

The Value of Milk

CHARACTERS: 10 children

PROPS: A large milk bottle, roughly 25 inches high, with a base of 12 inches. The bottle is made into sections on which the characters lettered one word on each section. The words start from the base and go up in the following order: Protein, Lime, Sugar, Fat, Vitamins

Scene

CHILD 1: We are going to tell you about the value of milk. Milk has a power beyond all other foods to build strong bodies for boys and girls. Every time you drink a glass of milk, you are really building up your body.

CHILD 2: *(Places the first section on a table.)* Protein builds muscle and brings you energy and vitality for work and play. You find it in the thick curd of sour milk and in cheese. You also find it in meat, but it is better in milk bottles than in meat.

CHILD 3: *(Places second section on top of first.)* Lime, or calcium, helps to build strong bones and firm white teeth.

CHILD 4: *(Places third section on top of second.)* If you would have warmth for your body you must have sugar. This gives you the energy to work and to play.

CHILD 5: *(Places fourth section in place.)* Fat is another helper who makes both warmth and energy.

CHILD 6: *(Places the small sections forming the neck of the bottle in place.)* There are three builders who work as if by magic. They have been called the Vitamins and we know little about them except that they have the magic power of making your bodies grow.

CHILD 7: *(Places a fitted cover of white oilcloth over all the sections, thus making it resemble a bottle of milk. On the front of the bottle is written "Drink at Least a Pint of Milk Every Day.")* In order that these helpful little builders may give you their full share of work, you must drink at least a pint of milk every day. You may drink this from a glass or take it in cocoa, creamed vegetables, or puddings.

CHILD 8: *(Places to the right of the bottle a raffia basket holding spinach, potatoes, carrots, beets, etc.)* But to do their best work these milk builders need to work side by side with other workmen, one of whom is called Iron who helps to build red blood. You can secure his services by eating plenty of green vegetables and fruits. You will also find iron in eggs and meat.

CHILD 9: *(Places a similar basket to the left of the bottle, which contains fruits—apples, oranges, grapes, etc.)* But you will have to have some workmen to keep your house in order

while all these builders are at work. For this, you call upon the Laxative Brothers by eating fruit and green vegetables so that your intestines and kidneys may be kept clean and active.

CHILD 10: (*Places a simple poster representing a loaf of bread and a bowl of cereal is placed behind the exhibit.*) If you let all these helpful little fellows do your work, you will have a strong active body, and you will be up to weight for your height and age.

ALL CHILDREN: We will drink milk every day. Hurrah for milk! Hurrah for health!

The End