food through my skin!

SUPER SIZE SAMMY

NOOOO!!!! She's going to eat me!

(NUTRITION MAN finds the cable)

NUTRITION MAN

It looks like it's time for my craving control cable!

GLUTTONOUS GOO

A craving control cable?

NUTRITION MAN

It helps you control your cravings, so you can eat smaller portions.

(NUTRITION MAN lassos Sammy to safety)

SUPER SIZE SAMMY

Thanks for the help, Nutrition Man.

(GLUTTONOUS GOO tries to slink off)

NUTRITION MAN

Where are you going, Gluttonous Goo?

GLUTTONOUS GOO

I saw an all you can eat buffet around the corner..

(NUTRITION MAN sprays GLUTTONOUS GOO with a liquid. GLUTTONOUS GOO shrivels)

SUPER SIZE SAMMY

You did it, Nutrition Man! You stopped the Gluttonous Goo.

NUTRITION MAN

Yes, my Proper Portion-sizes Potion helps stop gluttony.

GLUTTONOUS GOO

You may have stopped me this time, Nutrition Man, but I will be back!

NUTRITION MAN

But first I am going to lock you away for a very long time.

GLUTTONOUS GOO

Curse you Nutrition Man! Curse you AND your smaller food portions!

SUPER SIZE SAMMY

Thank you, Nutrition Man. I didn't realize what risk I was in.

NUTRITION MAN

Well young Sammy, while I take the Gluttonous Goo back to the Excess Caloric Containment Cells, I want you to contemplate what you've learned today.

SUPER SIZE SAMMY

I will, Nutrition Man.

(NUTRITION MAN begins to take away the defeated GLUTTONOUS GOO. SAMMY thinks quietly as NUTRITION MAN and GLUTTONOUS GOO exit. NUTRITION MAN returns)

NUTRITION MAN

Contemplate out-loud, Sammy. Into the camera.

SUPER SIZE SAMMY

Oh sorry, Nutrition Man.

(NUTRITION MAN exits)

SUPER SIZE SAMMY

I've learned today that even if you eat a balanced diet and get exercise, you still can't eat as much as you want whenever you want. We should all avoid oversized portions. Thanks Nutrition Man, for saving me from my health crisis! One day, I hope to be as healthy as you!

(SUPER SIZE SAMMY exits)