

## **The F-I-B: Case #33**

By Carol Montgomery ©2010

Performance Time = around 12 minutes  
Cast (12+ )

1. Narrator 1
2. Narrator 2
3. Mr. Kazoo
4. Mrs. Balloon
5. Detective Eagle Eye
6. Detective Detail
7. Detective Dash
8. Fib Finder 1
9. Fib Finder 2
10. Fib Finder 3
11. Fib Finders (optional extra group part)
12. Janitor
13. Dr. Wise

(Note: This Readers Theater script goes with the free Readers Theater script “The Sugar Spies” for a unit study on nutrition or childhood obesity. The two scripts could also accommodate an entire class for a program with a health theme.)

## The F-I-B: Case #33

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**Narrator 1:** Healthy Oaks' new school principal, Mr. Kazoo, inherited a BIG problem!

**Mr. Kazoo:** (*toots imaginary kazoo*) Thank you all for coming to our emergency school meeting. As you know, I've only been here at Healthy Oaks School a couple of months, but already I've observed several problems: the chairs in the school are constantly breaking, the list of absences continues to grow, and school property is constantly littered with candy and snack wrappers. What IS going on here?

**Narrator 2:** But, no one seemed to know the answer. Finally, one of the oldest volunteers spoke up.

**Mrs. Balloon:** Excuse me; I heard about a school in the next county that had a similar problem a couple years ago. They called the special forces of the F-I-B in to investigate. I don't know what they found out. Has anyone heard of the F-I-B?

**Narrator 1:** No one had heard, so Mr. Kazoo took charge.

**Mr. Kazoo:** (*toots imaginary kazoo*) Anyone hearing that sound can now join me in tracking down the F-I-B. We'll get them to take our case and see if they can help solve our problems. I have a feeling we'll make more progress with outside help.

**Narrator 2:** Everyone agreed to help track down the F-I-B.

**Narrator 1:** By the next day Mr. Kazoo had an appointment with the head detective of the F-I-B....

**Mr. Kazoo:** So, now that you understand the problem, Detective Eagle Eye, what's the plan?

**Detective Eagle Eye:** First, let me introduce you to our team.....

**F-I-B Finders:** (Turn in & clearly cheer.)

(Lean left)	Lean to the Left!
(Lean right)	Lean to the Right!
(Stomp with words)	Fight Fat Fibs!
(Stare at audience)	Fight! Fight! Fight!

**Detective Eagle Eye:** Basically we're here to cheer you all on to better health—healthier families **and** a healthier school. You were wise to call us. This appears to be a classic case of secret fats... (Pause)... and sneaky sugars. We'll start our investigation immediately. Thank you for trusting us, sir.

**Mr. Kazoo:** Ah, you're welcome, I guess. That's it?

**Detective Eagle Eye:** Yes, sir. We'll call you when we have something. Fib Finders?

**Fib Finders:** (*clearly cheer.*)

( <i>lean left</i> )	Lean to the Left!
( <i>lean right</i> )	Lean to the Right!
( <i>stomp with words</i> )	Fight Fat Fibs!
( <i>stare at audience</i> )	Fight! Fight! Fight!

**Detective Eagle Eye:** Good-bye now, Mr. Kazoo!

**Fib Finders:** See ya later, Alley-gator!

**Mr. Kazoo:** (*tiny toot on imaginary kazoo*) Tootles!

**Narrator 1:** The F-I-B detectives and fib finders snooped all over Healthy Oaks.

**Fib Finders:** (*turn in, peek over and around scripts, looking intently*)

**Detective Eagle Eye:** (*to janitor*) So, you're the janitor here at Healthy Oaks?

**Janitor:** That's right.

**Detective Eagle Eye:** Mr. Kazoo has asked us to try to solve a few of the problems here at Healthy Oaks. Have you seen anything suspicious or unusual?

**Janitor:** Nope. Same old random broken chairs or benches. Same old sticky floors. Same old messes and trash. Same old closet stashes.

**Detective Eagle Eye:** Excuse me? What is a closet stash?

**Janitor:** Oh, I guess it's okay to tell you, but don't tell the kids. They look forward to their surprises and I don't want to spoil it for them.

**Detective Eagle Eye:** Go on.

**Janitor:** Well, some long time ago, I don't remember when exactly... I found a secret stash in my janitorial closet with a note from the school staff.

**Detective Eagle Eye:** And...

**Janitor:** The note said something about surprise rewards for the kids because they were very good. It was signed, "The Staff" so I just did it—put the goodies in the kids' desks... Funny thing is, after I sneak the stuff into the kids' desks, there's another stash with another note from the staff in the janitorial closet within a few days—sometimes even the next day!

**Detective Eagle Eye:** And, what DO you sneak into the kid's desks?

**Janitor:** Oh, whatever is in the stash...candy, snacks, coupons...

**Narrator 2:** Detective Eagle Eye continued to quiz the janitor for more information while the Fib Finders scoured the school grounds for more clues.  
(pause) When the janitor went back to work...

**Narrator 1:** Detective Detail approached Detective Eagle Eye.

**Detective Detail:** Detective Eagle Eye, I saw something interesting outside the school grounds with my binoculars. It looks like a suspicious shack on the edge of the woods over there. I asked around and no one seems to know who owns it. Mind if I check it out?

**Detective Eagle Eye:** Go ahead. But, take Detective Dash with you.

**Detective Detail:** Good idea! Detective Dash is a quick thinker!

**Narrator 2:** So Detective Detail and Detective Dash scurried over to the shack, keeping alert for signs of activity or clues. When they slipped inside the unlocked shack they couldn't believe their eyes!

**Detective Dash:** Wow! Somebody must have left in a hurry; they didn't even take time to close it up!

**Detective Detail:** Well, what do you know...*(pause)* a secret tunnel!

**Detective Dash:** *(smiles)* Shall we?

**Detective Detail:** Why not? Whoever was here obviously isn't now.

**Narrator 2:** So the two detectives began a quick series of explorations.

**Detective Detail:** *(peers over and around script)*

**Detective Dash:** *(peers over and around script)*

**Narrator 1:** Meanwhile, the rest of the F-I-B met with most of the teachers of Healthy Oaks looking for more clues.

**Narrator 2:** The next day the F-I-B rang Mrs. Balloon's doorbell.

**Fib Finders:** Ding-dong!

**Mrs. Balloon:** *(opens door)* Oh, you must be with the F-I-B; I've been expecting you. By the way, what IS the F-I-B?

**Detective Detail:** We are the F-I-B, the Fat Investigation Board. We fight fat fibs to help set the nation free from extreme fatness.

**Fib Finders:** (*clearly cheer.*)

( <i>lean left</i> )	Lean to the Left!
( <i>lean right</i> )	Lean to the Right!
( <i>stomp with words</i> )	Fight Fat Fibs!
( <i>stare at audience</i> )	Fight! Fight! Fight!

**Mrs. Balloon:** Wow! They're really good. Do they know any more cheers?

**Fib Finder 1:** (*loud and clear*) When you read the label and it's stated

**Fib Finder 2:** (*loud and clear*) Partially hydrogenated

**Fib Finder 3:** (*loud and clear*) Know that junk is overrated!

**Fib Finders:** Don't eat it! Don't eat it!

When you read the label and it's stated  
Partially hydrogenated  
Know that junk is overrated!  
Don't eat it! Don't eat it!

**Mrs. Balloon:** My goodness! I never heard of such a thing. What if it tastes good? I always thought if food tastes good it must be good for you, right?

**Fib Finders:** (gasp in horror)

**Detective Detail:** No, ma'am. That's a lie, a big fat fib. We teach folks to pay attention to details and read labels so they feel better and live healthier.

**Mrs. Balloon:** I'd **love** to feel better and live healthier. What was that they just cheered about reading labels?

**Fib Finder 1:** (*loud and clear*) When you read the label and it's stated

**Fib Finder 2:** (*loud and clear*) Partially hydrogenated

**Fib Finder 3:** (*loud and clear*) Know that junk is overrated!

**Fib Finders:** Don't eat it! Don't eat it!

When you read the label and it's stated  
Partially hydrogenated  
Know that junk is overrated!  
Don't eat it! Don't eat it!

**Fib Finders:** (*Whisper*) Don't eat it! Don't eat it!

**Mrs. Balloon:** Don't eat it? I have a LOT to learn!

**Narrator 2:** The F-I-B finished talking with Mrs. Balloon, then interviewed other members of the community.

**Narrator 1:** By the end of the week Mr. Kazoo had an appointment with the F-I-B to hear about the findings. He called another staff meeting so everyone could hear the results.

**Mr. Kazoo:** (*toots imaginary kazoo*) Welcome! The F-I-B, the Fat Investigation Board, has communicated with several of you recently—both in our school and outside of our school. We welcome the guests from our community who have been invited by the F-I-B for this presentation. Detective Eagle Eye, please share your findings.

**Detective Eagle Eye:** As you know Healthy Oaks has NOT been healthy. Dr. Wise, your local doctor, has been double-booking appointments because of so many sick students. First, we will ask Dr. Wise to share his observations briefly.

**Dr. Wise:** I've been the main doctor here in Healthy Oaks for years, treating many of you adults of Healthy Oaks back when you were kids. I have **never** seen so much illness in our community...(pause) neither have I seen so many heavy children and adults. Have you, Mrs. Balloon?

**Mrs. Balloon:** No, sir!

**Dr. Wise:** It seems as Healthy Oaks has gotten heavier our residents have gotten less healthy. The bottom line is: IF we want to have our kids in school, sports, and other activities instead of being constantly sick, then we'll have to make some changes. Right now, there's just too much fat—in the kids **and** on the kids.

**Detective Eagle Eye:** Thank you, Dr. Wise. It's interesting to note that Dr. Smiley, your local dentist, has noticed a huge rise in cavities and fillings recently, too.

**Mr. Kazoo:** This sounds serious.

**Detective Detail:** And expensive.

**Detective Eagle Eye:** But, there is hope! This IS a classic case of secret fats and sneaky sugars. Tell them what you found, Detective Detail.

**Detective Detail:** I spied a shack at the edge of the woods outside the school grounds. Detective Dash and I snuck over there and found it empty—except for a secret tunnel to the school and a secret trail through the woods. I won't go into all the details here, but I do want Detective Dash to tell you where the secret trail through the woods leads.

**Detective Dash:** The secret trail through the fenced in woods leads to a warehouse. We managed to talk with someone who works at the warehouse and found out the Fat Money Company owns it and stores inventory for its candy and snack machines there.



**Detective Eagle Eye:** As you all know, the Fat Money Company owns all the candy and snack machines in Healthy Oaks. They provide all the snacks at the local theater, as well as more than half of the snacks at the local stores and drive-throughs. And...Detective Dash?

**Detective Dash:** They have been secretly supplying the students of Healthy Oaks junk food or “treats” as some would call them.

**Detective Detail:** In addition, they supply more than enough coupons for Fat Money products to tempt every citizen in our community.

**Mr. Kazoo:** What! That’s outrageous!

**Narrator 1:** Detective Eagle Eye explained how the janitor **thought** he was serving the staff and rewarding the kids with the secret stash of candy, snacks, and coupons from the Fat Money Company. Different classes were rewarded at different times, so the janitor never got suspicious. He answered a round of questions then explained...

**Detective Eagle Eye:** The Fat Money Company makes money by making people fat. They don’t care about the people of Healthy Oaks. They want to make money, Detective Detail?

**Detective Detail:** By giving out free samples and free coupons to the kids, the kids (and sometimes the adults) become addicted to the taste of Fat Money products. So, they buy more and more Fat Money products—often bringing them to school.

**Detective Eagle Eye:** And where does that lead, Dr. Wise?

**Dr. Wise:** Because there is little nutrition in the snacks and candy, the body does not get what it needs to build itself strong and healthy. The junk food does not **feed** the cells, but **steals** from the immune system, making a body sicker the more Fat Money products it eats.

**Mrs. Balloon:** That’s terrible!

**Dr. Wise:** I know. The taste buds are taught to like fake food, while the body cells scream for real food. The body often gets fat. I've asked Mrs. Balloon to share her short story.

**Mrs. Balloon:** I, too, have noticed the weight gain and lack of energy. I figured I was sick more because of volunteering at the school and being around sick kids all the time. I can't climb the stairs at home without getting out of breath. Recently, I'm sorry to say, even I bent a folding chair at the school when I sat down on it.

**Fib Finders:** (*gasp, bug-eyed*)

**Mrs. Balloon:** But, that's all changing now. I've made up **my mind** that I will **never** eat another Fat Money snack—even if a kid does give it to me and even if I do have a coupon for it. I've decided to get educated on the good fats and the bad fats—especially those partially hydrogenated culprits.

**Mr. Kazoo:** So, what can we do in our school?

**Detective Eagle Eye:** Well, the Fib Finders can answer that for you!

**Fib Finders:** (*clearly cheer*)

( <i>lean left</i> )	Lean to the Left!
( <i>lean right</i> )	Lean to the Right!
( <i>stomp with words</i> )	Fight Fat Fibs!
( <i>stare at audience</i> )	Fight! Fight! Fight!

**Mr. Kazoo:** How?

**Dr. Wise:** I know every student—and adult--can be taught to make healthier choices. Most important is what goes in the mouth. Ask the kids for help getting a list of tasty healthy recipes.

**Mr. Kazoo:** Great ideas! But, what ARE fat fibs?

**Fib Finder 1:** We'll just share fib or lie #1. The fib is "all fat is bad."

**Fib Finder 2:** The truth is our bodies NEED some fats--called essential fatty acids. So, some fats are not only good, but also necessary for the body.

**Fib Finder 3:** For example, the essential fatty acids help carry some vitamins around the body to help build our bodies strong and healthy.

**Dr. Wise:** That's right; good fats are necessary, but bad fats should still be avoided.

**Mrs. Balloon:** I do have a lot to learn. Hey, maybe the kids would like that Fib Finder cheer about junk food?

**Mr. Kazoo:** (*toots kazoo*) Go for it!

**Fib Finder 1:** (*loud and clear*) When you read the label and it's stated

**Fib Finder 2:** (*loud and clear*) Partially hydrogenated

**Fib Finder 3:** (*loud and clear*) Know that junk is overrated!

**Fib Finders:** Don't eat it! Don't eat it!

**Mrs. Balloon:** (*enthusiastically*) When you read the label and it's stated  
Partially hydrogenated  
Know that junk is overrated!  
Don't eat it! Don't eat it!

**Fib Finders:** (*whisper*) Don't eat it! Don't eat it!

**Mr. Kazoo:** We're on a roll! Everybody!

**All:** When you read the label and it's stated  
Partially hydrogenated  
Know that junk is overrated!  
Don't eat it! Don't eat it!

**Fib Finders:** (*whisper*) Don't eat it! Don't eat it!

**Detective Eagle Eye:** Looks like you're off and running, Healthy Oaks! We'll leave our new recruit to help you with the program.

**Mr. Kazoo:** New recruit?

**Mrs. Balloon:** (*smiles*) I volunteered! I've been practicing, "Don't eat it! Don't eat it!"

**Mr. Kazoo:** (*laughs and toots imaginary kazoo*) Class dismissed!

**Narrators:** The End.

## Curriculum Links (active in fall 2010):

<http://www.goaskalice.com/2097.html>

From Columbia University, a brief explanation of fats—healthy and unhealthy.

<http://www.umm.edu/features/transfats.htm>

From the University of Maryland Medical Center, clear info on trans fats, tips for parents—including a link on how to spot hydrogenated fats, plus menu ideas

<http://www.diannecraft.org/article-009.htm>

Educator and consultant to parents and teachers re: learning challenged and hyperactive children, Dianne Craft became a Certified Nutritional Health Practitioner. This article covers research and gives specific tips for nutritional intervention with essential fatty acids.

[http://www.nourishinteractive.com/hco/lesson\\_plans](http://www.nourishinteractive.com/hco/lesson_plans)

Free nutrition lesson plans for elementary school students. Left column links include tips for parents and online nutrition games.

[http://www.adajournal.org/article/S0002-8223\(10\)01189-2/abstract](http://www.adajournal.org/article/S0002-8223(10)01189-2/abstract)

This study by Jill Reedy and Susan M. Krebs-Smith in the Journal of the American Dietetic Association published in October 2010 tried to identify “top dietary sources of energy, solid fats, and added sugars among 2-18-year-olds in the United States.” Unfortunately they discovered nearly 40% of the total energy consumed was in the form of empty calories. **Half of the “empty calories came from six foods: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk.” Hmmmmmm....**