

## The Importance of Food--Nutrition

Developed by Dr. Rosalind M. Flynn with Ms. McDaniel's Class  
Milton Somers Middle School LaPlata, Maryland

- 1 Hey, everyone! I'm hungry!  
2 Me, too.  
3 Let's eat!  
1 I want pancakes, eggs, and lots of  
bacon! [sound effect]  
2 I would like a salad bar.  
3 I would like a salad bar, too.  
All [whispered chant] Fruit and salad.  
Fruit and salad. Good for you and  
your body, too.  
1 Junk food tastes better!  
All [whispered chant] Junk food. Junk  
food can make you sick and make  
you thick!  
2 You really should eat more healthy  
foods.  
3 They help you grow.  
1 Cancel the pancakes, eggs, and  
bacon. I'll have the salad bar instead.  
All [whispered chant] Good for you and  
your body, too!  
4 [sound effect] [CHICKEN] Why  
don't you eat me for dinner?  
5 Why?  
4 Because I am good and full of  
protein.  
All [whispered chant] Full of protein.  
Full of protein.  
5 I'd rather eat an egg!  
All [whispered chant] Full of protein.  
Full of protein.  
6 Protein is fine, but I am up for a  
good carbohydrate meal.  
7 What are carbohydrates?  
8 Carbohydrates are the body's main  
source of energy. [sound effect]  
All [whispered chant] Fruits, veggies,  
and lots of grain. Fruits,  
veggies—good for your brain!  
All Grain? Explain.  
10 Bread, pasta, cereal--stuff like that.
- 11 When you think carbohydrates, think  
sugar and starch.  
All [whispered chant] Carbohydrates--  
sugar and starch.  
12 Hey girls (guys) what are you  
eating?  
13 A Snickers.  
1 Chips.  
2 Chocolate pudding.  
12 Well, sometimes those things can be  
good for you.  
3 Yeah, they supply your body with  
energy.  
1,2,13 Great!  
All And FAT.  
1,2,13 Oh.  
4 Hey, fats aren't all bad.  
5 They help you grow.  
6 They insulate the body against loss  
of heat.  
1,2,13 Cool.  
7 But you should only eat them once in  
a while.  
1,2,13 Oh.  
All Sparingly.  
1,2,13 Oh.  
8 And don't eat a lot of them when you  
do.  
1,2,13 Oh.  
All [whispered chant] Fats, oils. Once in  
a while. Sparingly.  
9 [sound effect] Vroom! Vroom!  
10 Hey everyone! It's the human dirt  
bike! [sound effect]  
11 He looks like he needs some fuel!  
All [whispered chant] Vitamins and  
minerals. Vitamins and minerals.  
9 What do I need them for?  
12 They make you fast and strong!  
13 They'll help you win the  
championship race!  
1 They'll make you function right!

9 Get me some vitamins and minerals fast! [sound effect] All SPARINGLY!  
2 On your mark.  
3 Get set.  
All GO!  
All [sound effect]  
1 Look at him functioning great!  
2 Look at his speed regulated by his fuel!  
All [whispered chant] Vitamins and minerals. Vitamins and minerals.  
3 And the winner is  
All The human dirt bike!  
9 Thanks to my vitamins and minerals!  
[#6 swoons and all focus on him/her.]  
6 Oohhh,. I am about to faint!  
4 Quick! She needs  
All WATER!  
5 If you don't have water, your body will dehydrate.  
All Dehydrate?  
7 Yes. That's when your body loses too much water. You could die.  
All Die?  
6 Oohhhh...  
10 Someone get her some water!  
8 Professional water man/woman here!  
6 I need water!  
7 Here's 2.7 liters.  
6 [drinking sound effect]  
7 You need at least 2.4-2.8 liters of water daily.  
All [whispered chant] Drink that water. Drink that water! It's no lie! Drink that water or you will die!  
6 I feel much better!  
11 Terrific! Now let's take her out for a nutritious meal... [sound effect]  
All which includes proteins, carbohydrates, vitamins and minerals and water.  
6 What? No dessert?  
12 Hmmmm, too many fats and oils, I think.  
6 Please!  
12 Okay, but

