

The King of Foods II

CHARACTERS:

Child

Protein

Lime

Fat

Sugar

Vitamin Triplets

CHILD: Oh, dear, I am so very tired,
I feel so frail and weak;
I never want to run and play,
But couch or bed I seek.
How can those children run about,
As if they trod on air?
I'd love to be as free as they
From worry and from care.
Oh! Children! Come and talk with me;
Tell me the secret sweet,
That makes you dance so joyously,
All up and down the street.

ALL:
Oh, we are merry builders;
We're happy all the day,
Because we know that as we build,
We're strong for work or play.

CHILD: Tell me, I beg, what is't you build?
I see no tools about;
Why do you talk of building,
When you play and run and shout?

ALL:
Ha! Ha! But you are funny,
You do not understand;
We build up healthy bodies;
Train mind, and heart, and hand.

Come, let us call our carpenters
To tell their story here:
We'll charm this little brother,
And bring him joy and cheer.

Come, Protein, show the muscle
That comes by your good care;
Tell little white-face brother,
How he may find his share.

PROTEIN:

I dwell in lots of dainties
And goodies that you eat;
I make your play more joyous,
Put springs beneath your feet.
I build the pretty muscles
That clothe your body fair;
And here is Lime, my brother,
Who helps to make bones and teeth with care.

LIME:

Oh, here comes jolly Fatty!
He keeps you warm and glad;
He laughs with glee to see cheeks swell;
But when they're thin, he's sad.
He has a twin called Sugar,
Oh, isn't she most sweet?
Who would refuse such treat?

FAT:

The Magic Triplets are coming,
They have such funny names;
The little Vitamins, they are;
They know some wondrous games.

CHILD: I'm very glad to see you all;
Now tell me what to do,
So I may run and play and grow,
As other children do.

ALL: What do you eat? What do you drink?
And how much do you weigh?
How tall are you? How old are you?
Listen to what we say.

SUGAR: Do you eat fruit and bread and grains?
Or would you pie and cake?
You never, never will grow strong
Unless good foods you take.

VITAMIN TRIPLETS:

You must not let your body starve
For foods these builders need;
But you must choose the proper things,
And then they'll work with speed.

ALL:

Now, let us show the King of Foods!
Wherever he reigns is health;
He wears no crown of gold or gems,
But he brings the gift of health.
He carries Iron, and Sugar, and Fat,
And mighty Protein, too,
And Lime for bones, and Vitamins,
Will you let him work for you?

CHILD: I thank you, friends, for your kind help;
I'll go to work this day,
To live with this kind monarch
And all his rules obey.

(Song)

Here's to good pure milk,
Drink it down!
Here's to good pure milk,

Drink it down!
Here's to Milk, the King,
Who will health and happiness bring,
Drink it down, drink it down, drink it down, down, down.

The End