



FRIENDS OF THE FAMILY
Episode 3. Being Better
FAN/HFLE - ASHE PROJECT

DREAM SPACE

GRANNY B.

Nobody likes being told what to do.
Not big people, nor little people too.
If you force them to eat healthy, you
end up in strife, cause Young people
don't want you directing dem life. But
this Granny B have a trick up her
sleeves. Food is just food, that's
what young people believe. But food
can be poison, slowly killing with
time. I have to keep dreaming Jamie
till she change her mind.

There is a loud sound of a gong and we hear Jamie's scream as
if coming from a distance.

SAGE

Ok. Ok. Ok. Ok. STOP. SCREAMING. NOW.
(Jamie screams again.)
Look. If you stop screaming, I will
give you some foooooood.

JAMIE

Are you trying to buy me with food?

SAGE

Well, since you put it that way...
yes. Is it working?

JAMIE

Yes. No. Well, it depends. What kind
of food?

SAGE

Lots and lots of junk...

JAMIE

I don't eat junk...

SAGE

That's what you think.

JAMIE

Excuse me mister... whatever you said
your name was.

SAGE

Sage. As in Saus-sage... And I'm so
glad that you could join me today, we

are going to have so much fun. Are you ready for another tender-fried, juicy, tasty, deliciously salty flavoured sausage with some deep fries? Chip and I make a perfect combination.

JAMIE

Yay! Yay! I'm super excited! I don't see any Chip around though.

SAGE

He is sleeping, he likes to linger around. Don't want to wake him `cause he's super hyperactive when transforming into the sugar you love.

JAMIE

Ouch! My stomach hurts a lot!

SAGE

Sounds like hunger. All you need is your regular sausages and fries, and you'll feel... well... you will feel better...?

CALLALOO-SPINACH

Jamie, don't listen to that trickster mixer, food junk fixer. He is all high cholesterol junk. Pure garbage. Your stomach hurts because the fries and sausages just sit around inside, they are hard to digest. Those heavy fries and sausages have w-aaaaa-y too much fat, sugar and salt. Not good for your health.

JAMIE

Who are you?

CALLALOO-SPINACH

I'm Callaloo-Spinach, but you can call me Calla. I'm all natural, soft and gentle on the stomach. I'm fully loaded with nutrients to keep you healthy; I have vitamins and minerals that help boost your immune system. This system keeps you safe from viruses and bacteria that cause disease. It also defends your body from other things that can hurt you, like toxins. Plus, You'll have no more

tummy aches from Sage.

SAGE

Are you going to listen to that green bush in need of trimming? Eating healthy is so boring, there's nothing fascinating munching on that weird plant. I'm the best meal choice, and your well refined friend. You're young, no need to worry about anything.

CALLALOO-SPINACH

She's not a friend, just a disaster calorie bomb. All she does is pollute your body with added sugar and bad fats from animal products like red meat, beef, goat, pork, bacon and sausage.

JAMIE

Well I like bad fats then.

CALLALOO-SPINACH

No Jamie. You like the taste of it but your body hates what it's doing.

JAMIE

No. Trust me. My body just looooves that kind of food.

CALLALOO-SPINACH

Well, maybe we should ask your body. Look here at the lining of your stomach and intestines...

We hear more sound effects.

CALLALOO-SPINACH

Pretty soon all your tubes will be clogged and blocked. Look, at those large molecules clustering together into large fat droplets, around you.

JAMIE

Yuck!!!

CALLALOO-SPINACH

Yup. That's how your body sees it. You have to start seeing food like how your body sees it. Not just like how

your eyes and tastebuds see it. Your body doesn't like the look of too much red meat and deep fried food at all. That's all bad fats.

JAMIE

So what kind of food does my body want to see then?

CALLALOO-SPINACH

Well, good fats come from nuts, seeds, olive oil, avocado pear, ackee, cheese, eggs, fatty fish - herring, sardine, mackerel etc.

JAMIE

But I eat those things too.

CALLALOO-SPINACH

Do you...?

JAMIE

I do... well... some of the times...

CALLALOO-SPINACH

Some of the times...?

JAMIE

Well... every now and again...

CALLALOO-SPINACH

Really...?

JAMIE

Well. Honestly, more like almost-never, unless my mother forces me to eat it.

CALLALOO-SPINACH

And yet, you are willing to eat the food your body doesn't like, everyday. Remember, your body is your best friend.

JAMIE

Hmmm.. I never thought of it like that before.

CALLALOO-SPINACH

Yup. Your body is like a best friend. If you are good to your best friend,

then your best friend will be good to you. What do you think if everyday you passed your so called best friend and punched him or her in the belly?

JAMIE

I wouldn't do that to a best friend or to any friend. Or to anyone.

CALLALOO-SPINACH

Exactly. So why do that to yourself?

JAMIE

Huh?

CALLALOO-SPINACH

Why do that to your body?

JAMIE

I don't understand.

CALLALOO-SPINACH

Yes you do. The food you eat everyday is like a kick and a punch to the organs of your body.

JAMIE

But I really enjoy eating a lot of fried sausages every day. I don't know how to stop.

CALLALOO-SPINACH

Eating a lot of sausages and drinking those sugary drinks you love every day is not healthy. These processed foods cause constipation, clog up your arteries and increase the chances of diabetes and high blood pressure.

JAMIE

Yikes!!

CALLALOO-SPINACH

As for all those sodas you love... Soda has no nourishment.

JAMIE

It nourishes my mouth and quenches my thirst.

(she laughs.)

That works right?

CALLALOO-SPINACH

Not even that. Unless you like having dental cavities and the chance of losing your teeth.

JAMIE

Yikes!!!

CALLALOO-SPINACH

It is only sugar and water and coloring, and we drink too much of it. Drink water instead, Walk with your water bottle.

AC 2 Sc 2

INT. - MORNING

There is a loud sound of a gong and we hear a voice calling Jamie. It is Marie.

MARIE

Jamie. Jamie Myrie.

There is a loud knocking on the door.

MARIE

Jamie. Enough sleeping now, you need to come and get something to eat.

JAMIE

Mom. I am not eating healthy; I must do better.

MARIE

What? What did you say? Jamie are you feeling ok? Anyway, breakfast time is gone but we left your food on the stove. Hurry! You are going to be late for piano practice today.

JAMIE

Coming Mother! By the way Mom, I would like to have your special callaloo and boiled foods dish tonight please.

SEBASTIAN

No man. Sis, are you okay? You never ask for callaloo.

MARIE

Sebastian, don't question it. Callaloo she wants, callaloo she gets. And guess what? You will get it too...

SEBASTIAN

No thanks. I will be fine.

JAMIE

Yes you will be fine. Callaloo is an excellent food source for...

MARIE

Hold on. Who is this? And what have you done with my daughter? Really though, what's going on with you Jamie? Not that I mind it at all...

JAMIE

It's a long story, Mom. But I promise not to overindulge in any more junk food, and I'll run around the block with Sebastian tomorrow when he is warming up for track.

SEBASTIAN

No problem sis.

MARIE

Anyway, eat up my dear, remember to wash the dishes and sweep out the house, afterwards.

Your dad is getting ready to drop you off at piano practice. When you get home from practice, dust down the furniture in the living room.

JAMIE

Mom, you never let Sebastian do any chores in the house. All he does is sit around like a King and play games all day.

SEBASTIAN

No still. I help mom to prepare breakfast for you and I help cook dinner. So, that counts for something.

JAMIE

It counts for the fact that you love

yuh belly.

SEBASTIAN
You love your belly too, but you don't
help cook the food.

MARIE
He has a point.

JAMIE
Mom, why do I have to do all that
housework?

SEBASTIAN
That's because you are a girl, I am
the man of the house...

MARTIN
What was that?

SEBASTIAN
Second to daddy, I am the man of the
house.

JAMIE
Man of the house my foot! Sixteen is
not a man! This is so unfair! You even
get to go everywhere, without mom
asking any questions even if you come
back in the wee of the night.

SEBASTIAN
Jamie, face facts. I am a male. I am
sixteen and I have sports to do.

JAMIE
So what? I am a female. I am almost
fifteen and I do dance and debating.
You are such a spoiled brat!

Sebastian and Jamie start arguing but Marie cuts through the
noise, telling them to be quiet.

MARIE
Quiet! Both of you! Be Nice. Apologize
to each other, now!

Both of them mumble underneath their breaths. Sorry.

MARIE
Your sister is right, I've never

thought about it, until now. I've been unfair. Jamie, I never wanted you to feel undervalued...I'm glad that you've started making progress and decided to stop eating all those junk food. Sebastian, starting today, you're going to help around in the house. Wash the dishes after breakfast and help your sister dust when she gets back from practice.

SEBASTIAN

Mom. That.....

MARIE

That's final! Listen Sebastian, I am very happy that you have taken to cooking and see the value in it. I want you to understand that Jamie's household chores are also very valuable, not just because it keeps our house clean but also because the discipline of doing these chores can be applied to school work and everything else. Discipline is discipline.

MARTIN

It can even make you a better athlete son. Discipline is discipline. What you learn in being disciplined enough to do your household chores consistently will carry you through life. But anyways, we must also be disciplined around time. Jamie, make sure you reach the car in ten minutes time. I am not waiting. You should have gotten up earlier with us and eat breakfast long time ago to be ready to go to your class.

MARIE

You know dear, we have some good kids. I'm glad they challenge us sometimes and make us think. We all growing as a family.

MARTIN

Yes and I'm glad the five star healthy food cook knows he has other household responsibilities.

MARIE
And the value of those
responsibilities.

A loud gong sounds and Granny B is heard.

GRANNY B.
Something about this just feels so
good in my spirit. Not perfect yet,
but we don't need perfection, we just
need to do the best we can with what
we have.

END OF EPISODE