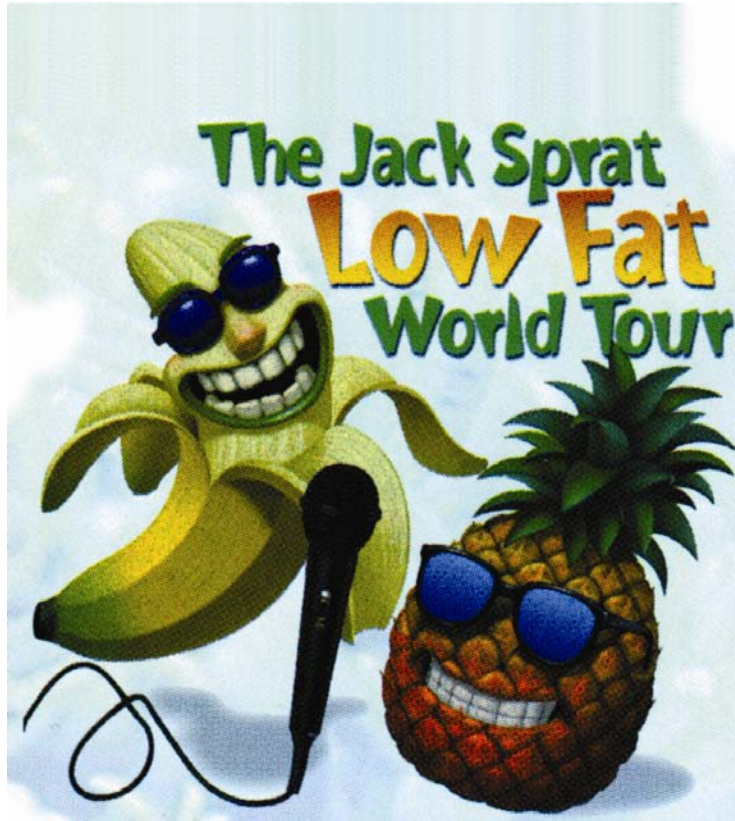


Wharton Center for Performing Arts • Michigan State University • East Lansing, Michigan 48824-1318 • www.whartoncenter.com/schoolseries

MSU FEDERAL CREDIT UNION
institute for **ARTS & Creativity**
at wharton center

act one
school series

mas u. wormington



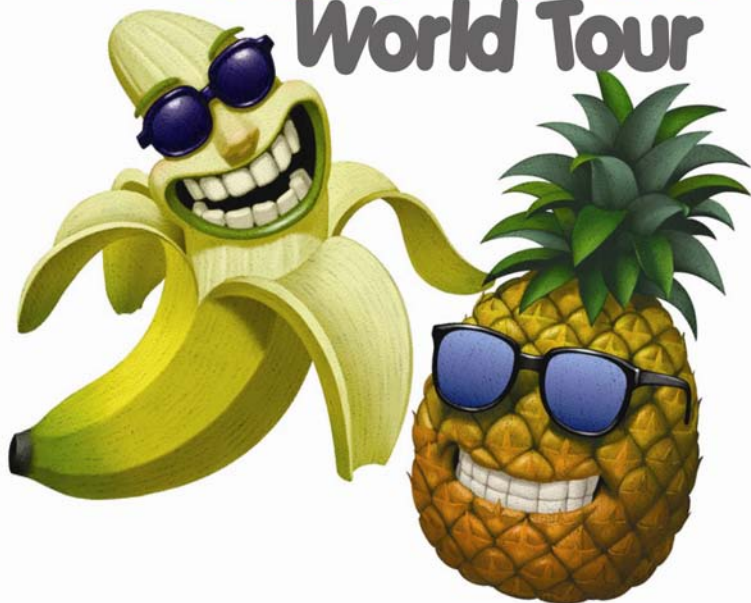
STUDY GUIDE
2009/2010

MICHIGAN STATE
UNIVERSITY

DEPARTMENT OF
THEATRE

THIS PERFORMANCE IS A CO-PRODUCTION BETWEEN THE MSU FEDERAL CREDIT UNION INSTITUTE FOR ARTS & CREATIVITY AND THE MSU DEPARTMENT OF THEATRE

The Jack Sprat Low Fat World Tour



MUSICAL PERFORMANCE SYNOPSISIS

The story centers around Jack Sprat, who eats no fat, and his wife, Gloria, who eats nothing BUT fat. Jack has discovered that a high fat diet is bad for Gloria's health.

He tries to help Gloria change her eating habits by hiring MC "Old Mutha Hubbard, a professional cupboard consultant. MC rids Gloria's cupboard of junk food and takes her on a whirlwind "nutrition safari" through the super-market, educating Gloria about healthy food choices.

In addition to great songs, dancing and a good deal of humor, the show features lots of audience participation. Students will participate in this lively musical as they pretend to be



INGREDIENTS OF A MUSICAL

A musical is a stage, television, or film production using popular style songs, dialogue and movement/dance to tell a story.

There are three main components of a musical and they are: the music, the lyrics and the book. The *book* of a musical refers to the story of the show—in effect its spoken (not sung) lines. However, the "book" can also refer to dialogue and lyrics.

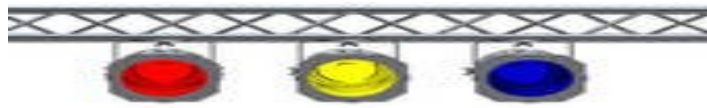
The creative team includes a director, a musical director and usually a choreographer. A musical's production is also creatively characterized by technical aspects such as set, costumes, stage properties, lighting and sound.

There is no fixed length for a musical, however, most musicals range from one and a half hours to three hours. Musicals today are typically presented in two acts, with one ten to twenty minute intermission in length. The first act is almost always somewhat longer than the second act, and generally introduces most of the music. A musical may be built around four to six main theme tunes that are repeated throughout the show. Spoken dialogue is generally interspersed between musical numbers, although the use of "sung dialogue" is also common in today's musicals such as *Les Miserables* and *Evita*.

A musical theatre performer is usually an actor first and then a singer and dancer. Someone who is equally accomplished at all three is referred to as a "triple threat".

INDEX

MUSICAL PERFORMANCE SYNOPSISIS	2
INGREDIENTS OF A MUSICAL	2-3
HISTORY OF THE SHOW	4
JACK SPRAT RHYME/HISTORY & EXERCISE	5
NUTRITIONAL INFORMATION	6
NUTRITIONAL EXERCISES & ACTIVITIES	7-15
COOL NUTRITIONAL WEB SITES FOR KIDS	16
THEATRE ETIQUETTE	17
ABOUT THE AUTHORS	18
DIRECTOR/CHOREOGRAPHER	18-19
MUSICAL DIRECTOR	20
ASSISTANT DIRECTOR/CHOREOGRAPHER	20
THE COMPANY	21
COSTUME RENDERINGS	22-26
PROJECTION IMAGE	27
MSU DEPARTMENT OF THEATRE	29-30
SPONSORS	2
ACKNOWLEDGEMENT	28



MUSICAL THEATRE TERMINOLOGY

ACTOR - The person who is playing a character in a play or musical.

BLOCKING - The process of arranging how the actors will move and stand.

CHOREOGRAPHER - The member of the production team responsible for setting dances and movement sequences during the production.

COMPANY - The cast, crew and other staff associated with a show.

CONDUCTOR - The director of an orchestra.

COSTUMES - clothes worn by performers onstage.

CURTAIN CALL - At the end of a performance, the acknowledgement of the actors' performance through applause. During this time, the actors bow for the audience.

DIALOGUE - The spoken text of a play or musical; conversations between characters.

LIGHTING DESIGNER - Member of the production team who is responsible for the overall look and positioning of the lighting.

MUSICAL DIRECTOR - The person responsible for the musical content of a production. Often the conductor/leader of a musical.

PRODUCER - The person who supervises or finances the production.

PROPS - The furnishings, set dressings, and all items large and small that cannot be classified as scenery, electrics, or wardrobe. Props handled by actors are known as hand props; props kept in an actor's costume are known as personal props.

SET DESIGNER - The artist in charge of creating the world in which the play will live, usually in drawings and scale models.

STAGE CREW - Members of the stage staff who are responsible for moving props and/or scenery during the show.

STAGE MANAGER - The person who coordinates all aspects of the production during a performance; runs or calls the show.

MUSIC BY - The person who wrote the instrumental music.

LYRICS BY - The person who wrote the words to the songs.

BOOK BY - The person who wrote the script/dialogue for the show.

LIST OF SOME CLASSICAL MUSICALS THAT CONTAIN THE THREE ELEMENTS: MUSIC, LYRICS & A BOOK



Music Man, Wicked, My Fair Lady, South Pacific, The Sound of Music, Annie, Annie Get Your Gun, Guys and Dolls, West Side Story, Oklahoma, Carousel, and Hello Dolly.





HISTORY OF THE SHOW

THE JACK SPRAT LOW FAT WORLD TOUR is a 50 minute, three character musical for elementary-school aged children, and was originally commissioned in 1993 by Lenox Hill Hospital in New York City. The commission was funded by the New York Chapter of the American Cancer Society, whose staff worked with Grammy –nominated authors John Forster and Michael Mark to develop and hone the nutritional science aspect of the show. The mission was to find entertaining, relevant and scientifically accurate ways to make young children aware of the basics of good nutrition and to help them learn to make healthy lifestyle choices.

The American Cancer Society calls **THE JACK SPRAT LOW-FAT WORLD TOUR** “an exciting, stimulating way to teach young people about the importance of good nutrition. It stresses the basics of the American Cancer Society’s guidelines for cancer risk reduction through healthy eating.”

THE WHARTON CENTER/ MSU DEPARTMENT OF THEATRE

The MSU Federal Credit Union Institute for Arts & Creativity will collaborate with the MSU Department of Theatre to produce the show which will be performed as part of the ACT ONE SCHOOL SERIES and the ACT ONE FAMILY SERIES on the Pasant Stage at Wharton. We will engage a guest director and choreographer for the project. It is currently scheduled for January and February of 2010. The show will tour briefly to the Traverse City area playing for both school and public audiences. It may also tour a few Lansing area schools. The tour will continue in the 2010/11 season with hopes of touring for a longer period of time throughout the state of Michigan.

CURRICULUM CONNECTIONS: SCIENCE, ART, PHYSICAL EDUCATION, HEALTH & PERFORMING ARTS

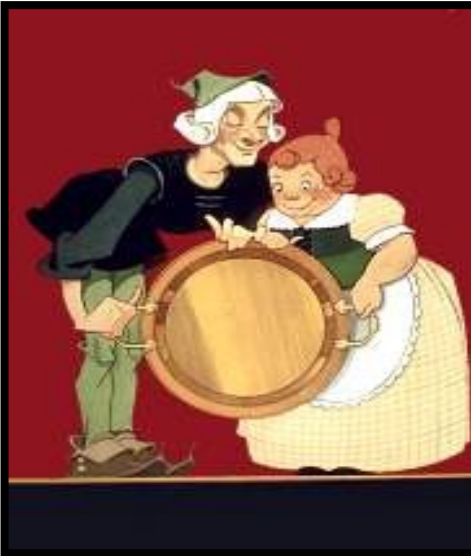
OUR SHOW SPONSORS



capital region

COMMUNITY
FOUNDATION

WHAT'S IN A RHYME



Jack Sprat Rhyme

Jack Sprat could eat no fat
His wife could eat no lean
And so betwixt the two of them
They licked the platter clean

Jack ate all the lean
Joan ate all the fat.
The bone they picked it clean,
Then gave it to the cat

Jack Sprat was wheeling,
His wife by the ditch.
The barrow turned over,
And in she did pitch.

Says Jack, "She'll be drowned!"
But Joan did reply,
"I don't think I shall,
For the ditch is quite dry."

HISTORY

Some historians consider Jack Sprat to be political in nature. In this case, Jack Sprat and his wife are named for King Charles I and Queen Henrietta, who ruled England from 1625-1649.

King Charles' reign was plagued with wars, financial problems, and mistrust. Parliament refused to fund the war efforts of the king leaving him "lean." When King Charles I angrily disbanded Parliament, Queen Henrietta imposed an illegal war tax to get some "fat" for the king's war chest.

Eventually, King Charles I became so unpopular that he was executed, ending rule by monarchy in England in 1649.

The state of Maryland is named for Queen Henrietta Maria, wife of Charles I, King of Great Britain and Ireland. King Charles I signed the 1632 charter establishing the Maryland colony.

POETRY FEAST

Invite students to create poetry about healthy food using the food pyramid and color chart (on back pages of study guide). Share the poetry types and the examples below to help them get started.

Acrostic Poem: A poem in which the first letters of each line reveal the subject word.

Lovely, bumpy, and juicy,
Eat it and your mouth will pucker.
Makes tasty lemonade.
Ode to your heart and eyes.
Nice to your immune system.



Cinquain: A five line poem that contains, in order, two, four, six, eight, and two syllables.

Yogurt
Creamy delight
Strong bone and tooth builder
Strawberry, lemon, vanilla
Tasty!



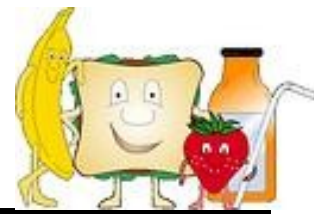
Haiku: A Japanese poetry form that consists of three non-rhyming lines of five, seven, and five syllables.

Sweet peach awaits me,
Golden glow on velvet skin,
Dripping when I bite.





NUTRITIONAL INFORMATION



GRIM STATISTICS

According to the Center for Disease Control the number of overweight children 6-11 has almost doubled since the 1980s and the percent of overweight adolescents has increased by 300%. Most studies suggest that as many as 20% of all children and teens are defined as obese with an equal number at risk for obesity. The need to educate young people about nutrition and exercise has never been greater. The JACK SPRAT LOW FAT WORLD TOUR drives home the importance of healthy eating and exercise in the fight against obesity and its consequences of heart disease and diabetes.

FOOD COLOR GROUP CHART

Blue/Purple: Include this color in your daily diet to help maintain memory function, healthy aging, urinary tract health, and a lower risk of illness!

Blackberries, blueberries, dried plums, raisins, elderberries, purple grapes, plums, eggplant, purple cabbage, purple peppers, purple asparagus & purple figs.



Green: Go green every day to help maintain vision health, strong bones and teeth, and a lower risk of illness!

Avocados, green apples, green grapes, honeydew, kiwifruit, limes, green pears, artichokes, asparagus, broccoli, celery, green beans, cabbage, cucumbers, lettuce, peas, green pepper, spinach & zucchini.



White: Include white, tan, and brown fruits and veggies each day to help maintain heart health, good cholesterol levels, and a lower risk of illness!

Bananas, brown pears, dates, white peaches, cauliflower, garlic, ginger, kohlrabi, mushrooms, onions, shallots, potatoes & parsnips.



Yellow/Orange: Put some 'sunshine' in your daily diet to help maintain a healthy immune system, good vision, a healthy heart, and a lower risk of illness!

Yellow apples, apricots, cantaloupe, grapefruit, yellow figs, lemon, mangoes, papayas, nectarines, oranges, peaches, pears, pineapples, tangerines, pumpkin, yellow squash, carrots, yellow peppers, yellow potatoes, sweet corn, sweet potatoes, yellow tomatoes & rutabagas.



Red: Start seeing red on your plate every day to help maintain memory function, a healthy heart, a healthy urinary tract and a lower risk of illness!

Red apples, blood oranges, cherries, cranberries, red grapes, red pears, pink/red grapefruit, pomegranates, raspberries, strawberries, red potatoes, watermelon, beets, red peppers, radishes, red onions, rhubarb & tomatoes.



HEALTH & NUTRITION EXERCISES & ACTIVITIES

FOOD LOG

Invite students to keep a written list of everything they eat for two or three days. The list should include everything they ingest down to the last piece of candy! Photocopy the USDA food pyramid on page 6 of the study guide and pass out copies or post it in the room. Invite students to categorize the foods on their lists according to the food groups on the pyramid.

QUESTIONS TO ASK:

- How does each student's diet profile compare to the recommended daily amounts on the food pyramid?
- What are some healthy changes each student could make to improve their daily diet?



HEALTHY EATING "ADS" UP

Ask students to create print ads or commercials geared toward the benefits of healthy eating using the food pyramid and the color group chart (found at the back of the study guide) as resources. Remind students to back up their ads or commercials with facts.

**You may want to introduce older students to the USDA website: <http://www.mypyramid.gov>

Students can input their food intake, age, exercise level, and gender to receive food pyramid recommendations, calculate nutrient intake, create a personal pyramid plan, and more!

CLASS RECIPE BOOK

Share a few simple, healthy snack recipes like the ones below with your students.

FRUIT KABOBS

Cut up small pieces of your favorite fruits. Carefully push the fruit pieces onto a toothpick or small plastic straw. Enjoy your snack-on-stick!

SNOWY STRAWBERRY MOUNTAINS

Flatten the tops of fresh strawberries by cutting the green leafy part away. Dip the pointed end of each strawberry in cream cheese that has been thinned with a little bit of orange juice. Set the strawberries on a plate with the pointed ends up and eat your way across the mountain range!

Invite students to bring in favorite healthy snack recipes from home or create their own recipes in small groups. Ask them to print their recipes on the cards on the next page of this study guide.

Organize the recipes into a class cookbook and send a copy home with each student.

DISCUSSION TOPICS

- How does food get digested?
- How does digested food get distributed?
- What are antibodies, and how does the immune system work?
- What kinds of foods help the immune system to be strong?
- The blood stream!



VOCABULARY

antibody	digestion	health	polyunsaturated fat
calorie	fat	immune system	protein
carbohydrates	dietary fiber	milligram	saturated fat
cell	food	mineral	sugar
cruciferous	gram	vitamins	monounsaturated fat
diet			

*See pages 12-13 for vocabulary definitions!



" FIGHT-O-CHEMICALS "

PHYTOCHEMICALS are plant substances found in fruits and vegetables that along with vitamins, minerals, and fiber, help human bodies maintain good health. It is believed that phytochemicals also give fruits and vegetables their color.

There are five color groups among fruits and vegetables: blue/purple, green, white, yellow/orange, and red. The color group is determined by the edible part of the fruit or vegetable. For example, a banana is part of the white group as the yellow peel is inedible.

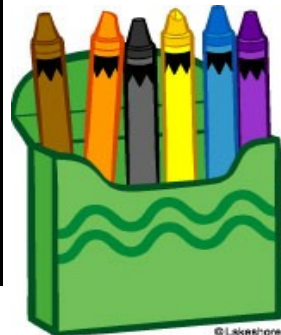
Each color group provides different health benefits such as helping the body maintain its energy, protecting against the effects of aging, and reducing the risk of cancer and heart disease. It is important to eat something from each color groups every day for a healthy diet. (See **Food Color Group Chart** on page 6 of this study guide for a breakdown of color groups, common foods, and the health benefits of each color.

COLOR IT HEALTHY

Option 1 – Divide students into groups according to the five color groups. Give each group a large piece of paper to match their color. Set a time limit and instruct each group to brainstorm and list fruits and vegetables that fit into their color group.

Option 2 – Hand out magazines or supermarket ads and ask students to cut out examples of fruits and vegetables in different forms. Post large pieces of paper representing the five color groups around the room. Invite students to place their examples on the appropriate color.

- * Which are the most popular colors?
- * What is the hardest color to fill?



Fruits and vegetables come in many forms. They may be eaten fresh, frozen, steamed, canned, dried, or as juice.

For healthy eating, include a **RAINBOW** of colors on your plate; just like a box of crayons!

YOU ARE WHAT YOU EAT!



Guiseppe Archimboldo (Gew-seppy Arc-em-bold-o) was an Italian Renaissance painter. After studying with Leonardo Da Vinci, Archimboldo became a court painter of the Italian emperor. One of Archimboldo's duties was to paint portraits of the royal family and other leaders of the court.

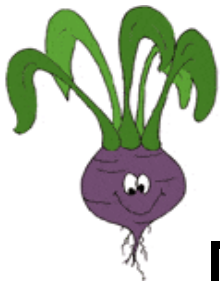
Archimboldo also created a unique style of humorous portraits like the one on the left by using plants and animals for facial features. The portrait shown here is called *Summer*. It is part of a series of portraits the artists created about the seasons.

Questions To Ask:

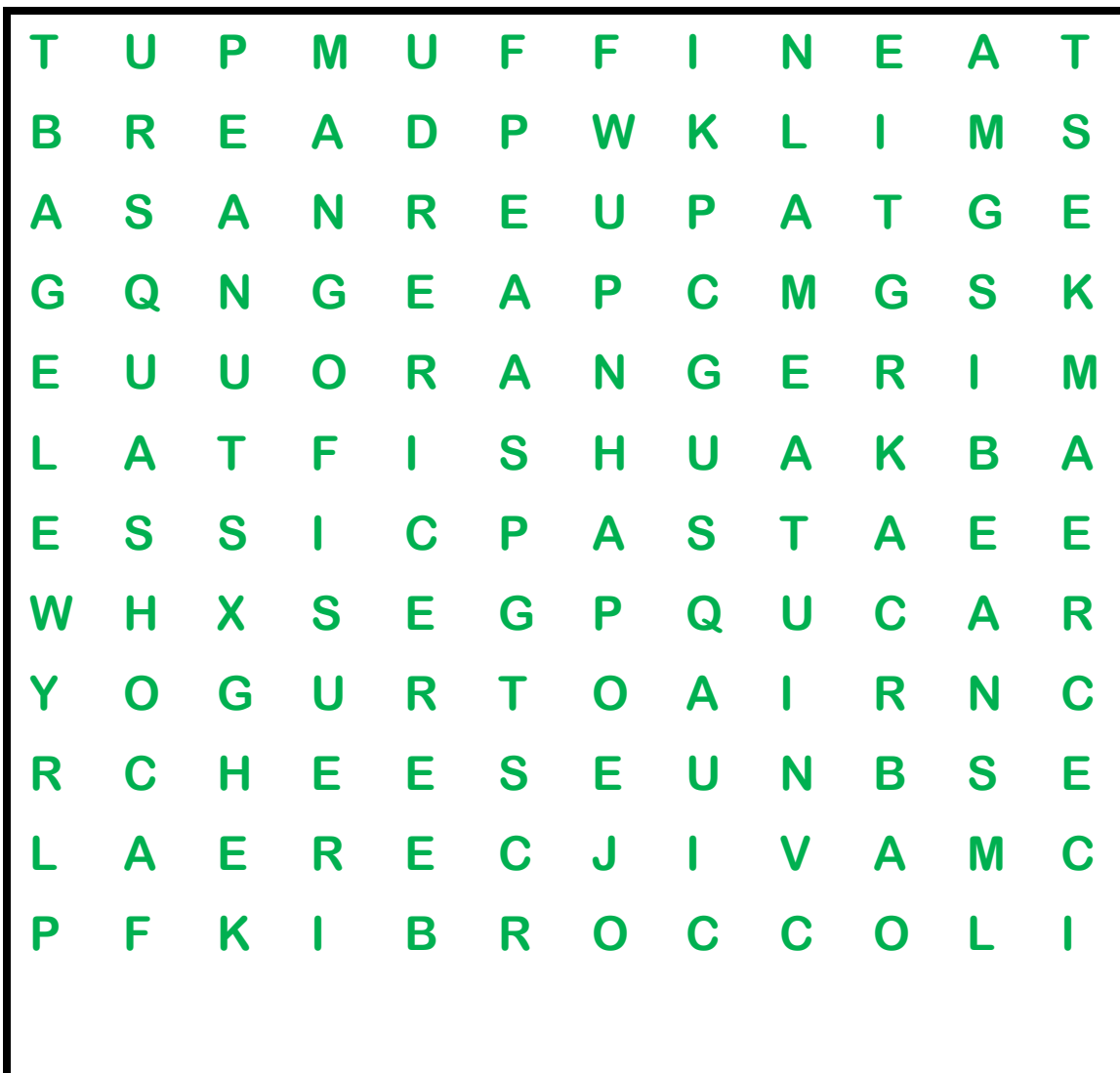
- * What foods can you identify in Archimboldo's portrait, *Summer*?
- * How do the food choices the artist made in this portrait reflect the summer season?
- * How has the artist "signed" his work?
- * What foods might you choose to reflect the other three seasons?

- *Summer* by Guiseppe Archimboldo, 1573





FOOD SEARCH



<u>Vegetables/Fruits</u>	<u>Grains</u>	<u>Dairy</u>	<u>Meats & Alternatives</u>
Broccoli	Bread	Milk	Meat
Mango	Rice	Cheese	Eggs
Apple	Muffin	Yogurt	Beans
Squash	Pasta		Fish
Orange	Cereal		Peanuts
Juice	Bagel		



VOCABULARY DEFINITIONS

Antbody a specialized cell produced by the body's immune system to fight and destroy a specific antigen (foreign body) that the body identifies as a threat to its health. (A "superpower" fighter cell!)

Diet – food and drinks we eat each day to nourish our bodies.

Health – The overall condition of your body when it is able to perform its functions normally. There is no sickness, pain or disease to cause it to not function at its best.

Vitamins – a substance that we obtain from natural foods and sometimes our own bodies, which are essential in very small (micronutrient) amounts. They are needed for our body to perform and regulate functions necessary to life.

Polyunsaturated fat – a *dietary* fat that is typically liquid at room temperature (typically oils). It is a *heart healthy* dietary fat that is high in oils made from plants such as corn, safflowers, soybeans, sesame seeds and sunflowers. It is also found in some seafood! It helps lower total serum (body) cholesterol as well as production of "bad" LDL and "good" HDL cholesterol.

Calorie - A unit of energy produced by food when it is broken down by the body.

Digestion - The process of making food we eat more absorbable by breaking it down into smaller parts in the alimentary canal.

Immune system – The body's internal (inside) defense system. It protects the body from foreign (outside) substances such as viruses, germs and objects (such as splinters) to help maintain good health. When it detects something foreign, it starts an "immune response" that produces B cells and T cells that alert the body about the foreign cells and antibodies (anti foreign bodies) that help eliminate the foreign substance.

Carbohydrates – A macronutrient, like protein and fats, which provides our bodies with energy. There are two types of carbohydrates, simple (table sugar) and complex (starches and fiber). Sugars and starches are your body's main fuel source. (ADA Complete Food & Nutrition Guide, 2006)

Fat – *Dietary* fats are a **macronutrient** ("macro" means large – we need these nutrients in larger amounts) that supply our bodies with energy. They are made up of fatty acids. We need fat to absorb some vitamins and for growth, nutrient transport and cell structure. Excess energy from our diet can be stored as fat in the body (adipose tissue) as an energy reserve. (ADA Complete Food & Nutrition Guide, 2006).

Cell – the smallest structural unit of living matter capable of functioning independently.

Dietary fiber – Certain complex carbohydrates that the human body cannot digest or absorb into the bloodstream. There are two types of dietary fiber, soluble and insoluble. Fiber aids in digestion, promotes health and also helps us to feel full so we may eat less.

Milligram – a unit of measurement in the metric system of measurement. It is one thousandth of a gram.

Protein – a macronutrient, like carbohydrates and fats. Proteins are made up of combinations of amino acids. Proteins build, repair and maintain all body tissues. They also supply energy if carbohydrates and fats are in short supply.

Sugar – a source of dietary carbohydrate. Can be simple (one or two units of sugar) such as glucose or sucrose (table sugar) or complex (polysaccharides) such as fiber and starches. Sugar is found naturally in many fruits and some vegetables, grains & honey. It is also present in milk. Sugar makes foods taste sweet.

Food – material consisting essentially of protein, carbohydrate, and fat used in our bodies for growth, repair, and vital processes and to furnish energy ; also includes such supplementary substances such as minerals, vitamins, and condiments.

Gram – a metric unit of measurement that is equal to 1/1000 of a kilogram.

Mineral – Like vitamins, minerals are a micronutrient. This means our bodies need them in small amounts to both regulate body processes and give our bodies structure. They regulate fluid balance, muscle contractions and nerve impulses and give structure to bones, teeth, muscles, blood and other tissues. (ADA Complete Food & Nutrition Guide, 2006)

Monounsaturated fat - a *dietary* fat that is typically liquid at room temperature (typically oils). A heart healthy dietary fat that is high in canola and olive oils and oils made from nuts such as walnuts. They help the body lower total cholesterol and lower the production of “bad” LDL while promoting beneficial “good” HDL cholesterol. AKA “MUFA’s”

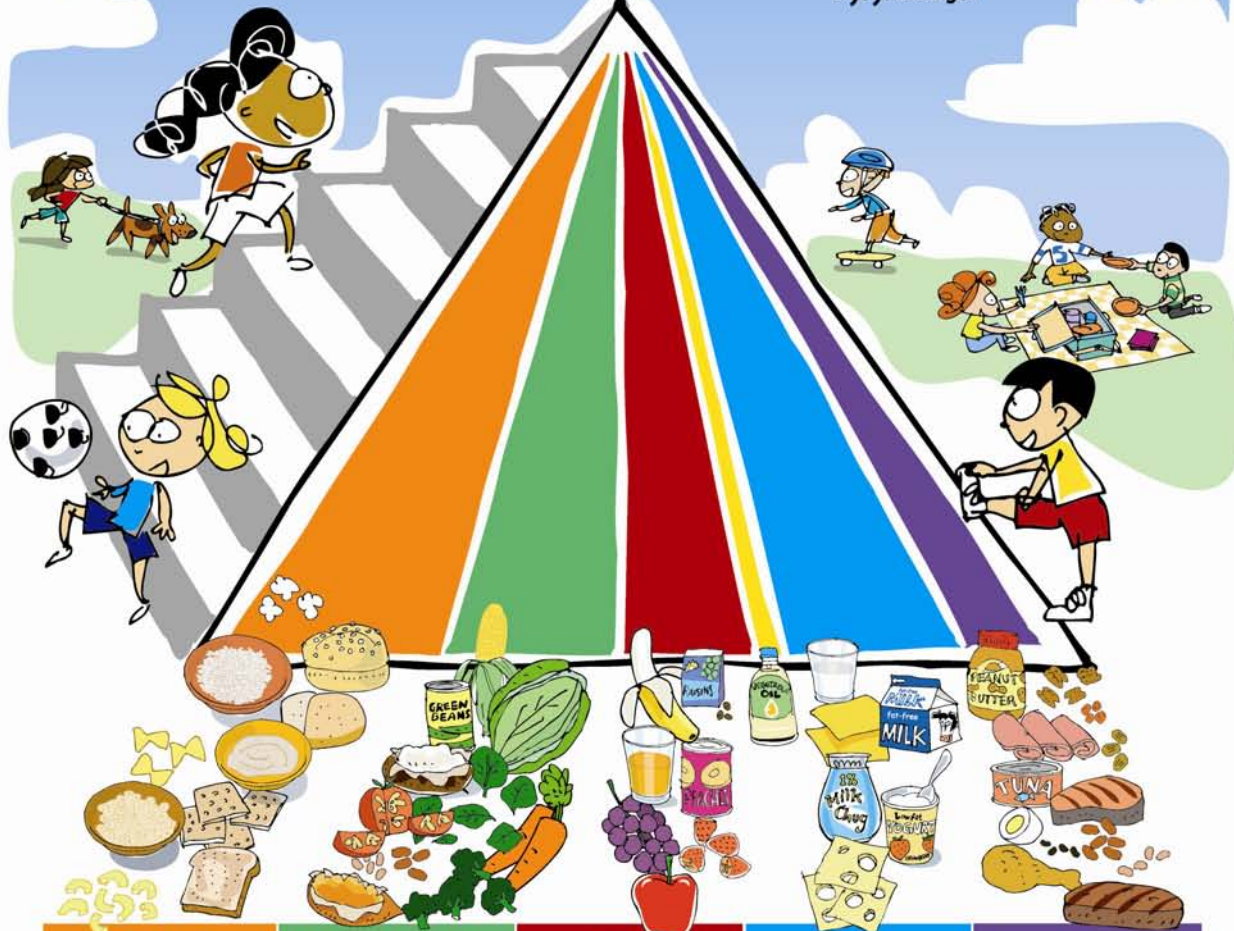
Cruciferous – a large family of plants with four-petaled flowers; includes mustards, cabbages, broccoli, turnips, cresses, and their many relatives.



MyPyramid For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov



Grains	Vegetables	Fruits	Milk	Meat & Beans
<p>Make half your grains whole</p> <p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").</p>	<p>Vary your veggies</p> <p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Focus on fruits</p> <p>Fruits are nature's treats – sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Get your calcium-rich foods</p> <p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p>Go lean with protein</p> <p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day; at least half should be whole	Eat 2 1/2 cups every day	Eat 1 1/2 cups every day	Get 3 cups every day; for kids ages 2 to 6, it's 2 cups	Eat 5 oz. every day
--	--------------------------	--------------------------	---	---------------------

Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

<p>Find your balance between food and fun</p> <ul style="list-style-type: none"> Move more. Aim for at least 60 minutes everyday, or most days. Walk, dance, bike, rollerblade – it all counts. How great is that! 	<p>Fats and sugars – know your limits</p> <ul style="list-style-type: none"> Get your fat facts and sugar smarts from the Nutrition Facts label. Limit solid fats as well as foods that contain them. Choose food and beverages low in added sugars and other caloric sweeteners.
---	---



A Close Look at MyPyramid For Kids

MyPyramid for Kids reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

Be Physically Active Every Day

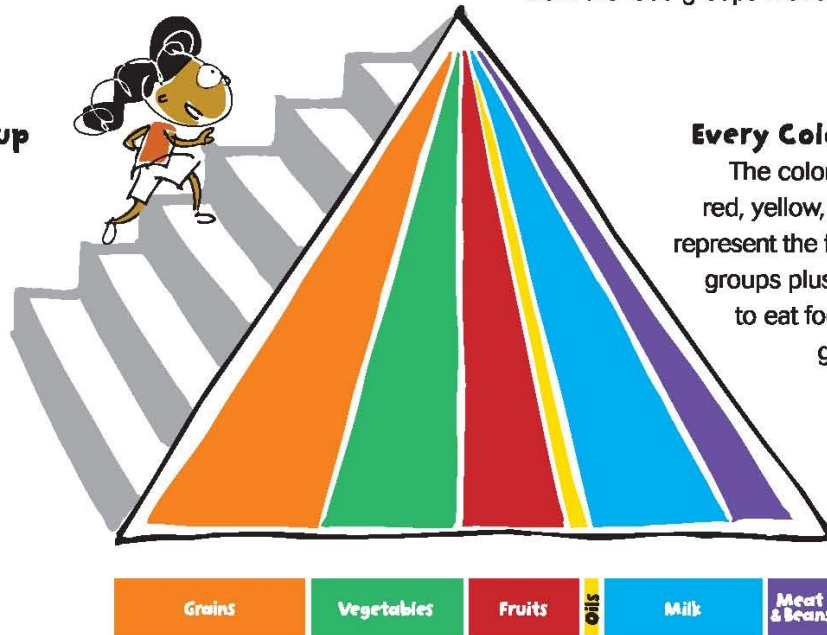
The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

Eat More From Some Food Groups Than Others

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

Choose Healthier Foods From Each Group

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



Every Color Every Day

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

Make Choices That Are Right for You

MyPyramid.gov is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

Take One Step at a Time

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.



U.S. Department of Agriculture
Food and Nutrition Service
September 2005
FNS-388



USDA is an equal opportunity provider and employer.

COOL WEBSITES FOR KIDS/TEACHERS

COOL FOOD WEBSITES FOR KIDS

Log onto Sunkist Kids for games, experiments, and fun facts about citrus fruits!

www.sunkist.com/kids/

For fun games and E-cards plus teaching tools for teachers try;

www.bblocks.samhsa.gov/children/message

Check out my favorite, for fun cool facts about how the body works recipes, brain teasers and more!

www.kidshealth.org/kid

www.playnormous.com/

Other fun websites for kids:

www.mypyramid.gov

www.yoplait.com

www.MuffinTown.com

www.nourishinteractive.com

www.nutritionexplorations.org

www.Nutritionforkids.com

Nutritional lesson plans for teachers:

www.Learningzonexpress.com

THEATRE ETIQUETTE

Each year, thousands of teachers, students, and parents take part in the Michigan State Federal Credit Union Institute for Arts & Creativity Act One School Series at the Wharton Center for Performing Arts. Please review the **Looking** and **Listening** information with your students to help make your theatre experience the best it can be.

Looking and Listening

Attending this live production of *The Jack Sprat Low-Fat World Tour* will be interesting and enjoyable for everyone if you remember to...

- listen in order to understand the communication between the actors
- listen in order to understand the lyrics of the songs
- watch for facial expressions to help you understand what the actors are feeling

Procedures

- We recommend bringing one adult/chaperone for every 15 students.
- Please remind chaperones that the theatre etiquette they model speaks volumes to your students.
- Prepare your students to enter the theatre in single file in order of seating.
- Position your chaperones to maximize adult supervision of your group.
- Please wait until your whole group is seated before making trips to the rest room. Then students may go in small groups with the teacher's permission. Younger students making trips to the rest room will need to be chaperoned.
- The theatre is a food, gum, drink, radio, camera, tape, and video recorder free zone!
- Please leave inappropriate behaviors behind when visiting the theatre.
- Please remain seated following the performance. Your group will be dismissed from the theatre by your teacher.



ENJOY THE JACK SPRAT LOW-FAT WORLD TOUR!

ABOUT THE AUTHORS

JOHN FORSTER (Book, Music, Lyrics) began writing and performing his unique brand of musical theatre and satire as an undergraduate at Harvard, where he founded the long-running revue *The Proposition* and wrote for the Hasty Pudding. His critically acclaimed first solo album, "Entering Marion", was released in 1994 on Philo/Rounder Records and won a NAIRD Award (the "Independents' Grammys".) John's songs are well known to children and their parents for the many award-winning albums he has written and produced for Tom Chapin (on Sony), as well as multi-platinum music videos and albums he has written and produced for the Olsen Twins (on BMG and Warner Vision) and Rosenshontz (Lightyear/BMG). John was also recently nominated for a Grammy Award for his work on Tom Chapin's latest album, *In My Hometown*. His book musicals include *Into The Light* on Broadway, *The Dream Team* at Goodspeed Opera House and *Eleanor* at Chicago's Marriott Lincolnshire. He has provided songs for the Off Broadway hits *Upstairs at O'Neals* and *Pretzels* (in which he also performed), as well as *Let Freedom Sing* at the Kennedy Center in Washington and a host of other revues. For NBC, he provided songs for the perennial *How To Eat Like A Child*, starring Dick Van Dyke. For TheatreworksUSA, he recently wrote book and lyrics for a musical version of *Freaky Friday*, with music by its original author Mary Rodgers, as well as *First Lady*, *The Jack Sprat Low-Fat World Tour*, *Young Teddy Roosevelt*, and several others.

MICHAEL MARK (Music, Lyrics, and Book) As a composer, Mr. Mark's most recognizable work is probably the theme for television's "Entertainment Tonight." In the realm of children's educational material, he wrote the scripts and scores for the pioneering IJI Kidstuff videos *Shapes*, *Numbers*, and *Instruments of the Orchestra*. Mr. Mark began writing and performing with Tom Chapin in 1981; during that time, they have collaborated on songs for Chapin's award winning Family Music albums *Family Tree*, *Moonboat*, and *Billy the Squid*. They also wrote the score for a musical version of the Charles Dickens short story *The Magic Fishbone*. For his work as an actor, Mr. Mark received a Drama Desk Award for best supporting actor in the role of Stanley in the original Broadway cast of *I Love My Wife*. He was also cast in the original Broadway production of *Cotton Patch Gospel* by Harry Chapin.

THE DIRECTOR/CHOREOGRAPHER

DEVANAND JANKI (Director/Choreographer) Dev is an award winning Director/Choreographer. He currently resides in New York City, but is originally from Edmonton, Canada.

He directed and choreographed the hit Off-Broadway musical **ZANNA, DON'T!** which premiered to critical acclaim on New York City at the John Houseman Theatre. For this show he received the Lucille Lortel, Joseph A. Callaway and GLADD media awards. The show received numerous other nominations and the original cast is a best seller for PS Classics.

Other New York credits include: TheatreworksUSA's long running **JUNIE B. JONES** (Lortel Nomination) and recent **HENRY & MUDGE** (Lortel Nomination); the Off-Broadway musical **CUPID & PSYCHE** at the John Houseman Studio Theatre, **JUDY SPEAKS**, a one woman show about the life of Judy Garland for ARS Nova Theatre

FUNNY GIRL featuring 16 Fanny Brices including Whoopi Goldberg, Bebe Neuwirth, and Jane Krakowski, the Grammy nominated **HAIR** with Jennifer Hudson, and the 20th Anniversary Concert of **DREAMGIRLS** (Associate). **SETH RUDETSKY'S BROADWAY 101** at The New World Stages. Most recently, **ANNIE: THE CONCERT** starring Andrea McArdle and Rosie O'donnell as Miss Hannigan on board the R Family Cruise.

Lincoln Center credits include: the operas **AM AHL AND THE NIGHT VISITORS** BY Menotti and the 100th anniversary production of **BABES IN TOYLAND** by Victor Herbert both at Avery Fisher Hall, **ANYTHING GOES** in concert (Choreographic Assistant) at the Vivien Beaumont Theatre. Also, he directed 2G's **CONCERT OF EXCELLENCE** at the New York State Theatre. (Continued on next page)

THE DIRECTOR/CHOREOGRAPHER CONTINUED...

Regional Theatre Credits include *MAN OF LA MANCHA* (Maltz Jupiter Theatre), *THE SCARLET PIMPERNEL* (Gateway Playhouse), *THE FULL MONTY* (Foothills Theatre), *HOW CAN YOU RUN WITH A SHELL ON YOUR BACK?* (Chicago Shakespeare), a workshop of the new musical *LILY* (Huntington Theatre Co.) and the World Premier of Andrew Lippa's *ASPHALT BEACH* for The American Musical Theatre Project.

In the Cooperate world: Disney's *ONE MAN'S DREAM II - THE MAGIC LIVES ON* in Tokyo, Japan; "Coca-Cola's Annual Shareholders Meeting" at Madison Square Garden, *THE HUE AWARDS* for Benjamin Moore Paints. For M.A.C. Cosmetics *BARBIE LOVES M.A.C.* starring Lypsinka, and staged a Dove Deodorant industrial at New York's Grand Central Station, featuring "*The Most Beautiful Under Arms Pageant*" hosted by Mr. Chuck Woolery. Also, *PLAYZONE* 2005 in Tokyo featuring Japan's number one boy band: Shonentai.

He has directed numerous stage readings of new works including *LIZAN* (National Arts Club), *CALL IT COURAGE* (York Theatre), *BYE, BYE, BIG GUY* (York Theatre), *SNOW* (ASCAP) and *SEXI THE MUSICAL!* (AMAS). And workshops of *NATE THE GREAT* and *IF YOU GIVE A PIG A PANCAKE* for TheatreworksUSA.

He served 9 years as a Choreographer and Artistic Associate for *BROADWAY BARES* benefiting BC/EFA. He conceived and directed the 25th anniversary original cast reunion of *A CHORUS LINE* at the Palace Theatre; the 35th Anniversary of Daytime TV's *ALL MY CHILDREN* featuring Susan Lucci and the rest of the cast, *EXPERIENCE LINCOLN CENTER* at Rose Hall starring Megan Mullalay; and created the opening number for *NOTHING LIKE A DAME VI* featuring Chita Rivera and 24 other Anitas.

He has also been very active in mounting innumerable other high profile charity events for various organizations including: BC/EFA, the Actors Fund of America, Phyllis Newman's Women's Health Initiative, Second Generation Productions and Lincoln Center Theatre.

He has had the honor to direct and choreograph many notable performers including: Chita Rivera, Bebe Neuwirth, Alan Cummings, Harvey Fierstein, Ana Gastayer, La Chanze, Lauren Bacall, John Stamos, Peter Gallagher, Rickie Lake, Kristen Chenoweth, Lillias White, Audra McDonald, Heather Headley, Jennifer Hudson, Jay Rodriguez, Howard Boyd Gaines, Andrea Martin, Gary Beach, Karen Ziemba, Pattie Lupone, Lynn Redgrave...the list goes on!

As a performer he has appeared on Broadway in *MISS SAIGON* (Thuy), *CATS* (Mr. Mistofelees), *THE KING AND I* (original cast 1997 - album), *SIDE SHOW* (original cast - album), and tours of *A CHORUS LINE* (Paul) and *WEST SIDE STORY* (Chino).

He has also appeared Off-Broadway and regionally in *THE PROMISED LAND*, *BABY*, *THE MOTHER OF INVENTION*, *THE WIZARD OF OZ* and *RADIO CITY MUSIC HALL'S CHRISTMAS SPECTACULAR* starring the Rockettes.

Film credits include *THE GURU*, *SCENES FROM A MALL* and *H.O.L.E. - THE DISILLUSIONMENT OF MIKE & EVA*.

TV appearances include *THE LATE SHOW WITH DAVID LETTERMAN*, *THE ROSIE O'DONNELL SHOW*, *THE TODAY SHOW*, and the HBO comedy series *HARD CORE TV*.

He has also performed extensively throughout Canada with Edmonton Opera Company, Citadel Theatre, Alberta Ballet Company, National Ballet of Canada and the Banff Festival of the Arts.

His work abroad includes being a guest with the Malmo Opera and Gothenburg Opera in *MISS SAIGON* (Thuy).

Dev is a graduate of the American Musical and Dramatic Academy (AMDA) in New York.



MUSICAL DIRECTOR

Ryan M. Lewis (Musical Director) is currently the music director for Eastern Michigan University's Theatre Department as well as a full-time lecturer with the Department of Music and Dance. He has also music directed and performed with the Performance Network in Ann Arbor, Northville's Tipping Point Theatre, the Williamston Theatre in Lansing, the Plaza Casino in Las Vegas, Second City of Detroit and is the MD and Co-Executive Director for 8th Wonder Productions. Aside from his teaching and directing responsibilities, he composes and arranges music for various theatres, bands, orchestras and musicals among which include the world premier musical with Ben Vereen, *Soaring on Black Wings*. In between moments of chaos you can catch him practicing harmonica or shoveling the driveway at his home with his beautiful wife Kate and their son Jack.

ASSISTANT DIRECTOR/CHOREOGRAPHER

Kellyn Uhl (Assistant Director/Choreographer) Kellyn is thrilled and delighted to be working as assistant to award winning director/choreographer Dev Janki on *The Jack Sprat Low Fat World Tour!* Kellyn is a versatile actor, dancer, singer and choreographer with a potent Midwestern work ethic. Last winter, she was cast as Ruth in Williamston Theatre's *The Effect of Gamma Rays...* for which she was nominated for a Lansing City Pulse "Pulsar Award" and won the Williamston Theatre Subscriber's Choice Award for Best Supporting Actress in a play. She appeared this past summer at the Mac-Haydn Theatre in upstate New York as the brassy Nickie Pignatelli in *Sweet Charity* with original Fosse choreography. She is currently receiving her BFA in Acting from Michigan State University (set to graduate in May 2010), where she has played various roles that include the Princess of France in *Love's Labour's Lost* for which she received an ACTF nomination. She also played Columbia in *The Rocky Horror Show* and Dolores in *Babes in Arms*, in addition to serving as diligent dance captain for both of these productions. Last year, Kellyn was honored with the Joyce Ramsey Acting Scholarship and the Frank Rutledge Scholarship for her further interest in directing. In May 2009, Kellyn served as assistant choreographer to award winning director/choreographer Greg Ganakas for the Coaches vs. Cancer event *Izzo Goes to Broadway* at The Wharton Center. She had the opportunity to coach *the coach*, Tom Izzo himself, in an elegant waltz and of course, a Gene Kelly-inspired cane dance. As a sophomore, Kellyn worked as dance captain and assistant choreographer on MSU's production of *Babes in Arms* with original choreography by Tony Award winner Randy Skinner. Kellyn has also explored her own choreographic point of view with MSU's production of *The Who's Tommy*, as well as two productions at Meadow Brook Theatre's *Summer Theatre Conservatory* including *Hello Dolly* and *The Wiz*.

THE COMPANY

Brandon Piper (MC Hubbard, Tour Member, Blood, Disease, Carrot, Roughage Back up Boy, and Game Show Host) Brandon, a first year MFA Acting student at Michigan State University, is excited to join a talented cast and production team in his debut Regional Theatre production. Michigan State University Theatre credits include: Fletcher Hazelton in *Palmer Park* and George Howard in *Voices of Old Town*, both U.S. premieres, and an upcoming role as Angel in *Rent* this spring. DePauw University Theatre and Opera credits include: Narrator/Uncle Ernie in *The Who's Tommy*, Adam in *Children of Eden*, Alfredo in *Die Fledermaus*, Simon in *The Real Inspector Hound*, as well as roles in *Sweeny Todd*, *Venus*, and the U.S. premiere of *Einstein and the Roosevelts*. Brandon's international credits include the role of Jack in *Doubts* at John Cabot University in Rome, Italy. He has also been an Irene Ryan nominee at the American College Theatre Festival, and holds a B.A. in Communication and Music from DePauw University. Brandon thanks his friends and family for years of love and support.

Chris Robinson (Jack Sprat, Tour Member, Cell, Brussels Sprout, Carmen Miranda, and Roughage Backup Boy) is extremely excited to be working with Wharton Center on this awesome show. Chris is currently a sophomore studying for his B.F.A. degree in acting at Michigan State University. Some of his favorite performances include Sky Masterson in *Guys and Dolls*, The Baker in *Into the Woods*, and Mickey Johnstone in *Blood Brothers*. Chris would like to give a big thank you to his entire family, all his friends, and his amazing cast and production staff for this incredible experience.

Jennifer Shafer (Gloria Sprat, Tour Member, Okra Winfrey and Fiber) Jenn is so honored to be a part of *Jack Sprat*, and is having a blast falling in love with performing more and more each day. Professionally, Jennifer has played Tillie in *The Effect of Gamma Rays*, Celia in The Michigan Shakespeare Festival's *As You Like It*, and various roles in The Wharton Center's benefit *Izzo Goes to Broadway: Coaches vs. Cancer*. Some of her past roles at MSU include Sally Bowles in *Cabaret*, Eliza Doolittle in *Pygmalion*, and Janet Weiss in *The Rocky Horror Show*. Jennifer plans to graduate from MSU this spring and pursue her acting career in New York City! She is so grateful to her mum and dad for always encouraging her to chase her dreams. And...this one's for you, daddy.

Bry Meloni (Stage Manager) is a BFA candidate in production design with a focus in stage management for the Department of Theatre at Michigan State University. She has professionally stage managed for Michigan State's Summer Circle, Shakespeare and Company, and now the Wharton Center. She is ecstatic to be a part of this company and the creation of this production. She would like to thank all of those who believed in her from the beginning and hopes to make them proud.



ORIGINAL COSTUME DESIGN BY KAREN

KANGAS-PRESTON

JACK SPRAT LOW FAT WORLD TOUR



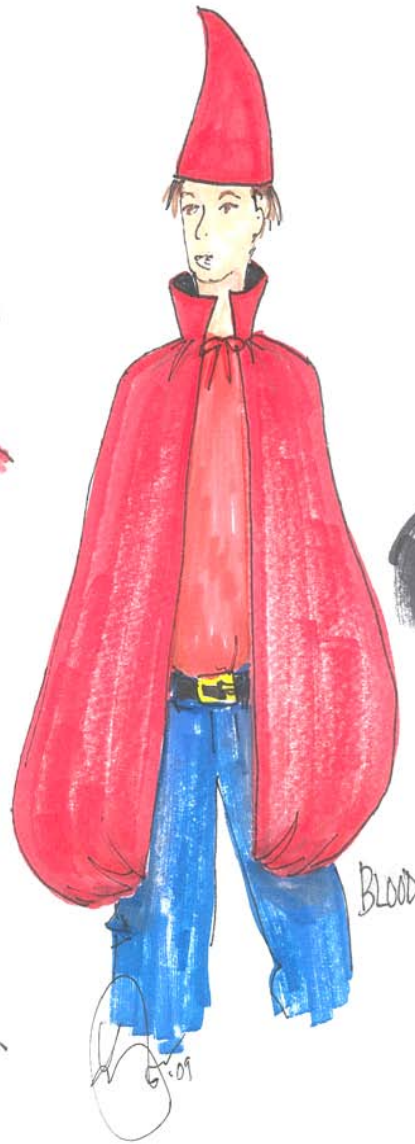
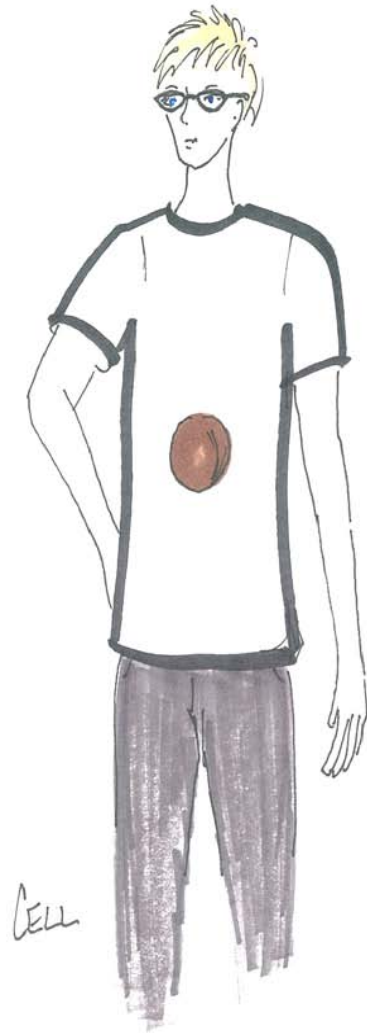
JACKSPRAT LOW FAT WORLD TOUR



JACK SPRAT LOW FAT WORLD TOUR



JACK SPRAT LOW FAT WORLD TOUR



JACK SPRAAT LOW FAT WORLDS TOUR



OKRA
WINFREY

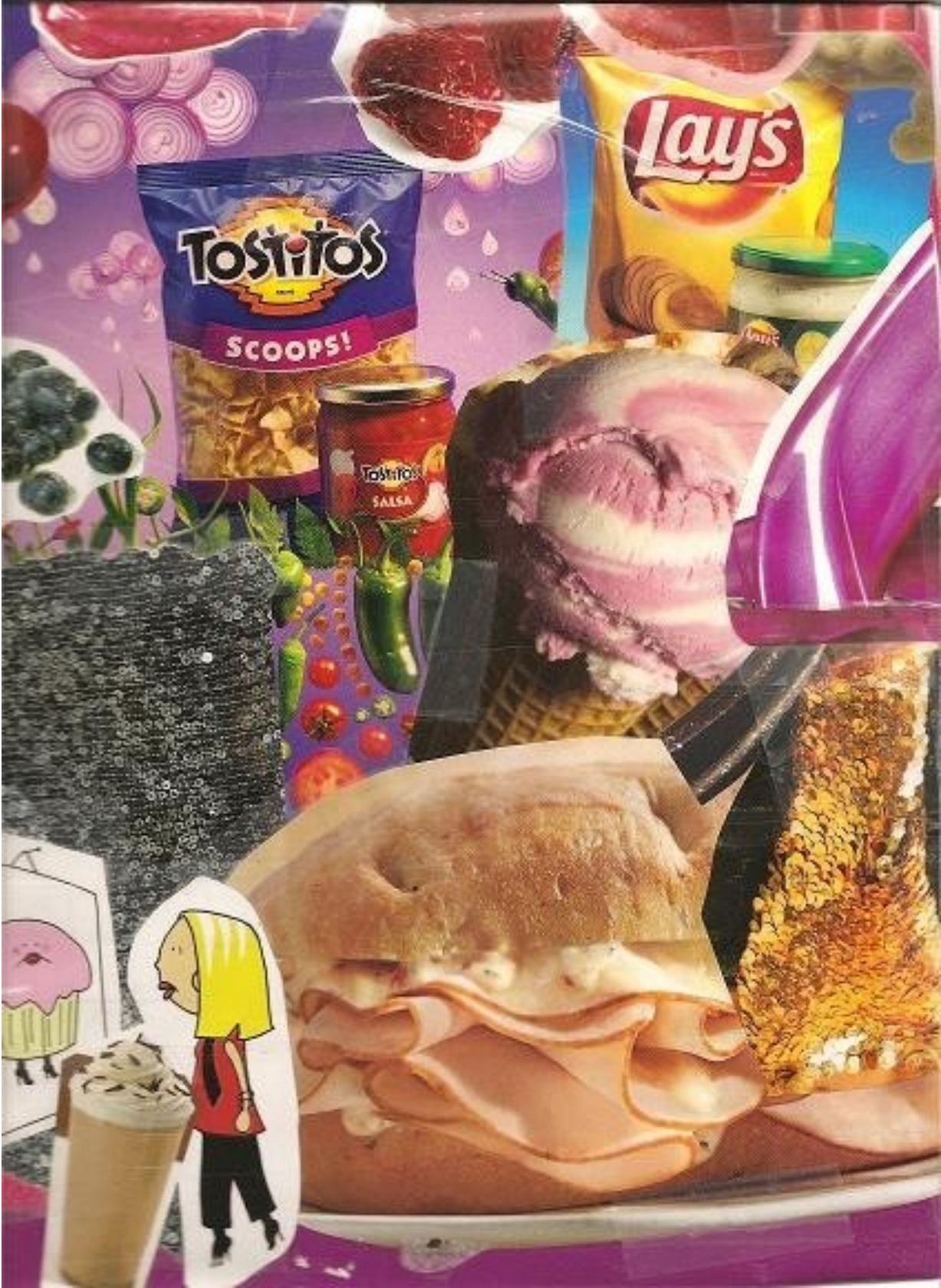


BRUSSELS
SPROUT



CARROT

PROJECTION DESIGN BY LIZ GOBLE



ACKNOWLEDGEMENTS

The Michigan State Federal Credit Union Institute for Arts & Creativity would like to acknowledge the following individuals for their contribution in the advancement of this production and nutritional definitions for study guide.

Michael Brand - Executive Director of Wharton Center

Diane Baribeau - General Manager of Wharton Center

Bert Goldstein - Producer

Kirk Domer - Acting Chair/Head of Design Michigan State University Department of Theatre

Dana Brazil - Associate Director

Laurie Briseno - Education Coordinator

Michelle Oliver - Education Intern

Sandy Thomley - Wharton Center Production Manager

Joni Starr - Assistant Professor of Theatre

Rob Roznowski - Head of Acting and Directing/ Assistant Professor of Theatre

Liz Goble - Scenic Designer/Properties Master

Karen Kangas-Preston - Costume Designer

PJ Veltri - Lighting Designer

Christine Geith, Ph.D - Assistant Provost

Jean Kerver Ph.D, RD - Study Coordinator - Michigan Alliance for the National Children's Study

Cheri Booth - MSU Extension - Children, Youth, Families and Community

Stacey Ladrig - Partners for Heart Health

Patricial Farrell, Ph.D - University Outreach & Engagement

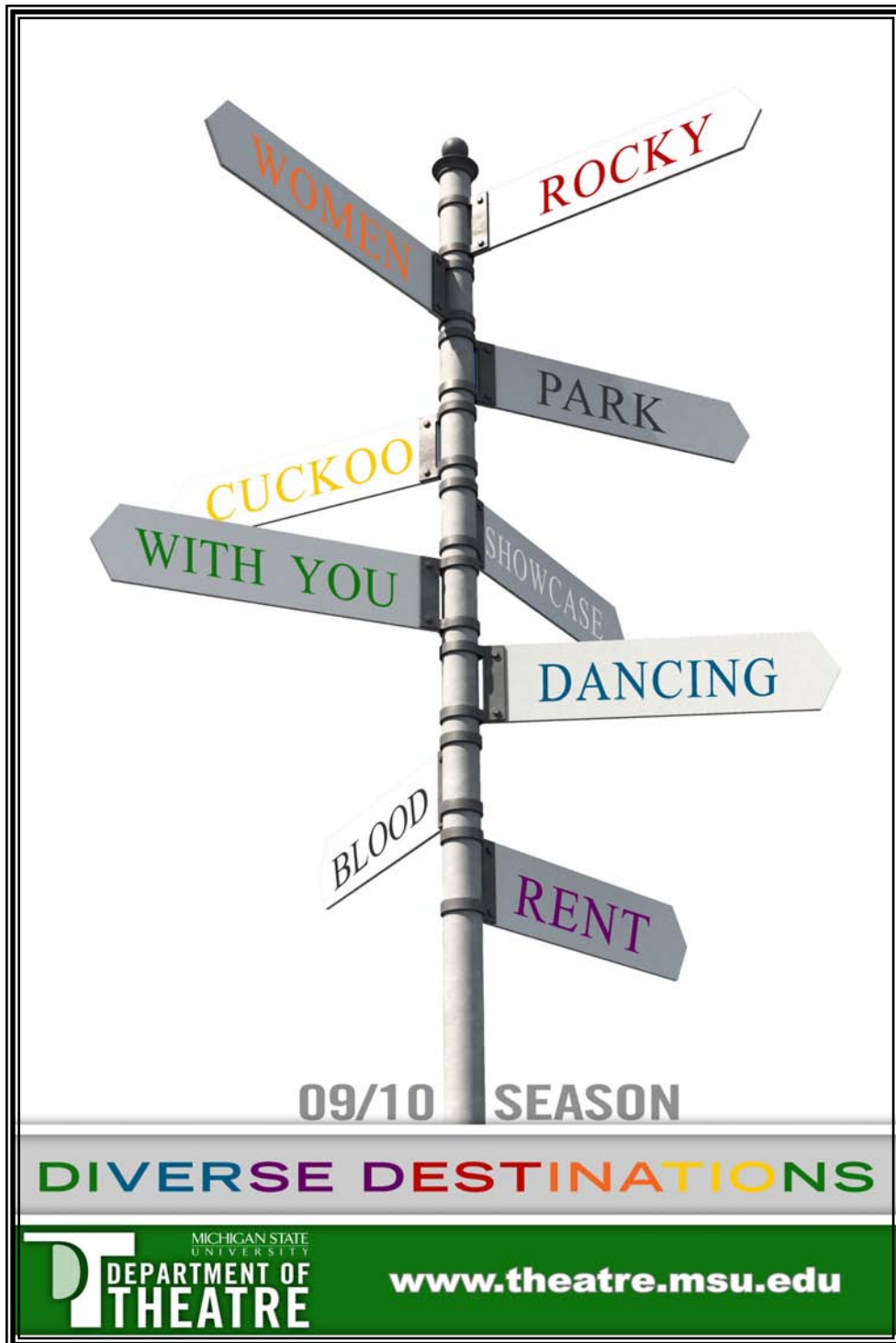
R. Paul McConaughy - MSU Extension - Family and Consumer Sciences

Melissa Lonsberry MS, RD - Michigan Nutrition Network at MSU Extension



**THIS PERFORMANCE IS A CO-PRODUCTION BETWEEN THE MSU
FEDERAL CREDIT UNION INSTITUTE FOR ARTS & CREATIVITY AND
THE MSU DEPARTMENT OF THEATRE**

Check out an MSU Department of Theatre Production this Season!



MICHIGAN STATE UNIVERSITY DEPARTMENT OF THEATRE

PRODUCTION CALENDAR 2009-10

You Can't Take It With You

The Auditorium Arena Theatre

Thursday, January 28, 2010 - 7:30p.m.

Friday, January 29, 2010 - 8:00p.m.

Saturday, January 30, 2010 - 2:00p.m.

Saturday, January 30, 2010 - 8:00p.m.

Sunday, January 31, 2010 - 2:00p.m.

Friday, February 5, 2010 - 8:00p.m.

Saturday, February 6, 2010 - 2:00p.m.

Saturday, February 6, 2010 - 8:00p.m.

Sunday, February 7, 2010 - 2:00p.m.

Ticket Pricing

› General Admission: \$12

› Seniors and Faculty: \$10

› Students: \$8

Dancing In Our Time

The RCAH Auditorium in Snyder/Phillips Hall

Tuesday, February 23, 2010 - 7:30p.m.

Wednesday, February 24, 2010 - 7:30p.m.

Thursday, February 25, 2010 - 7:30p.m.

Friday, February 26, 2010 - 8:00p.m.

Saturday, February 27, 2010 - 2:00p.m.

Saturday, February 27, 2010 - 8:00p.m.

Sunday, February 28, 2010 - 2:00p.m.

Ticket Pricing

› General Admission: \$12

› Seniors and Faculty: \$10

› Students: \$8

Rent

The Pasant Theatre

Friday, April 16, 2010 - 8:00p.m.

Saturday, April 17, 2010 - 2:00p.m.

Saturday, April 17, 2010 - 8:00p.m.

Sunday, April 18, 2010 - 2:00p.m.

Wednesday, April 21, 2010 - 7:30p.m.

Thursday, April 22, 2010 - 7:30p.m.

Friday, April 23, 2010 - 8:00p.m.

Saturday, April 24, 2010 - 2:00p.m.

Saturday, April 24, 2010 - 8:00p.m.

Sunday, April 25, 2010 - 2:00p.m.

Ticket Pricing

› General Admission: \$20

› Seniors and Faculty: \$18

› Students: \$15

Additional Information - Please use as you see fit.

Second Stage

Auditorium Arena Theatre

Palmer Park

Freshman Showcase

In The Blood

Ticket Pricing

› Flat rate \$8

The box office at the Auditorium Arena Theatre opens one (1) hour prior to the show with doors opening 30 minutes prior. All Second Stage tickets are \$8 each payable in cash or by check. Advanced ticket sales are available from the Department of Theatre main office (Room 149 AUD) before 4:00PM every day. Checks must be made payable to Michigan State University and contain a printed address. A valid driver's license is required to purchase by check. We do not accept credit cards. Seating is limited.

<http://theatre.msu.edu/Productions/2009-2010-Season/#secondseason>