



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 *pealing* 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!*

