



# Snack Attack

By Cara Bafile

**MOM:**

Fred! Virginia! Find your snacks and meet me at checkout in five.

**FRED:**

Quick! Chips and cookies in aisle three!

**VIRGINIA:**

I'll race you!

**NARRATOR:**

Virginia took a shortcut through produce, but soon was stopped in her tracks.

**FRED:**

Come on, Virginia!

**VIRGINIA:**

Wait. I hear something.

**FRED:**

What is it?

**SALAD MIX:**

(muffled) *Lettuce* out! *Lettuce* out! We're snacks, too!

**FRED:**

Who's that?

**STAR FRUIT:**

Just ignore them. The salad mix wants to go for a spin.

**VIRGINIA:**

Who's talking?

**FRED:**

I think it's the produce.

**STAR FRUIT:**

They never give up! No one is going to buy a bag of leafy greens when a beautiful star fruit is available.

**BANANA:**

That *carambola* is so self-centered. The banana is the most popular fruit in the United States -- Americans eat an average of 28 pounds each per year -- but you don't hear me *peeling* on and on, do you?

**VIRGINIA:**

I *like* bananas, but we're looking for other snacks. Right, Fred?

**POTATO:**

Enough with the fruit! Fred, how about the vegetables? Everybody loves a spud! Baked or mashed, we're packed with potassium.

**FRED:**

I suppose that's true.

**CELERY:**

But potatoes aren't ready-to-eat. When you want a healthy treat on the go, celery is your best bet! Then add pizzazz with peanut butter.

**ONION:**

I could just cry. Onions are full of fiber, but we're too pungent to pack.

**GREEN BEANS:**

We know the feeling. Green beans are delicious eaten raw, but no one knows. People always reach for the fruit.

**BROCCOLI:**

Exactly! Why can't they wise up and grab a head of broccoli instead?

**APPLE:**

I say, "Use your head and choose an apple." We come in red, green, and yellow, but we all have fiber to fill you up and keep you going.

**FRED:**

Don't forget that an apple a day will keep the doctor away.... Am I really talking to an apple?

**APPLE:**

That's right! For a healthy choice, *pick* an apple!

**CARROT:**

Just a minute there, Granny Smith. My bright orange color shows that carrots are a source of Vitamin A, as well as Vitamin C. That's a one-two punch with a powerful crunch!

**VIRGINIA:**

Fred, look at these adorable blueberries.

**BLUEBERRIES:**

We're so sad. We're so small that no one remembers we're rich in antioxidants. Bloo, hoo, hoo!

**LEMON:**

Stop complaining. How would you like to be squeezed?

**GRAPES:**

Now, lemon, don't be a sourpuss. We know what it's like to be blue, but of course, grapes also come in green and red. Virginia, did you know that 17 grapes make a serving? That's a bunch to munch!

**VIRGINIA:**

Yes, but I don't care for seeds.

**GRAPES:**

Try our seedless varieties! Even the early Romans loved grapes.

**STRAWBERRIES:**

We have 200 seeds in each berry, but that hasn't stopped the strawberry from becoming the most loved berry in the country.

**FRED:**

There isn't much that is sweeter than a ripe red strawberry.

**HOT PEPPER:**

I'm not sweet, but I am red hot. Pop me into the pan, and I'll spice up your next recipe of spaghetti sauce or chili!

**APPLE:**

What do you say, kids? Will you choose a fruit or a veggie?

**ONION:**

(whining) They'll never choose a vegetable.

**CARROT:**

Speak for yourself, onion. *Orange* you going to have a carrot?

**VIRGINIA:**

Mmmm. That does sound good.

**NARRATOR:**

Virginia took an orange from the shelf in front of her.

**GREEN BEANS:**

Here we go again. They always choose the fruit, but vegetables can be even healthier snacks.

**STAR FRUIT:**

You know fruit steals the show!

**BROCCOLI:**

Vegetables are best. Forget the rest!

**ALL FRUITS:**

Fruit!

**ALL VEGETABLES:**

Vegetable!

**TOMATO:**

I know you all think of me as a vegetable; however, by definition, I am a fruit. Can't we come together as produce and healthy snacks for...

**NARRATOR:**

Fred and Virginia heard a beeping sound.

**FRUITS AND VEGETABLES:**

Uh oh!

**NARRATOR:**

A spray of mist silenced the squabbling produce. Fred snatched a celery stalk and the kids made a quick getaway toward the checkout.

**MOM:**

What's this? An orange and celery? You chose very healthy snacks.

**FRED:**

We know. They won't stop talking about it.

**VIRGINIA:**

But they both sure have *appeal!*

