

STEM Learning Video Script

Nutrition - Final

Elena learns about healthy eating.

Characters:

- Carolina (expert)
- Jorge
- Juanito
- Elena (grandmother)
- Isabela
- Carlos
- Alejandro

SCENE 1: Carolina and Jorge's Kitchen

Juanito is sitting in his high chair; Carolina sits next to him. Juanito eats the last two pieces of cereal out of a bowl and mumbles something.

CAROLINA: Is that good? Do you want more?

Carolina gives Juanito a sippy cup, stands and walks over to the cabinet. We hear distant thunder. Carolina looks out the window. We hear a car pull into the driveway.

CAROLINA: Grandma is here, Juanito!

Carolina opens a cabinet and grabs a box of cereal. She starts to pour some out and realizes she doesn't have Juanito's bowl. Elena knocks on the door.

CAROLINA: Come on in, Mom!

Carolina walks back to the table to grab Juanito's bowl. Elena enters carrying a grocery bag full of drinks and a box of donuts.

ELENA: Happy Birthday, Juanito! Did you ask for rain for your Birthday?

Juanito smiles. Elena sits down at the table and glances back to see Carolina. Carolina looks out the window to check the weather again.

CAROLINA: It can't rain! I don't have room for everyone inside...

She pours Juanito more cereal. Elena quickly gives Juanito a donut. He attempts to eat the whole donut in one bite. Carolina approaches with the bowl of cereal.

CAROLINA: Mom, Juanito doesn't need all that sugar!

Carolina grabs the donut out of Juanito's mouth and sets the cereal in front of him. He cries briefly and then eats some cereal. Carolina sets the donut on the counter.

ELENA: Today is his first Birthday, I wanted to get him a treat!

Elena walks to the sink and fills a pot with a little water.

CAROLINA: Mom, Juanito doesn't need all that sugar! (singing to Juanito) We gotta "shake the salt, dump the sugar, trim the fat."

Juanito giggles. Elena heats up some water and instant coffee on the stove.

ELENA: What is that?

CAROLINA: It's something that Jorge says when we're cooking. It's a reminder that we want to stay healthy.

Carolina glares at Elena.

ELENA: It was one donut!

Elena gets a coffee mug from the cabinet and pours herself a cup of coffee. She adds some sugar. Juanito drinks from his sippy cup.

CAROLINA: Yes, Mom! But there are better alternatives. Too much sugar can make him overweight.

Exposure + Genetics Version

CAROLINA: I don't want him to end up like Dad.

ELENA: Your father's diabetes—

CAROLINA: And high blood pressure, and lung cancer...

ELENA: Yes, yes, but that wasn't just from eating donuts.

Carolina grabs her tablet from the table.

CAROLINA: But since Dad had diabetes, Carlos and I have an increased risk.

ELENA: What does that mean?

CAROLINA: It means that Carlos and I have more chances of developing diabetes because of our family history. Remember that I had gestational diabetes with Juanito? You know, the diabetes that you can get in pregnancy...Just watch this video the doctor showed me.

VIDEO:

CAROLINA: So you see? If Dad had those health problems, then I might have those health problems, which means Juanito could too.

Juanito fusses a little.

CAROLINA: Do you need a diaper change? (to Elena) Mom, please don't start on the food without me.

More thunder. Carolina pauses and looks out the window. She sighs. Carolina picks Juanito up and walks toward the living room.

ELENA: (under her breath) Now I don't know how to cook?

Carolina stops.

CAROLINA: Please?

ELENA: Okay...

Carolina exits. Elena pauses, then approaches the refrigerator.

SCENE 2: Carolina and Jorge's Kitchen

Later that day. Isabela has arrived and is chopping watermelon at the counter. Elena is at the sink rinsing beans. (NOTE: These would be from

a bag, not a can.) There are some finished dishes on the table, in the glassware that Isabela brought in the previous video. Carolina enters.

CAROLINA: Juanito *finally* went down for a nap.

Carolina walks over to Isabela.

CAROLINA: That watermelon looks so good!

She eats a piece of watermelon and glances out the window.

ISABELA: Worrying isn't going to stop the rain.

CAROLINA: I can't help it! The party has to be outside!

Carolina sits down at the table. Elena leaves her rinsed beans by the stove and looks in the refrigerator.

ELENA: Did you see the drinks I brought for my grandsons?

CAROLINA: The soda? Yes, but they are full of sugar!

ISABELA: It's true. I try to limit how much sugar Alejandro drinks. That's why I'm only adding a little sugar to my agua fresca.

Isabela puts the chopped watermelon in the blender.

ELENA: I thought you might say that, so I also brought some juice.

Elena holds up a carton of orange flavored drink.

ISABELA: I'm sorry to tell you this, sweet mother-in-law, but that isn't juice. It's a sugary drink that looks like juice.

Elena inspects the carton.

ELENA: No, it says right here, it's full of vitamin C.

CAROLINA: And sugar.

ISABELA: Lot's of it.

Isabela chops some more watermelon.

ELENA: Ah! No donuts, no soda, no juice...

Elena puts the orange drink back in the refrigerator.

ELENA: Are you out of lard?

CAROLINA: No, I don't cook with it anymore. (singing) "Shake the salt. Dump the sugar..."

Elena closes the refrigerator and turns to face Carolina.

ELENA: (not singing) "Trim the fat." Yes, I remember, but how am I supposed to make the beans?

Isabela stifles a laugh.

CAROLINA: Use oil instead. Liquid fats are better than solids.

Elena goes to the cupboard.

ELENA: It won't be as good...

Isabela fills a cup with water at the sink.

CAROLINA: I know, but once I started using oil, Jorge thought they were just as good.

Elena pours some oil in a pot.

CAROLINA: I just want to keep our family healthy, and I want you to be around when Juanito and the twins are older!

ELENA: I'm fine! You worry too much.

Isabela turns toward Elena. Elena pours the beans in the pot. Carolina is checking the weather on her tablet.

ISABELA: I wish we had worried more with my father-in-law! Carlos misses his dad all the time, and Alejandro barely remembers him.

Isabela brings a small bowl of watermelon and a glass of water to Carolina. Carolina looks up from the tablet.

CAROLINA: Thanks.

*Isabela takes the tablet from Carolina, turns it off, and sets it down.
Carolina smiles.*

ELENA: Okay, okay! I want to see my grandbabies grow up. And if I have to cook my beans with oil to do it...

*Elena faces the stove, cooking. Carolina and Isabela smile at each other.
Carolina takes another bite of watermelon.*

SCENE 3: Carolina and Jorge's Patio

Jorge and Carlos are stuffing the piñata with candy and fruit. Alejandro sits nearby but he's glued to his phone. There are some peanuts and pistachios on the table.

JORGE: It wasn't that long ago that we were doing this for Alejandro's first birthday.

CARLOS: Yeah. He was just as helpful then!

They laugh. Alejandro isn't listening. At all. He continues looking at his phone. Jorge eats a few peanuts. Carlos puts some clementines in the piñata.

JORGE: Were they out of potato chips at the store?

Jorge smiles.

CARLOS: The doctor said too much salt could lead to high blood pressure so Isabela is making sure I do not eat too much salt. Isabela did some research, apparently there are many ways we can cut down on extra salt.

Carlos swats at some flies.

JORGE: Yeah, I know. Carolina told me. We eat healthy in this house too! (singing) We gotta "shake the salt, dump the sugar, trim the fat."

Jorge puts a last piece of candy in the piñata.

JORGE: Well, most of the time.

They laugh. Carlos swats at flies.

CARLOS: Agh! These flies are terrible.

JORGE: Yeah, that's next on our list.

Carolina comes outside. Jorge and Carlos look up.

CAROLINA: Jorge, we need to find someplace for Juanito's party.

Jorge pauses, confused.

JORGE: The party that's starting in a few hours...?

CAROLINA: Yes, the party that's starting in a few hours! What other party would I be talking about?

JORGE: Whoa. What happened to having the party here?

CAROLINA: I was watching the weather forecast all morning and I can't have our guests standing outside in the rain and I don't have room for everyone inside and we need to find a new place and I need to call everyone...

As Carolina rambles, Alejandro watches for a moment, then goes back to his phone. Both Jorge and Carlos attempt to interrupt, but they do not succeed.

CAROLINA: ...and if my mom has her way she's going to feed Juanito bowls of fat and sugar—

Alejandro holds his phone up in front of Carolina's face.

CAROLINA: Alejandro, what—?

She sees the phone screen for the first time.

CAROLINA: Wait. What?

Carolina grabs the phone from Alejandro and looks closely at satellite images of rain clouds bypassing their neighborhood (marked by a pin on the screen). Jorge and Carlos make eye contact and look back at Carolina. She lowers the phone.

JORGE: Well?

CAROLINA: (she clears her throat) It seems that the bad weather will miss us by about...

She looks at the phone once more.

CAROLINA: 20 miles.

Carolina hands the phone back to Alejandro and gives him big hug. He accepts the hug but doesn't hug back. Carolina grabs a clementine from the table and hands it to Alejandro.

CAROLINA: I love you, Alejandro.

Alejandro stares at the clementine. Carolina goes back into the house. Jorge and Carlos stand staring as she exits, piñata on the table. Alejandro sets the clementine down and goes back to his phone.