

ECHO Script

Emergency and Community Health Outreach



ECHO Script “Get Fit, Eat Smart and Be Well!”

TRANSLATORS: Please translate this title, as well as the script. Let me know if you have any other questions about this script!--Larry

Deadlines: English version final script due 1-13-06
Translation scripts (all six versions) due 1-20-06
Audio recorded 1-24-06 / Edited by February 24th, 2006

-- PACKAGE SCRIPT ONLY – For SPNN-TV to edit on behalf of ECHO

EDIT DIRECTIONS	AUDIO TRACK
<p>SPNN-TV: Please remember to provide the list of credits to Lillian for use with TPT graphics during taping. Thank you. ECHO</p> <p>--NAT SND – Ethnic Festival</p> <p>--NAT SND –</p>	<p>(1) Every culture has its own traditions and customs that make it unique.</p> <p>(2) But sometimes customs or activities can change when people move to new places. Foods common in one country may not be found in another. -- NAT SND--</p> <p>(3) Eating healthy foods is important no matter where you live. But sometimes immigrants and refugees new to the United States cannot find the foods common in their county of origin. To stay healthy, it's important to learn what foods are best for you and your health. -- NAT SND--</p> <p>(4) Eating fruits and vegetables at every meal helps you and your family get the vitamins you need for good health.</p> <p>(5) Carrots, broccoli, cabbage, spinach and other leafy greens are some of the many American vegetables commonly served with meats, fish, chicken or pork. Apples,</p>
<p>(3) Stay with edits from festivals and if possible, include pictures of people eating foods.</p> <p>(4 - 5) This may require a shoot at a grocery store showing fruits and vegetables (?)</p>	

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<p>(6) Note: If possible, show some pictures of “fast foods” without revealing vendor logo’s. Things like French fries, etc.</p> <p>(7) Candy Bars? Snack machine at SPNN?</p> <p>(8) We are trying to show portion control. Any chance SPNN could do a shoot with dissolves by filling a plate heaping with food and then slowly take foods away to reveal 6 oz. of meat, fruits and vegetables?</p> <p>(9-10) We need to itemize these items... grocery store and/or St. Paul Schools shoot?</p>	<p>bananas, oranges, pears and grapes are fruits that are sweet and can be healthy snacks between meals.</p> <p>(6) Salty chips, fried foods and sugar--filled cookies and candies aren’t healthy because they fill the body with fat and can lead to health problems.</p> <p>(7) Eating foods filled with sugar and fat can make you overweight or make you sick from diabetes or heart disease. To stay healthy, eat fruits and vegetables and avoid snacks or meals that contain a lot of fat and sugar.</p> <p>(8) In addition to fruits and vegetables, adults and children need some protein each day. Protein is most commonly eaten from cooked meats, fish or poultry each day. It can also be found in beans, peas, nuts, milk, and cheese.</p> <p>(9) How much you eat is just as important as what you eat. You must eat enough food in enough variety to satisfy your body’s nutritional needs – but at the same time you should not eat too much that you start gaining weight. Gaining too much weight can lead to some health problems. Doctors and nurses can help you know if you’re eating more than your body needs.</p> <p>(10) Another way to keep your body healthy is to eat slowly. It takes time for food to settle before the stomach feels full. Taking time to eat reduces the chances of eating too much.</p>
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(11)

Demonstrate exercising... people walking... or dancing... etc. This need not be exercise classes (unless available) but we're trying to impress inexpensive ways to get exercise each day.

-- NAT SND--

(12)

Come back to festival shoot with healthy activity (healthy eating, etc.!).

(11)

A healthy diet is full of fruits, vegetables, proteins and healthy activity. Daily exercise like walking and dancing helps burn fats and sugars that can make the body gain weight. Adults need 30 minutes of physical activity each day – children need twice as much activity. Exercise is healthier if practiced every day, rather than one in awhile or all at once. To keep the body moving, pick something fun to do so you enjoy exercise every day!

-- NAT SND--

(12)

Eating healthy foods and exercising daily is a recipe for good health. In addition to trying some new foods, immigrants and refugees can develop healthy habits for everyone living, eating and exercising in America!

(Word Count 480)