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## VIDEO SCRIPT

### K thru 5 – Lunch Safari

1. GRAPHIC: Let's go on the lunch hunt!

NARR on camera, eyes camera through magnifying glass (stage whisper):

Shhhh... I've heard rumors  
something new is happening at  
noontime.

(Lowers magnifying glass)

Check it out with me. Are you  
hungry? ...I'm starved! Let's go  
on a lunch hunt!

NARR walks off screen right.

2. NARR standing on playground equipment, magnifying glass in one hand,  
arms extended.

Nothing good for lunch here!

3. Narr looking in a school stairway, turns to camera

Nothing good in here for lunch!

4. Narr peering around tree or plant (to be determined)

There's nothing here that's good  
for lunch.

5. NARR in school cafeteria (gymnasium).

Finally!! There's lots of good stuff for lunch here!

First, you'll get to choose low-fat or fat-free milk. We're still growing and need milk, but we don't need lots of fats.

Narr places chocolate skim milk carton on her tray, and exits frame screen right.

6. Narr picks up container of fruit juice.

There are juices made totally from fruit, too. Come on, let's keep hunting

7. Medium close up of Narr's tray with meat selection

Your meat selection won't be the biggest part of your lunch, and it shouldn't be either! And foods like nuts, cheese and yogurt count as meat alternatives.

Narr walks out of frame screen right

8. Narrator VOICEOVER, show loaf of clearly labeled "whole wheat" bread.

Like sandwiches? Notice the bread! It may look a little darker. That's because a lot of these breads – and even the pizza crusts -- are made from whole grains. They're better for you and they taste good, too!

9. Narr walks in from screen left, .

Now, I know my mom will be really happy I'm eating more vegetables.

Narr walks out screen right

10. Narr moves down the food line to fruit...

Do you like fruit? Yellows, oranges, reds -- even green. This is good stuff. Be sure to take some.

Narr walks out screen right

INSERT GRAPHIC tray showing each of these combinations;

1/2 cup fruit = (star, happy face, or "good") = 

1/2 cup vegetables = (star, happy face, or "good") = 

1/2 cup fruit + 1/2 cup vegetables = right side of screen fills with 

11. Narr on-camera: Start on close-up of tray, pull out to medium shot of Narr holding tray as described.

Look at my tray! Half my lunch is fruits and vegetables. This is healthy stuff to keep me awake and my brain working for the whole school day.

At end of shot, Narr walks out of frame screen right.

12. Narr on-camera seated at cafeteria table with filled tray.

And that's what's for lunch! My folks love knowing I'm eating healthy stuff at school.

Why don't you ask your mom or dad to come to school and see what a healthy lunch you're having?

Thanks for coming along with me on the lunch hunt!

Narr takes a bite, smiles and waves goodbye.

Music up, fade to black.

13. Graphic:

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USDA's National School Lunch Program (NSLP), a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions, provides nutritionally balanced, low-cost or free lunches to children each school day. The program was established under the National School Lunch Act, signed by President Harry Truman in 1946. In 2010 the Healthy Hunger Free Kids Act was signed into law, continuing funding for federal school meal and child nutrition programs, giving the USDA the authority to set new nutrition standards for food sold and served in schools, requiring training and certification for all food service personnel, increasing access to healthy food, and promoting overall student wellness. By supporting school and community efforts that provide nutritious meals for children and promote overall wellness, the HHFKA is a major step forward in the fight to end childhood hunger, improve nutrition, and fight our country's epidemic of obesity.