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**American Dietetic Association  
Mosby-Great Performance  
Blackthorn Productions**

# HEALTHY EATING FOR THE WHOLE FAMILY

Final Script

FADE IN:

1. GRANT MIDDLE SCHOOL.

Parents come to pick up their children. We see a variety of shapes and sizes obvious in all generations.

**NARRATOR:** (voiceover)

CHILDREN TEND TO EAT THE WAY

THEIR PARENTS EAT.

IT'S EVIDENT:

HEALTHY EATING HABITS

BEGIN AT HOME.

2. INTERIOR. DINING ROOM.

A parent uses a serving spoon to dish beans on a plate.

AS A PARENT,

YOU SET AN EXAMPLE.

3. Another parent uses utensils to lift leafy greens onto a dish.

THE FOODS YOU EAT,

WHEN YOU EAT,

4. A child takes a slice of bread from a plate.

... AND WHAT TO SERVE

YOUR CHILDREN ...

WILL HAVE AN IMPACT ON THEIR

HEALTH FOR THEIR ENTIRE LIVES.

5. A teenager opens a refrigerator door and looks inside.

IT'S IMPORTANT TO UNDERSTAND  
THE PRINCIPLES OF HEALTHFUL  
EATING ...

6. A five-year-old reaches into a low cupboard.

.. AND THEN HAVE ON HAND, AND  
PREPARE ... FOODS THAT  
EVERYONE WILL ENJOY.

7. Wide shot of a family eating together.

**SUPER TITLE: HEALTHY EATING FOR THE WHOLE FAMILY**

THAT'S THE FOUNDATION FOR ...  
HEALTHY EATING  
FOR THE WHOLE FAMILY.

8. Marty Yadrick, a Registered Dietician, being interviewed on camera in an office.

**MARTY YADRICK:** (on camera)  
"A lot of Americans still do have a  
little too much fat in their diet.  
We're doing a lot better than we  
were ten or 20 years ago, certainly.  
But we still love that taste of fast,  
and we need to reduce it to a lower  
level that's going to reduce our risk  
of disease and be healthier for us  
all around."

9. Bettye Nowlin, a Registered Dietician, is interviewed on camera.

**BETTYE NOWLIN:**  
"A lot of American children are  
overweight today, more than ever.  
We're finding obese children. Part

of that problem is that there are a lot of latchkey kids where people are working outside the home. They eat a lot of snack foods and watch TV."

10. Georgia Kostas, a Registered Dietician, is interviewed on camera.

**GEORGIA KOSTAS:**

"We really need to encourage our young people to get out there, start moving, and to become more physically active. We really want to make sure that our 'tater tots' don't grow up to be couch potatoes."

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14. A beautiful assortment of fruit, with sliced kiwis, bananas, melons, apples, etc.

**NARRATOR:** (voiceover)

HEALTHY FOODS ARE FRESH,

DELICIOUS ... AND FUN.

15. Extreme closeup of fresh corn kernels on cob.

THEY CRUNCH,

AND BURST WITH FLAVOR.

16. Extreme closeup of juicy watermelon slice.

THEY'RE SWEET,

AND MOUTH-WATERING.

17. Backlit array of multicolored pastas, looking almost like a painting.

COLORFUL, AND SIMPLY

BEAUTIFUL.

A MONTAGE OF SHOTS OF "FUN" FOOD FOR KIDS.

For example:

18. A parent pours yogurt into popsicle trays.

YOU CAN MAKE NUTRITIOUS

FOODS EVEN MORE FUN FOR KIDS:

19. A child comes and takes out one of the now-frozen pops.

... TURNING YOGURT INTO POPS.

20. A pizza with peppers, cheese and tomatoes transforming the pizza into a clown face.

... OR PIZZA INTO CLOWNS.

21. An array of international cookbooks.

TODAY, EVERY BOOKSTORE HAS A  
COOKBOOK SECTION THAT OFFERS  
PLENTY OF RECIPES FOR QUICK  
AND NUTRITIOUS MEALS.

22. A child helping in the garden.

GET CHILDREN INVOLVED  
WITH FOOD.

PLANT A GARDEN ...

... OR JUST VISIT A LOCAL

FARMER'S MARKET ...

... WHERE YOU CAN TASTE,

SMELL AND EVEN FEEL  
THE FRESH GOODNESS.

23. A long hand-held shot around a family with children eating dinner.

WHEN FEEDING YOUR FAMILY,  
SERVE A VARIETY OF FOODS,  
IN THE APPROPRIATE  
PORTION SIZE.

JUST BY OFFERING NUTRITIOUS  
FOODS, YOU'RE TEACHING THEM  
WHAT'S HEALTHY.

OFTEN CHILDREN NEED TO BE  
EXPOSED TO A NEW FOOD MANY  
TIMES BEFORE THEY'LL LIKE IT.

ENCOURAGE CHILDREN TO TAKE  
ONE BITE OF EVERYTHING SERVED.

... BUT ANYTHING THEY DON'T  
LIKE, THEY DON'T HAVE TO EAT.

WITH TIME,  
THEY'LL LEARN TO CHOOSE A

VARIETY OF FOODS THEY LIKE.

24. Parents and children are doing some fun activity, like roller-blading, riding bicycles or other choices.

REMIND YOUR FAMILY WHAT  
FOODS DO FOR YOU:  
THEY GIVE YOU THE ENERGY TO  
RIDE YOUR BICYCLE ...  
MAKE THE SOCCER TEAM ...  
CHASE A NEW PUPPY ...  
  
... ENERGY TO DO THE THINGS  
THAT ARE FUN  
IN YOUR BUSY LIVES.

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*To see the complete script, contact me at [matrazzo@msn.com](mailto:matrazzo@msn.com)*

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