



What's in the Fridge?

Characters

Crunchy Carrot
Cheddar Cheese
Slice-O-Turkey

Sweet Strawberry
Whole Wheat Bread

- Crunchy Carrot:** Shhh! Misha will be opening the refrigerator door any minute to get a snack.
- Cheddar Cheese:** Argh! I don't have time to react to the bright light! Can't she count to five before opening the door?
- Slice-O-Turkey:** I wonder what she'll pick for a snack today.
- Sweet Strawberry:** Well, me, Sweet Strawberry, of course. I'm soooo luscious! And I'm super healthy. One expert recently called me a "superfood." It's mostly because of my antioxidants.
- Cheddar Cheese:** Anti-what?
- Sweet Strawberry:** Antioxidants. They help protect against diseases like cancer. Did you know that one serving of strawberries has more than a full day's requirement of vitamin C?
- Crunchy Carrot:** That sounds good, but what is the impact?
- Sweet Strawberry:** Vitamin C helps keep people from getting sick. But I don't want to hog the spotlight. You have a lot to offer, too, Crunchy Carrot!

- Crunchy Carrot:** Yes. I'm an excellent source of vitamin A. Vitamin A is especially important for the eyes. Some people who do not get enough vitamin A have trouble seeing at night!
- Cheddar Cheese:** That would not be good in this dark space!
- Crunchy Carrot:** Vitamin A also helps keep the skin healthy and can help protect against infections. I'm also a convenient snack!
- Whole Wheat Bread:** Well, you guys are great, but I can provide benefits beyond those!
- Sweet Strawberry:** What are you talking about, Whole Wheat Bread? I've heard all kinds of bad things about carbs like you.
- Whole Wheat Bread:** You can't believe everything you hear. White bread may have little nutrition, but whole grains are an important part of a healthy diet!
- Sweet Strawberry:** Sorry! I didn't mean for you to take offense! Tell us more.
- Cheddar Cheese:** Yes, exactly what do you have to offer?
- Whole Wheat Bread:** Fiber, for one thing! Fiber helps people digest. Fiber also helps people feel full faster and longer. Many whole grains also include iron, magnesium, and other important minerals the body needs. You might also be surprised to learn that whole grains can be a good source of protein.
- Slice-O-Turkey:** Ahem! Not as good a source of protein as I can provide!
- Sweet Strawberry:** Why is protein important, Slice-O-Turkey?
- Slice-O-Turkey:** Protein is a building block for tissue. I mean bones, muscles, skin, and even blood. Did you know that hair and nails are made mostly of protein?

- Crunchy Carrot:** Not until now!
- Slice-O-Turkey:** It's true! And unlike most vitamins and minerals, the human body cannot store protein. People need to eat protein every day to make sure it's available when the body needs it.
- Cheddar Cheese:** Protein also comes in dairy foods, like milk and yogurt. I have about seven grams of protein per ounce.
- Slice-O-Turkey:** Cheddar Cheese, tell us, what else can you offer Misha?
- Cheddar Cheese:** Calcium, mostly. Calcium is important for strong teeth and bones. People added vitamin D to me to make sure the body absorbs the calcium.
- Sweet Strawberry:** Don't people get vitamin D from sunlight?
- Cheddar Cheese:** That's right. That's why it's important to play outside. Some foods like salmon and tuna also have a small amount of vitamin D.
- Sweet Strawberry:** It sounds like we all have something to offer.
- Whole Wheat Bread:** That's why we're all in here! We're all unique. And we're all part of a healthy, balanced, and nutritious diet.

Make It Your Own

Work together to write a new ending in which Misha chooses one or more of the foods from the refrigerator. Include your ending in your performance.

Performance Tip

With your group, work together to make simple costumes.

Lights, Camera, Action!



Read with Fluency: Reading Rate

Think about the rate you will read your lines. You may change your rate to show your character is in a rush or is slowly figuring things out.

Take a Bow

	Always	Sometimes	Not Yet
1. Everyone could hear me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I read smoothly, clearly, and at the right volume.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I didn't read too slowly or too quickly. My pace was just right.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I read with feeling. My character sounded natural.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. What did you like best about this script? What would you change?
