

Study Guide for Teachers

Hip Hop Fundamentals

Hip Hop 4 Health

presented by

Young Audiences New Jersey & Eastern PA

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ABOUT THE PROGRAM

Dynamic breakdancing and lots of audience interaction introduce students to a simple concept: You have the power to make decisions about your own health. Students follow one boy's journey through a day, helping him choose what and how he can eat, drink, and play.

Emphasizing that students can make their own health-based choices, this program shows the benefits (and pitfalls) of the decisions young people make. It's a perfect program to help children begin to eat healthy, drink healthy, and move more!

LEARNING GOALS

Students will gain the understanding that they have the power to make decisions about their own health. They will learn valuable health information about sugar consumption, healthy options, and the perils of inactivity. Most important, this performance accepts the fact that children don't always have control over what they are offered to eat or the activities they can choose to engage in. And even with the best of intentions, we all sometimes don't make the best choices. This program inspires students to make healthier choices by giving them knowledge and tactics that allow them to do their best as often as they can.

BACKGROUND INFORMATION FOR STUDENTS

Hip-hop is a cultural movement that began among urban youth in New York City, and has since spread around the world. Elements of the hip-hop arts include dance, rap (music, rhythm and poetry), and graffiti art. Hip-hop began in the mid-1970's as inner-city Black and Latino youths began to develop new styles of music, dance, and painting that emerged from their urban environment.

This program uses the high energy of hip hop dance to provide basic knowledge on limiting sugar intake, consumption of whole grains, eating whole fruits and vegetables, the importance of drinking water, and getting proper exercise.

It is important for young people to understand that balance is important to a healthy life. Students do not need to "feel bad" about not always eating healthily, drinking healthily, or being active. Rather, they can feel good about the fact that they as individuals do have the power to make choices that can lead them towards their immediate and long-term goals.

Eat healthy, drink healthy, and move more!

BEFORE THE PROGRAM

Here are some discussion questions that can also be used as writing prompts:

- As a young person, what are choices around food, drink, and activity that you CAN make?
- As a young person, what are choices around food, drink, and activity that you CANNOT always make?
- What are your favorite activities that include exercise? (e.g. sports, playing tag etc.)
- What are your favorite activities that do not include exercise? (e.g. reading, video games)

AFTER THE PROGRAM

- Have students pick a sugar-heavy food product, drink, or snack that they feel like is being marketed towards their age group. As a class, create a list of ways in which the food companies make their products seem fun, exciting, or desirable even though they are packed with sugar. Students can then create art projects, exciting media, or “commercials” for healthy snacks such as whole fruits and vegetables.
- By using their bodies to understand the different effects the things we consume have on us, young students can better internalize concepts. As in the *Hip Hop 4 Health* performance, students can create their own mini dance routines around the consequences of eating/drinking healthily or unhealthily. What would a dance look like that describes how you feel after eating a healthy, balanced sandwich (even paced, sustained energy, able to focus)? How about after drinking a sugar-laden drink (rush of energy that leads to a sugar crash, sluggishness, and inability to focus).

RESOURCES

Good Enough to Eat: A Kid's Guide to Food and Nutrition, by Lizzy Rockwell
The Monster Health Book: A Guide to Healthy Eating, Being Active & Feeling Great for Monsters & Kids! by Edward Miller

www.choosemyplate.gov/kids
www.superkidsnutrition.com
www.chopchopmag.org

VOCABULARY WORDS

Diabetes: A medical condition where the body can't produce enough insulin to process sugar in the blood. Obesity and lack of exercise can lead to one kind of diabetes.

Exercise: Any bodily activity that enhances or maintains physical fitness and overall health and wellness.

Health: The combination of physical, mental, emotional, and social well-being.

Inactivity: Lying around being lazy; not doing any physical activity.

Nutrition: The field of study that focuses on foods and substances in foods that help us to grow and stay healthy. The foods we eat provide energy and nutrients. Eating healthy foods in the right amounts gives our bodies energy to perform daily activities, helps us to maintain a healthy body weight, and can lower the risk for certain diseases.

Protein: large, complex molecules that play many critical roles in the body. Protein-rich foods like eggs, cheese, meats, peanuts or beans are an essential part of good nutrition.

Sugar: The sweet stuff that makes candy and other treats extra delicious, but eating too much of it is bad for you.

Whole Grain: The entire seed of a plant, containing three key edible parts—the bran, the germ, and the endosperm.

ARTIST INFORMATION

Hip Hop Fundamentals are a diverse group of professional dancers dedicated to teaching youth empowerment, social issues, and academic content through Breaking/B-Boying, the world's first Hip Hop dance. We firmly believe that youth learn best when they are having fun. Our dynamic and interactive performances and workshops are guaranteed to empower, engage, and educate youth of all ages.

Since 2004, the company has performed hundreds of shows across the United States. They were featured in Columbia University's collective 2014 book *Advocating Creatively*, as well as articles in *Dance Studio Magazine*. In October 2013 Hip Hop Fundamentals presented at the TEDx conference in Bermuda, lecturing on the power of creative education and Hip Hop as an educational tool.