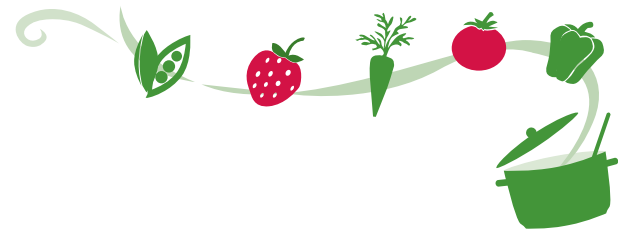




# SALAD THEATRE



## FOR YOUNGER STUDENTS

**[If the script is too difficult, the teacher or a chef can read the following story summary, while groups of children act out the Eagles, the Slayers, the Cheerleaders and the fans.]**

The Eastside Eagles were celebrating. They'd just defeated the Westside Wombats at the regional soccer championship. Now they'd made it into the final game, for the first time in four years.

There was only one problem. They had to play the Southside Slayers. The Slayers were bigger, stronger and faster than the Eagles. They always won. Last time, they'd beaten the Eagles, 10 to nothing.

The Eagles were gloomy and worried. Some of them said they should just give up and not even play the game. That would be better than getting slaughtered, they said.

But Sam, the captain of the Eagles, disagreed. She said they had to try. And she had an idea for a secret weapon that just might help the Eagles beat the Slayers. Sam whispered her idea to each of the Eagles players. Then all the Eagles went home. An hour later, they met back at the field.

One player had brought lettuce. One had brought carrots. One had brought spinach. One had brought beets. One player brought sunflower seeds. Sam brought salad dressing.

The Eagles put all their ingredients into a big bowl, sprinkled on the sunflower seeds and poured on the dressing. They tossed the salad. Then they each ate a big bowl full of salad.





# SALAD THEATRE



Right away they began to feel stronger and healthier. They had more energy. That was because the salad ingredients were full of vitamins and minerals that help people grow, stay healthy and get lots of energy to play.

The Eagles jumped to their feet. They were ready to play!

The game began. The Eagles players ran all over the field, and they didn't even get out of breath. They made great passes because the salad was helping them see better. They ran faster than the Slayers players. They scored goal after goal.

The Southside Slayers were surprised. They were used to the Eagles being slow and tired, and not very good passers or kickers. What had gotten into the Eagles? they wondered. Why were they so good today?

By the time the Southside Slayers realized that were getting beaten by the lowly Eastside Eagles, it was too late to rally. They scored a few quick goals, but the game ended Eagles: 6, Slayers: 5.

The Southside Slayers were good sports. They told the Eagles they'd played a good game. Then they asked the Eagles what had made them play so well. What was their secret weapon?

All the Eagles answered: Salad!

