

## Choral Reading: Nutrition

The stage is the inside of 'the West Point High School cafeteria. Jason has just eaten a hamburger, fries, and a Coke, which he has smuggled inside in his coat. (Soft drink beverages are not allowed inside school cafeterias because federal studies have shown that the intake of sugar significantly reduces a student's chances of eating a 'nutritious school lunch.)

R 1: "Jason is seated in the West Point High School cafeteria, polishing off a burger,' fries, and a Coca-cola that he has smuggled inside in his coat. He is as hungry as a bear after hibernation in May and the' food doesn't last long at all."

Chorus: "W-W-O-O-LLFFFF!"

R 2: "The first item that entered his frontal orifice was the burger, which had mayonnaise, cheese, lettuce, onions, and meat (sort of like meat), and bread, of course."

Chorus: "Of course!"

R3: "Next came the French fries, which were smothered in ketchup and Coca—cola was killed after all of the food was consumed."

Chorus: "Slurp!"

R4: "Let's take a closer look at the ingredients in that cafe burger. Let's see ... mayonnaise .. Purely fat."

Chorus: ~'Fat, fat, is NOT where it's at:"

R4: "There are, nine calories in every gram of fat, you know, and that makes digestion very slow, *but a* tablespoon of fat just ain't that bad. Do. it every meal, and you'll be sad!"

Chorus: "Leave it out', take it off, avoid it at all casts.  
Fat has no redeeming nutritional value whatsoever."

R5: "Now that's just not true, you. Fat acts as insulation for organs and bones. It helps with cell membrane formation and on top of that, it helps somehow regulate body temperature."

Chorus: "Leave most of it out; take most of it off. Avoid it at all costs. Fat can kill you if it accumulates in your coronary arteries.

R1: "Back to the story."

R2: "Yeh, back to the story. Cheese. Now thats an okay product, isn't it?"

Chorus: "Afraid not. Cheese has lots of fat."

R2: "Cheese is made of milk, and as we all know, milk is Nature's perfect food."

Chorus: "NOT! Milk has fat. So drink reduced fat milk, such as 2% or 1% or better yet...skim."

R3: "So far, this burger's not too good for Jason, is it?"

Chorus: "Correct you' are!"

R4: "Now, I don't like it, this being careful stuff. Good health means no fun. I've had enough!  
Give me my sugar, give me my fat, I'll eat-anything, even a cat!"

Chorus: "Actually, a cat would be Okay, quite healthy, unless it's a fat cat, then you know about that fat."

R5: "Lettuce. Let us talk lettuce. Surely it's okay?"

Chorus: "Lettuce is juicy, lettuce is fine,  
Good for the colon, most of the time."

R1: "Onions are next. Are they okay?"

Chorus: "Onions are juicy, onions are fine,  
Good for digestion, most of the time."

R 2: "What about the so-called meat. Is it okay?"

Chorus: "Well, well, let's take a look,  
See what it says 'bout meat in the book.  
Says meat's bad if eaten in bulk.  
Wouldn't you 'know' it?  
That's just his luck!"

R3: "Bread? Surely the bread's okay?"

Chorus: "Bread's okay, especially the wheat,  
Covered with mayo that's no treat.  
So eat it whenever you feel that you must  
But leave off, the butter,  
Eat all of the crust."

R4: "French fries? What about the poor, innocent, delicious salty French fries?"

Chorus: "Too much salt can raise your blood pressure;  
Potatoes alone are God's perfect treasure."

R 5: "Ketchup? Surely that's okay?"

Chorus: "Nope. Sugar, sugar, it's loaded with that, and too much sugar can soon make you fat."

R1: "Don't tell me the Coca-cola is terrible, I know. The entire lunch that Jason just devoured is not nutritious. And Coca-cola is loaded with sugar, right?"

Chorus: "Yes indeed! About ten teaspoons of sugar per bottle or can;  
Many a day can make a man fat."

R2: "So if Jason were receiving a grade for good nutrition for the choices he made at lunch, he'd get a big fat..."

Chorus: "Stomach?"

R3: "No! A zero. A big fat zero."

Chorus: "Well, if those foods are so bad for us, why do they offer them in our school cafeteria?"

R4: "Good question. Real good question."

R5: "So, what's a West Point High student to eat?"

Chorus: "Turkey salad is nice, along with a banana or an apple. Or a sandwich platter, but eat only a few of the chips that come with it. And have yourself some low-fat milk. Or bring your lunch from home."

R1: "And get yourself some exercise...everyday. Walk somewhere. Chop some wood. Ride a bike. Play some ball. Put on wild CD and exercise in your bedroom. Go play tennis. Ride a horse. Jump some rope. Just like the Nike commercial says, 'Just' Do It'! Get 'your body moving. Oxygenate before it's too late.

Everyone: "Eat with some sense and exercise everyday, even when it rains.

Good nutrition will improve your life,  
So try to use your brains."