

Student Dictated Script

Eating the Right Amount of Food

N – Narrator

- N: We interviewed a nutritionist and asked in her opinion what was the biggest problem in nutrition. She felt the problem was the amount of food that people eat. Some people eat too little food to be healthy - young and old people. While others eat too much. Our class thought of solutions to the problem. One idea was limiting the amount and the availability of food for purchase in stores and restaurants.
- VM: I think there should be restaurants and stores that sell only healthy food. And I think you can't take too much even of healthy food, cause you can still get too big and get sick. So the plates in restaurants should be smaller.
- AB: I think the people that are getting big are eating too much sweets and fats. I think a solution should be not to have very many candy stores in a town - only 1 in each town that will only sell 1 piece of candy to you a day.
- N: Another idea the class had to get people to eat the right amount of food was to tell them over and over through signs, pyramid posters, lists, mailings, consultations with nutritionist, and via radio and television.
- DM: Ladies and Gentlemen, You have a problem of eating too much food. That can be solved by stop eating fats. You can throw away the fats on the chicken. If you're allergic to a food like fish, don't eat it. You know there is a new law that says that you have to follow the food pyramid. Ladies and gentlemen, this is the end of Health Talk on the news.
- N: Lectures and speeches could get the message out as well.
- CS: I want to talk to you about the right amount of food. First, you should find out what IS the right amount of food for you. The president's assistant or Surgeon General will tell you. Just telephone or e-mail him. Here is a tip. Don't eat all of the food on your plate BUT eat some because you can't eat too little. I have made this picture to help you know how much to eat. Well, Good-bye. Good Luck in eating the right amount of food.
- N: Some members of the class had other creative plans which included getting shots for your food or being feed intravenously or having a machine tell whether you ate the right amount.

SR: Here is a big machine that I invented. You just type the food and the amount into the machine. It beeps a loud beep when the food is too much. And it beeps a little beep if it's too little.

N: Some members of the class thought of consequences for making inappropriate choices.

JC: My idea is that the president has a meeting in which he says "Use the food pyramid or you go to jail.

N: A scenario might look like this.

PJ: I found some one who ate too little.

AC: I just made the machine make a little beep.

JC: You must go to jail.

AC: Oh I'm sorry. I'll try to do it right next time. I'll go to classes.

JC: Still, you have to go to jail for 1 year.

PJ: I think they should only have to go to jail for 35 days.

JC: I'm the judge.

PJ: All right, all right you're the judge.

AC: Can I get out early for good behavior - eating the right amount?

JC: We'll see.