

# Cast of Characters

## **Scene One: Milk Group**

Announcer: Sarah Strawberry

Reporter: Darla Dairy

Special Guest: Sir Milkford

Special Guest: Holly Cow

## **Special Message:**

Cow Poem Readers

## **Scene Two: Meat Group**

Announcer : Sarah Strawberry

Reporter: Carlotta Carrot

Special Guest: King Henry the Egg

## **Special Message: All Cast Singers**

## **Scene Three: Vegetable Group**

Announcer : Sarah Strawberry

Reporter: Barney Broccoli

Special Guest: Princess Peapod

## **Songs** sung by All Cast Singers

## **Scene Four: Fruit Group**

Announcer : Sarah Strawberry

Reporter: Apple Blossom

Special Guest: Queen Anna Banana

## **Songs** sung by All Cast Singers

## **Scene Five: Grains Group**

Announcer : Sarah Strawberry

Reporter: Coach Potato

Special Guest: Prince Waffle

Special Guest: "Little D" the Dragon

**Opening Scene- Milk Group**

Sarah Strawberry	Welcome to WFUN, Channel 5 News. Today we have an exciting story about a Dragon. Darla Dairy will interview Sir Milkford. Good morning, Darla	
<b>Darla Dairy</b>	Good morning, Sarah Strawberry. I have a very special member of the Royal Family with me today. Sir Milkford has agreed to tell us about how this story began. Good morning, Sir Milkford.	
Sir Milkford	Good morning everyone. I am happy to be here. Our story is about a little dragon. We call him “Little D.” A few weeks ago our Royal Family was outside enjoying the beautiful weather and having fun. We suddenly heard a very loud, scary noise coming from the mountain behind our palace. Everyone in the kingdom could hear the noise. Everyone was very frightened. We had to find out what was causing this noise.	
<b>Darla Dairy</b>	Sir Milkford, weren’t you frightened, too?	
Sir Milkford	Yes, we were afraid, but as leaders of our kingdom, we needed to do something. So we hiked up the mountain, and we found a cave.	
<b>Darla Dairy</b>	Sir Milkford, was the cave scary?	
Sir Milkford	Yes, this cave was very scary. The outside of the cave was littered with junk food trash.	
<b>Darla Dairy</b>	What do you mean, junk food ?	
Sir Milkford	Outside the cave we saw junk food trash, such as soda cans, candy wrappers, chip bags and cookie crumbs. It was very scary.	Show poster of junk food
<b>Darla Dairy</b>	What did you do with this junk food trash ?	
Sir Milkford	We didn’t do anything at first, because of the terrible noises coming from inside the cave. We needed to find out <b>what</b> or <b>who</b> was making the noises that were frightening everyone in our kingdom.	

<b>Darla Dairy</b>	How did you find out? Did anyone go in the cave?	
Sir Milkford	Yes, we all went in. That is where we discovered a very sad, very lonely and very unhealthy dragon.	
<b>Darla Dairy</b>	Weren't you frightened when you saw a dragon ?	
Sir Milkford	At first we were very frightened, but this poor dragon was so weak that he couldn't hurt us. He didn't even have a name! He didn't know how to play games or to make good food choices.	
<b>Darla Dairy</b>	What did you do?	
Sir Milkford	We invited him to come and live with us at the Royal Food Pyramid until he felt well. After we cleaned up the trash, we helped "Little D," the dragon down to our palace.	
<b>Darla Dairy</b>	Sir Milkford, What did you do to help Little D to get well?	
Sir Milkford	Well, as I said, this poor lonely dragon was very weak. He needed rest, and good food. We gave him several days of rest before we tried to help him learn about making good food choices.	
<b>Darla Dairy</b>	Sir Milkford, what did he eat?	
Sir Milkford	Well, <i>I can tell</i> you, he didn't eat any <i>junk food</i> while he was at the Royal Food Pyramid Palace. He was feeling much better after eating good foods.	
<b>Darla Dairy</b>	What did he need to learn about becoming healthy?	
Sir Milkford	Well, he needed to learn EVERYTHING about making healthy food choices. He had many teachers who helped him. Please let me introduce you to a very special friend, Miss Holly Cow.	Miss Holly Cow enters
Miss Holly Cow	Hello, Darla Dairy, I am <i>so glad</i> to meet you.	
<b>Darla Dairy</b>	Good morning Miss Holly Cow. I am <i>very happy to meet you</i> , too. How did you help Little D, the dragon?	
Sir Milkford	Miss Holly Cow is an expert on the MILK food group. I must go now, but I am sure Miss Holly Cow will tell	Sir Milkford leaves the stage

	you more.	
Miss Holly Cow	Yes, at first Little D did not understand <i>how I</i> could help him learn about the milk food group, but this poster helped him to understand that <u>milk comes from cows.</u>	
<b>Darla Dairy</b>	Can you tell us what he learned?	
Miss Holly Cow	Yes. Let's look at this poster. Cows eat grass and drink water. Our bodies make milk. People use special milking machines to get our milk. Then our milk goes by truck to a dairy. Our milk is put into special containers and shipped to stores for people to buy.	Shows details of <b>FROM COW TO YOU</b> poster
<b>Darla Dairy</b>	This is great Miss Holly Cow. What else did Little D learn?	
Miss Holly Cow	Well, Little D had to learn which foods are in the milk food group. He also had to learn that milk gives us calcium for strong bones and healthy teeth.	
<b>Darla Dairy</b>	Can you tell us more about the milk group foods?	
Miss Holly Cow	Yes, here is another poster to help us. Milk can be made into cheeses, cottage cheese, yogurt, ice cream, butter and cream.	tells details of milk food group
Darla Dairy	Thank you for this interview, Miss Holly Cow. We have to stop for a special message. Back to you, Sarah Strawberry.	Switch to Sarah Strawberry
Sarah Strawberry	Thank you Darla. We will return after this special message.	Switch to COW POEM

Five friendly dairy cows were eating  
ice cream **cones**,  
Trying to think of how to give all kids  
strong teeth and **bones**.

So the five friendly dairy cows on a  
bright and sunny **day**,  
Planned a list of dairy treats to make  
without **delay**.

The first cow said, "With my milk I'll  
make a tray of **cheeses**."

The second cow said, "With my milk  
I'll make pudding ! It always **pleases**."

"My milk," said a third cow, "will make  
Cottage cheese, butter, and **cream**."

"My milk, said the fourth cow, "will  
make Yogurt that's like a **dream**."

The fifth cow thought, and thought, and  
thought, and then she thought some **more**,  
Finally she said, "With my milk, I'll make  
ice cream treats **galore**."

I'll make vanilla, peach and **chocolate** and  
of course some **coconut**,  
Strawberry and butter pecan, and finally  
some pistachio **nut**."

The dairy cows went to sleep and had  
dreams that were so **sweet**,  
Of girls and boys throughout the land with  
very strong bones and **teeth** !

**Scene Two-meat group**

Sarah Strawberry	Welcome back to WFUN, Channel 5 News. That Cow Poem was fun. We hope everyone has fun learning. We have another exclusive interview with Carlotta Carrot.	
Carlotta Carrot	Thank you. Today I have with me His Royal Highness, King Henry, The EGG. King Henry, thank you for this interview.	
<b>King Henry, THE EGG</b>	You're welcome. I am pleased to tell about "Little D." He is a VERY SPECIAL dragon. When we found him in his cave, he was very ill and very weak. I was shocked at all the junk food wrappers we found. <u>Nobody</u> in our kingdom would eat ONLY JUNK FOOD. We all know how good food helps us stay strong and healthy.	
Carlotta Carrot	King Henry, will you please tell us how you helped "Little D"?	
King Henry, THE EGG	After "Little D" rested and ate good foods for a few days, I asked him about his muscles.	
Carlotta Carrot	What did he tell you, King Henry?	
<b>King Henry, THE EGG</b>	He <u>didn't know</u> what muscles are or what they do for us! This is what I did.	
Carlotta Carrot	Audience, please follow along as King Henry, The EGG, tells us how he helped "Little D" learn about muscles.	
<b>King Henry, THE EGG</b>	I had him lift his arms up and stretch like this.	Lifts up his arms and stretches.
Carlotta Carrot	Audience, please show us how you can follow King Henry, The EGG's instructions like "Little D" did.	Audience gets up and stretches.
<b>King Henry, THE EGG</b>	Great job! "Little D" didn't understand at first, but then he did a great job, just like our audience.	
Carlotta Carrot	I think our audience is great! Please, King Henry, tell us more about what "Little D" learned from you.	
King Henry, The EGG	He learned he needs to eat a variety from our Meat Food Group to stay strong and healthy. He learned we get protein	

	to help build strong muscles from the meat group.	
Carlotta Carrot	Can you tell us which foods are in our Meat Food Group?	
<b>King Henry, THE EGG</b>	Yes, let's look at this poster. We have chicken, beef, pork, fish, lobsters, dried beans, nuts and of course EGGS!	Shows Meat Food Group poster
Carlotta Carrot	King Henry, This poster shows that <i>not all foods</i> in the meat group come from animals. Dried beans and nuts are from plants.	
<b>King Henry, THE EGG</b>	Good observation! "Little D" noticed this too. I am very happy to see you learn so quickly.	
Carlotta Carrot	Thank you for this interview, King Henry, The EGG, we have to stop for a special break. Back to you Sarah Strawberry.	Switch to Sarah Strawberry
Sarah Strawberry	We will return after this special message.	SONG On Top of Spaghetti

### On Top of Spaghetti Song

On top of spaghetti all covered with cheese,  
I lost my poor meatball when somebody sneezed.

It rolled off the table, it rolled on the floor,  
And then my poor meatball rolled out of the door.

It rolled in the garden and under a bush,  
And then my poor meatball was nothing but mush.

The mush was as tasty as tasty could be,  
And early next summer it grew to a tree.

The tree was all covered with beautiful moss.  
It grew great big meatballs and tomato sauce.

So if you eat spaghetti all covered with cheese,  
Hold on to your meatball and don't ever sneeze.

**Scene Three-vegetables**

Sarah Strawberry	Welcome back to WFUN, Channel 5 News. Don't forget to cover your sneezes! We hope our news helps everyone enjoy a healthy life. Next is a happy young member of our Royal Family. Princess Peapod is with our reporter, Barney Broccoli.	
<b>Barney Broccoli</b>	Thank you. Hi Princess Peapod.	
Princess Peapod	Hi Barney, I'm glad you asked to come and talk about "Little D". He is a new friend of mine. He loves to play and sing and dance. I was sad when we first found him. He did not know how to play or even how to be happy.	
<b>Barney Broccoli</b>	Princess Peapod, will you please tell us how you helped "Little D"?	
<b>Princess Peapod</b>	First I had to help him learn to be brave, and try lots of new foods.	
<b>Barney Broccoli</b>	New foods, Princess Peapod? What do you mean?	
<b>Princess Peapod</b>	"Little D" did not know about healthy foods. Listen to this song.	SONG: OH LONELY PEAS
<b>Barney Broccoli</b>	Princess Peapod this is terrible! What did you do?	
<b>Princess Peapod</b>	I had to help him to try new foods. Listen to this song	Song : BROCCOLI
<b>Barney Broccoli</b>	WOW! I am sure glad you convinced him to try tasting broccoli!	
<b>Princess Peapod</b>	Yes. I hope all children will remember to be brave and try new foods. Even if you don't like something once or twice, you should keep trying these foods. Listen to this song.	Song: I LIKE POTATOS.

<b>Barney Broccoli</b>	That was wonderful. Is there anything else you did to help “Little D” learn about the vegetable group?	
<b>Princess Peapod</b>	I hope everyone knows that vegetables are great for your eyesight. Vitamins help keep us healthy and help our eyes. Let’s look at this poster. We have peas, broccoli, tomatoes, potatoes and lots of other vegetables. We need to eat a variety to stay strong and healthy.	Shows vegetable poster
<b>Barney Broccoli</b>	Princess Peapod, thank you very much.	
<b>Princess Peapod</b>	Thanks for coming to visit Barney. Please come back again soon.	
<b>Barney Broccoli</b>	Back to you Sarah Strawberry	Switch to Sarah Strawberry
Sarah Strawberry	Now we will visit with Princess Peapod’s mother, Queen Anna Banana	

## O, Lonely Peas

Dinner is over. I like what I ate.  
 Except for the **peas**, which are still on my plate.

*O Lonely Peas, so green, so round, and so small.  
 O Lonely Peas, there's no one who loves you at all.  
 There's no one who loves you at all.*

I can't leave my place, till the **peas** are all gone.  
 At the rate I am going, I'll be ninety-one.

*O Lonely Peas, so green, so round, and so small.  
 O Lonely Peas, there's no one who loves you at all.  
 No, no one who loves you at all.*

Perhaps by some magic, they'll all disappear-

**A B R A C A D A B R A!**

... The **peas** are still here.

*O Lonely Peas, so green, so round and so small.*

*O Lonely Peas, there's no one who loves you at all.*

I'm growing quite fond, of these **peas** of my own.

So how could I eat them? I'd be all alone. Ohhhh!

*O Lonely Peas, so green, so round, and so small.*

*O Lonely Peas, there's no one, I know there is no one*

*I know there is no one, there surely is no one,*

*There's no one who loves you at all.*

**"We still have each other."**

#### I Like Potatoes Song

I like potatoes	I like potatoes	I like potatoes	I like potatoes
I like 'em lot	I like 'em lot	Cooked in a stew	Cooked in a stew
I like 'em cold	I like 'em cold	Potato chips	Potato chips
I like 'em hot	I like 'em hot	Potato bread, too	Potato bread, too
One potato, two potato, three potato four		One potato, two potato, three potato four	
Five potato, six potato, seven potato more.		Five potato, six potato, seven potato more.	
Chop 'em, Mash 'em, Stir 'em up in a pan.		Potatoes	Potatoes
		Potatoes	Potatoes

<p>I like potatoes I like 'em baked I like 'em boiled And micro-waved.</p> <p>One potato, two potato, three potato four, five potato, six potato, seven potato more.</p> <p>French fries Hash browns, Sweet potato pie.</p> <p>Potato salad, potato pancakes, Look at all the things a potato makes Potato soup, potato skins and don't forget about potatoes au gratin.</p>	<p>I like potatoes I like 'em baked I like 'em boiled And micro-waved.</p> <p>French fries Hash browns</p>	<p>... the yummiest food I know.</p> <p>Let me hear it now, Wa wa wa wa            Wa wa wa wa Wa, Wa, Wa Wa        Wa, Wa, Wa Wa Wa wa wa wa            Wa wa wa wa Wa, Wa, Wa Wa        Wa, Wa, Wa Wa</p> <p>One potato, two potato, three potato four, five potato, six potato, seven potato more.</p> <p>I like potatoes I eat 'em whenever I can P O T A T O Potatoes are the yummiest food I know I like potatoes, How about youuuuuuuu? YAAAAAAAAAAAAAAAAA !</p>
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### Don't Give Me That Broccoli

Don't give me that brocco-lee Oh-oh-oh  
Do-on't give me that BROCCO-LI  
Yes, I know I've never tried it but it doesn't look right.  
I want no brocc'li tonight.

Now listen, Nice Lady, I don't want to be unfair,  
And I know you try to do your best.  
I appreciate the fact that you really do care,

But I have a most important request.

Please listen, can you listen, won't you listen to me?

I'd rather that you never give me ... broccoLEE.

Please. Don't, don't give me any broccoli.

Do-on't give me that broccoLEE. Uh-oh-oh.

DO-on't give me that BROCColi.

You tell me it can't hurt me to take one little bite,

But I'm talking no chances tonight.

You always try to tell me that it's good for me,

If I want to grow up big and strong.

But how can I eat something that looks just like a tree?

That can't be right. It has to be wrong.

Oh! Don't give me that. Oh! Don't give me that.

Oh! Don't give me that B-R-O-C-C-O-L-I (ee-I-ee-I-ee-I)

You know I'm not the only one who feels this way.

The popularity of brocc'li is low.

When people come to dinner, if it's Broccoli Day,

They say, "Thank you but we really must go."

You can hear it down in Texas- You can hear it in Quebec,

You can hear it off in Italy, too- Yeah, and even Cow Planet, if you're very high tech.

You can listen to me tell it to you- Don't give me that Broccoli! Don't give me that Broccoli! Don't give me that Broccoli!

Oh, pleeeeeeeeeeease.

Not ever. No never. Never never ever ever ever ever ever ever ever...

Well okay, I'm gonna try it but it isn't on my diet and I know I'm going to hate it. Uh! Oh!... I ate it. YUM. 😊

**Scene Four- Fruit Group**

Sarah Strawberry	Queen Anna Banana is with our reporter, Apple Blossom.	
Apple Blossom	Queen Anna Banana, thank you so much for talking with us today. We love your rhyming. Can you tell us how you helped “Little D” learn about the fruit group?	
<b>Queen Anna Banana</b>	We all must eat a variety of foods For us to stay healthy, you see. Fruits help heal bruises and cuts Fruits give us Vitamin C.	
Apple Blossom	Queen Anna Banana, we heard that “Little D” had bruises and cuts when your Royal Family first found him. What did he need to do to heal these cuts and bruises?	
<b>Queen Anna Banana</b>	Listen to this song and you can even sing along	Vitamin C song
Apple Blossom	That was a great song. I learned what Vitamin C can help us heal cuts and bruises. Do you have any other songs?	
<b>Queen Anna Banana</b>	I think you can sing This one you know, Have fun with us Ready, set, GO!	SONG: fruits and vegetable song
Apple Blossom	I love that song.	
<b>Queen Anna Banana</b>	I am sorry to say, I can no longer stay. I must go now To watch my children and “Little D” play. Please eat your Fruits and Vegetables EVERYDAY!	
Apple Blossom	Good bye Queen Anna Banana! Thank you very much. Back to you, Sarah Strawberry.	Switch to Sarah Strawberry
Sarah Strawberry	We love to eat our fruits and vegetables. We will now go to the Royal Playground to hear an interview with Coach Potato.	

## Vitamin C Song (first half of song)

Vitamin C, Vitamin C

We're so full of Vitamin C

Who keeps your teeth and gums in  
shape?

We do, we do, we got Vitamin C

Helps you heal a bad cut or scrape?

We do, we do, we got Vitamin C

We help you out so naturally

'cause we're so full of Vitamin C

It can even heal a nasty bruise

Think about that when you choose your  
food

Vitamin C, it does so much, it's good for  
me

Vitamin C, Eat your 5 A DAY,  
and its ea-sy!

Vitamin C, Vitamin C

We're so full of Vitamin C

Who helps your muscles and bones stay  
fit?

We do, we do, we got Vitamin C

Who helps your body use iron it gets?

We do, we do, we got Vitamin C

We help you out so naturally

'cause we're so full of Vitamin C

It fights diseases, and by the way

Eat at least one serving every day!

Vitamin C It does so much, it's good for  
me

Vitamin C Eat your 5 A DAY  
and its ea-sy!

Scene Five- Grains Group

<b>Coach Potato</b>	Hi, I'm here with Prince Waffle and many of his friends. We just finished a great game of soccer.	
Prince Waffle	Hi Coach Potato. Our newest friend, "Little D," is still learning how to play games and have fun.	
<b>Coach Potato</b>	Prince Waffle, how does Little D spend most of his day?	
Prince Waffle	Little D is right here, let's ask him.	
<b>Coach Potato</b>	Hello, Little D. How do you spend most of your day?	
LITTLE D	Hi, I love to play. I have to eat a healthy breakfast, and practice my best manners. Then I get to play! King Henry says, "Playing is a great way to get exercise." I have to eat healthy foods for lunch and dinner, too. I'm really feeling strong and healthy.	
<b>Coach Potato</b>	What games do you play?	
LITTLE D	I used to play only with my NINTENDO and GAMEBOY. I never exercised when I lived alone in my cave. I never had any fun outdoors. I didn't have any friends!	
Prince Waffle	"Little D" was so weak and sick when we found him, he couldn't even walk.	
LITTLE D	I never rode a bike I never took a hike. I never learned to play football, baseball or basketball. I never learned to swing, sing or do anything fun at all!	
<b>Coach Potato</b>	Little D, I hate to say it, but you were what we call a COUCH POTATO !	
Prince Waffle	Poor Little D was so weak and sick when we found him. He couldn't learn how to have fun and play games until he learned to eat good foods.	
LITTLE D	<b>Prince Waffle</b> , I'm feeling <b>really hungry</b> . I want to find something good to eat. Can you help me?	
Prince Waffle	Yes, we can go to the GRAINS TO GO CAFÉ, and have a snack. It's right over there. Coach Potato, will you come too?	
<b>Coach Potato</b>	Thank you. I will go with you.	They all walk over to menu

<b>Coach Potato</b>	This menu looks great for healthy snack choices.	Looks at menu
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Prince Waffle	When we work or play, sometimes we feel like we are running out of energy. Grain group foods give us quick energy.	
<b>Coach Potato</b>	Little D, do you like to eat healthy snacks?	
LITTLE D	Yes I do. When I lived in my cave I only ate junk food. I never had any energy to go outside. My belly hurt, and I was really miserable.	
<b>Coach Potato</b>	Now what do you like to eat for a snack?	
LITTLE D	Let's look at this menu. I love almost everything here!	
Prince Waffle	When we found Little D, he couldn't even eat much. Now that he is feeling better, we make sure he eats several times every day.	
LITTLE D	I think today I'd like to have a blueberry muffin and a glass of milk, please.	
<b>Coach Potato</b>	LITTLE D, I am glad to say this: You are no longer what we call a COUCH POTATO! You are really a happy, healthy, active dragon.	
Prince Waffle	He sure is!	
LITTLE D	I am so lucky to have such wonderful friends. The ROYAL FOOD FAMILY has taught me how to make good food choices. They taught me how to play and exercise and how to have fun!	
<b>Prince Waffle</b>	We all love you Little D!	
<b>Coach Potato</b>	YES WE DO! Back to you Sarah Strawberry	Switch to Sarah Strawberry
Sarah Strawberry	This is the end of our news report. Please join us again soon.	