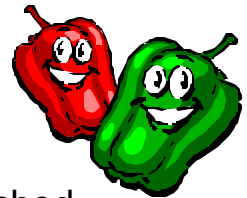


## Puppet Show – “The Scurvy Story”

Tomato: Hi kids! My name is Tammy Tomato. My friends and I are here to tell you about the scurvy mystery. But before I tell you the story I want you to meet my friends. Peter Pepper and Ollie Orange, come on out!

Orange: Hi kids! As you can see I am an orange and this is my friend Peter Pepper. We are all good friends and we all contain vitamin C. I hope you will like my friends. A cousin of mine, Lime, is shy, but she is the real star of our story. I am going to help my friends tell you about her.

Pepper: Okay. On with the show!



Tomato: Long ago in 1497, the British sailors on long voyages across the sea got sick. They never reached their destinations. Some of the sailors knew they would get this dreaded disease, but they didn't know how to avoid it. Some had painful deaths.

Pepper: This story is getting scary!!! The victims of scurvy became very weak. They developed sunken eyes, bleeding gums, stiff joints, and had no energy. Their teeth became loose and their bones broke easily. Most of the victims eventually died.

Orange: Finally a young English doctor, named James Lind, noticed something. He saw that scurvy began after the supply of fresh fruits and vegetables ran out on the boat. He experimented by giving each sick sailor a daily drink of lime juice. They quickly got better. People did not want to believe that such a horrible disease could have such a simple cure.



Tomato: After Dr. Lind's discovery, every British sailor was required to have a daily drink of fresh lemon or lime juice.

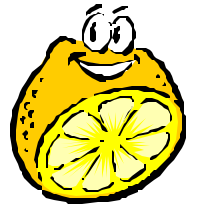
Orange: No more scurvy crews!

Tomato: You can be sure to stay healthy by eating good foods that contain vitamin C.

Pepper: Like oranges, peppers, grapefruit, and strawberries!

Tomato: Tomatoes and oven baked potatoes!

Orange: Vitamin C helps heal wounds, fight colds and the flu, and maintain healthy gums. Oh, the British sailors finally started eating lemons and limes for their vitamin C. That's how they became known as "limeys".



Tomato: We've got to go now, but we want to remind you not to forget to eat vitamin C fruits and vegetables every day!

Activity adapted from the Connecticut Nutrition Education and Training Program, University of Connecticut and State Department of Education Child Nutrition Programs, 1984.



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