

Sesame Street Season 36

Selected Health & Nutrition Shows and Segment Descriptions

STORYLINES

Show #4083 (Theme: Health: Physical Activity)

While everybody's playing catch on Sesame Street, Telly sadly admits to Baby Bear that he doesn't know how to catch a ball. Baby Bear assures Telly not to worry and tries to teach him how to catch. Much to Telly's disappointment, he keeps missing, even after trying to hold out his hands and keep his eyes on the ball. Baby Bear, Rosita and Maria all try to help Telly with a few more strategies to catch a ball but no matter how hard he concentrates, Telly keeps missing the ball. He thinks that perhaps he should just give up when all of a sudden, Baby Bear comes back with New York Yankees Manager, Joe Torre. Joe Torre encourages Telly by telling him that he is doing everything right but since catching can be a hard thing to learn, he just needs to *keep practicing*. As Joe Torre leaves, he throws Telly a beach ball and Telly catches it! Telly is thrilled that he caught the ball, and now wants to keep practicing more with Baby Bear.

Show #4084 (Theme: Nutrition)

Telly and Baby Bear are taking care of Curly for the day and since Hooper's Store has run out of apples, Curly's favorite snack, they try to get her to try another healthy snack- a banana! Unfortunately, Curly keeps turning it away so they tell her the story of "The Banana in the Stone," hoping to inspire her to try the banana. In the story, whoever pulls the banana out of the stone will be the king or queen of the medieval land. At the end, the young bear (Baby Bear) pulls the banana out of the stone in order to give it to his hungry little sister. By the time the story is over, Curly Bear, being so drawn to bananas through the story, had already eaten half the banana!

Show #4085 (Theme: Nutrition)

It's time to play "The Healthy Foods Name Game!" with Mr. Healthy Food as the game show host! Elmo has to find four healthy foods of various colors on Sesame Street before the mouse climbs to the top of the refrigerator. First, Elmo sets off to find a healthy food that is *red* and sees Luis who is cooking fajitas with red peppers, which are healthy and taste great! Zoe and Elmo find a *white* healthy food together. Old MacDonald and Gladys the Cow suddenly appear and give them a fresh glass of milk filled with vitamin D! Gladys wants to play! They all head over to the vegetable garden together in search of a green healthy food. They find lettuce, a healthy and crunchy part of any meal! Finally, just as they are looking for

a *purple* food to win the game, they see Snuffy who is pushing a giant purple eggplant home for his Mom to make some Eggplant Parmalupagus! Now that Elmo and his friends have found all four healthy foods, they receive their big, healthy prize. They get to *eat* all the delicious and colorful foods that they've found!

Show #4086 (Theme: Science/Nutrition: Cooking)

Big Bird's granny is coming to Sesame Street, and with Alan's help, Big Bird bakes "The World's Greatest Birdseed Cookies" for her. Big Bird and Alan have gathered all the ingredients they need- birdseed, applesauce, bananas, porridge and cinnamon. Then, Baby Bear comes in wanting his porridge, but tries a healthy fruit salad instead of his usual since Big Bird and Alan need the last bit of porridge to make the cookies. As Alan and Big Bird continue to mix the ingredients, The Count comes in to help them count and figure out how many cookies they will be able to make with the dough. When the cookies are all done, Granny Bird arrives and is so grateful for the cookies that Alan and Big Bird had baked for her! They all enjoy eating the cookies together, except Alan who is on a birdseed-free diet.

Show #4087 (Theme: Health: Physical Activity)

Telly is doing a "Monster on the Spot" report about Baby Bear who tells the story of what *really* happened to the three bears as the porridge cooled. Instead of just walking, they were really active as they ran *and* jumped through the woods. Suddenly, they find that they're lost in the magic garden of a wizard who put a spell on them and turned them into ducks. Baby Bear, using fun science words, tests his "hypothesis" that the type of animal they turn into depends on the kind of animal sound they make. Through his "experiment," he finds out that his guess is correct! They all make bear sounds and transform into bears again. The wizard wouldn't let them out of the garden until they name three things about vegetables. With the help of the "Singing Vegetables" who sing, "We Are the Vegetables," the three bears figure out that vegetables are delicious, are good for you...and are musical!

Show #4089 (Theme: Nutrition)

Alan is busy receiving a big delivery at Hooper's Store so Miles helps him out by watching the fruit stand. Elmo and Zoe walk by talking about cookies and ice cream. All of sudden, Sesame Street is transformed into a 50's musical show "American Fruit Stand." Miles sings "I Love Fruit" (a parody of "I Feel Good"), a song about how good fruit tastes and how good it is for the body. Elmo and Zoe get so excited about fruit that they now want an apple and an orange! Gina comes to the fruit stand and asks Miles for some peaches and pears. Sesame Street is transformed once again and Miles sings, "Peaches and Pears" (a parody of "Twist and Shout"). Maria needs some broccoli. It happens to be her lucky day because broccoli is a special guest star on "American Fruit Stand" and Miles sings "Broccoli is Good" (a

parody of "Johnny B. Goode"). All of the fans and groupies become very excited about fruits and vegetables.

Show #4090 (Theme: Science: Earth and Space Science)

Cookie Monster thinks the moon is a giant cookie and sets off on a mission to figure out how he could get to the moon so that he could eat it. While Gordon tries to tell him that the moon is not a cookie, he decides to just let Cookie Monster find out and learn this on his own. Since Slimey has been to the moon before and Gabi is saying a nursery rhyme about the cow who jumped over the moon, Cookie Monster asks them if the moon is a cookie. They don't know since they've never tasted the moon before. Cookie Monster is still left wondering how he could get to the moon and find out if it is a cookie. Finally, Gordon enters with former astronaut, Buzz Aldrin, who explains to Cookie Monster that the moon is made out of rock and while it is not a cookie, it is still a beautiful and exciting place that we can always look up at from the Earth. In the end, Cookie Monster realizes that the moon is not a cookie and that he wouldn't even want to eat the moon since then, it wouldn't be there to shine down on the Earth anymore.

Show #4091 (Theme: Health: Size Acceptance)

Snuffy sees Elmo, Zoe, and her friend, Carina the Ballerina, ballet dancing and wants to join in on the fun. He tries to follow along with them as they leap and twirl around, but ends up crashing on the ground and knocking them down. Snuffy becomes sad and insecure about his size when they tell him that maybe he's too big to dance ballet. Snuffy tries to figure out ways to make himself smaller by imagining himself as a mouse and doing scrunching down exercises, but becomes discouraged since he can't seem to change his size. Then, Big Bird, Luis, Maria, and Gabi all reassure Snuffy that they love everything about him and that he is beautifully big and perfect just the way he is. At the end, Zoe, Elmo, and Carina apologize to Snuffy for hurting his feelings and realize that *anybody* can dance and that dancing should be about having fun with all your friends, no matter what size they are. They all dance happily together.

Show #4097 (Theme: Health: Physical Activity)

Zoe needs a rock-sitter to read, sing, and play with Rocco while she is away in swimming class. Telly agrees to take care of Rocco in the meantime. Since Rocco likes rock stories, Telly, with Elmo's help, first tells her the story of "*Goldirock* and the Three Bears." Since Rocco also likes rock music, Telly, Alan, and Bob sing, "Rock Around the Rock" to her. When Zoe returns from her swimming class, Telly tells her about all the fun they had while she was away, and offers to help her take care of Rocco anytime!

Show #4099 (Theme: Science)

Elmo watches a leaf floating in a bucket of water and this observation leads Elmo to many other scientific questions. Elmo, Zoe, and Telly are all curious about whether or not objects such as a leaf, an apple, a rock (Rocco), and a triangle either float, sink, and/or slide. They first have a hypothesis about what might happen and then they test their hypothesis with an experiment. In the meantime, Gordon is there to ask Elmo, Zoe, and Telly about what is happening and what might happen next. They all have a wonderful time exploring together, and learning great new words such as "experiment" and "hypothesis."

Show #4103 (Theme: Nutrition)

Baby Bear and Telly decide to use their imaginations to write a story together, but have a hard time deciding on whether their story should be about a magic bowl of porridge or a magic triangle. With Maria's help, they realize that best friends should be able to work together and compromise by deciding to write a story about both! Their story takes place in the Kingdom of Dum Diddley Dum Diddley Do. In this Kingdom, there is a magical triangular bowl of porridge. The bowl has three sides and three angles, and is filled with an unlimited amount of delicious porridge that King Baby Bear absolutely loves. Baby Bear and Telly realize that they make a great team and decide to write another story together!

Show #4108 (Theme: Science: Size Acceptance)

Part 2 of a 2 part story: Previously, Big Bird was accidentally changed into little Big Bird when Mumford tried to do a magic trick. While it was fun being little, little Big Bird now wants to be big again so that he can play with his friend Snuffy. He decides that he has to make his way to Alan and Gordon who are playing chess so that they can help find Mumford to change him back. On his very long and slow trip, a ladybug named Mike crash lands right into him. He teaches little Big Bird that he has to keep trying no matter what obstacles he faces and what size he is. Little Big Bird remembers to believe in himself and with a little persistence, he finally makes it! Once he is finally noticed, Mumford is able to turn little Big Bird back into big Big Bird. In true Mumford fashion, Mike the ladybug is turned big as well and wants to join Alan and Gordon in a game of chess.

HEALTH-RELATED SEGMENTS

NUTRITION

- **"A COOKIE IS A SOMETIME FOOD"**: Hoots the Owl explains that cookies are foods that you can eat *sometimes*, but fruits are delicious and healthy *all the time!*
- **"COLORFUL CARROTS"**: A song about how carrots are grown, all the different ways you can prepare and eat them, and how they are good for the body.
- **"FOOD EQUALS ENERGY"**: A six-year-old girl named Carlotta explains how healthy foods give the body energy.
- **"GLOBAL GROVER: FRENCH MARKET"**: A young girl and her father go shopping at a market in Paris in preparation for a visit with her grandmother.
- **"JOURNEY TO BERT"**: Big Bird seeks to find Bert in a Food World where many healthy foods are floating around.
- **"MAKE YOUR OWN SUNDAE SUNDAY"**: Two boys make a low-fat sundae topped with lots of healthy fruit!
- **"SPANISH MOMENT OF THE DAY: THE MANGO TANGO"**: Through song, Telly and Rosita model excitement about mangoes.
- **"SPANISH MOMENT OF THE DAY: ZANAHORIA"**: Through song, Grover not only teaches young viewers the Spanish word for 'carrot,' but also explains how they are good for the body.
- **"TJ: FRUIT SNACK SAMBA"**: It's snack time and TJ, with his dog Bernie, sings a fun song about choosing fruits as an anytime snack since they are so healthy and delicious.

PHYSICAL MOVEMENT

- **"ACTION ELEPHANT- KICK UP YOUR FEET"**: An Elephant convinces Maria to move her body by kicking up her feet.

- **"CHASING THE CHEESE"**: Physical activity is modeled as being healthy and fun.
- **"JACK BE TIRED, JACK BE SLOW"**: Importance about eating a healthy breakfast and staying active by jumping.
- **"PLAY BALL SONG"**: Children are shown being active while having fun playing with age-appropriate balls.
- **"SIGN LANGUAGE MOMENT OF THE DAY- DANCING"**: Zoe and children from the Little Theater of the Deaf introduce the sign language word of the day- "dancing." They encourage viewers to sign the word with them *while* dancing!
- **"SIGN LANGUAGE MOMENT OF THE DAY- JUMP"**: Big Bird and children from the Little Theater of the Deaf introduce the sign language word of the day- "jump." They encourage viewers to sign the word with them *while* jumping!
- **"THE 'CAN YOU DO IT' GAME"**: Snuffy has to try counting to ten *while* jumping.
- **"THE WORM WORKOUT SONG"**: Slimey and other worms "stretch, wiggle, yay" to Oscar's song parody of "YMCA."
- **"YOUR AMAZING BODY"**: A young girl shows what she can do with her amazing body and how she keeps it healthy and strong.

MENTAL HEALTH

- **SONG: "WON'T YOU TAKE A BREAK WITH ME"**: Through song, Elmo, Zoe, Telly, Big Bird, and kids emphasize the importance of resting.