THE NURSERY RHYME SKIT

Characters: Mother Goose, Mrs. Jack Sprat, Little Miss Muffet, Humpty Dumpty, Jack Horner, Old Mother Hubbard, Old Woman who lives in a shoe, Mrs. Nimble

MOTHER GOOSE: The meeting of the Nursery Rhyme TOPS chapter will now come to order. Who wants to speak first? How about you, Mrs. Sprat?

MRS. JACK SPRAT: Well, Mother Goose, my husband, Jack Sprat, eats all the lean meat and leaves the fat for me. I know it really shows, but I don’t know what to do about it.

MOTHER GOOSE: Hay you thought about replacing those fats with fruits and vegetables? You can avoid the weight gains and pamper your arteries and your heart. Little Miss Muffet, what’s your problem?

LITTLE MISS MUFFET: I’ve een eating a lot of curds and whey. I’ve lost weight, but I’m getting so bored that even the spiders don’t scare me anymore. And after all this low-fat cottage cheese, I’ll probably regain weight when I go back to eating regular food. Does anyone know how I can keep my weight down without eating the same old things all the time?

MOTHER GOOSE: Fad diets don’t really help, Miss Muffet. You need a well balanced meal program with enough variety so you won’t get bored. Don’t think “diet”...think “change”...as in changing your bad eating habits. Humpty Dumpty, are you having any problems?

HUMPTY DUMPTY: Yes, I am, Mother Goose. I eliminated all dairy products from my diet because of the fat the contain. But after I fell recently, I haven’t healed as rapidly as I should have. The doctor says I lack calcium. How can I get the calcium I need without the fat?

MOTHER GOOSE: Have you considered eating lowfat cheeses and drinking skim milk? Then you’ll get all your calcium without the fat. Jack Horner, you look as if you’d like to say something.

JACK HORNER: My problem is those “forbidden foods” especially plum pie. Once I cut into a pie, I don’t stop eating until it’s all gone. Then I feel so guilty. And I find that I’m still hungry.

MOTHER GOOSE: Now, now, Jack. No food is really forbidden. Instead of forbidding yourself of all sweets, try eating smaller portions of them than you once did and incorporating the calories into your regular program. Binges often result from trying to eliminate certain foods instead of limiting portion sizes. Perhaps you could limit those high calorie foods to a certain time or situation, such as a small piece of pie at a party once in awhile instead of all the time at home.

MOTHER GOOSE: What about you Mrs. Nimble?
MRS NIMBLE: Hello, as you know, my husband, Jack, is always jumping over the candle stick. He’s very nimble and quick. He also walks the dog every afternoon and after dinner he jumps over that candlestick again and again. I, myself, am too busy cooking, cleaning, and planning the next meal to be jumping or walking the dog. Besides, in the afternoons, I’m so tired. I have to sit down and watch Oprah. I even have her cookbook. See...Although I haven’t made any of the recipes yet. I also need a nap in the afternoon.

MOTHER GOOSE: Well, Mrs. Nimble, cooking, cleaning, and planning are very important. But you are also important. Can you take just 30 minutes a day for yourself where you can take a walk, or do some kind of exercise? You will find that you have so much more energy.

Let’s hear from our new members. Old Mother Hubbard, why did you come to TOPS?

OLD MOTHER HUBBARD: I used to fast to lose weight and it worked. I kept my shelves bare of food so I couldn’t eat for days at time. I’d lose ten or more pounds in a week, but when I started eating again, I’d gain it all back plus more.

MOTHER GOOSE: That’s often the case with such drastic diets. By fasting, you are doing your body more harm than good because you’re not getting the nutrients and fiber you need. You are also setting yourself up for more serious problems, especially if you get sick. On a balanced diet, you can lose weight and keep it off while enjoying a wide selection of foods. Our other new member is Old Woman who lives in a shoe. Do you wish to speak?

OLD WOMAN who lives in a shoe: I have children all over the place. I spend half my time cooking for them. I keep tasting the food as I cook. I just can’t seem to stop. And when they have their milk and cookies after school, I always join right in.

MOTHER GOOSE: Try keeping low calorie snacks handy when you work in the kitchen. Gum, carrots, celery sticks, and fruit can keep your mouth busy while you are at the stove. And fruits and vegetables are good snacks for your children, too.

So, members, we all have problems with our weight. The good news is that as TOPS members we can learn better eating habits and receive support from each other, AND THAT’S NO FAIRY TALE!!