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# **The Pyramid Project**

A Choral Reading/Readers  
Theater Script About  
Pyramid Food Groups

By Lois Walker

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**NOTE:** The script is formatted for 3 SOLO READERS, ALL GIRLS, ALL BOYS, ALL, and groups of TEAM READERS. It is very flexible and allows a director to use as few or as many readers as required (and of varying ages/reading levels). If your reading group is small, you can divide all the reading parts between them. If your group is large, you can include everyone by assigning 6 separate reading groups to the TEAM READER lines.

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### **ESTABLISHING THE RHYTHM**

To find the proper rhythm for this choral piece, first read-aloud and clap through the sections as you go. Each underlined word or word part falls directly on a beat. As you read, clap on each underlined word, keeping the rhythm steady. Be careful not to read too fast! This is a rehearsal technique and readers will not clap throughout these sections during performance. After you have established the beat, it is time to start interpreting, experimenting, and having fun with the words by varying tempo, volume, inflection, and expression.

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**STAGING SUGGESTION:** As this script is read aloud, you might actually construct a replica of the food pyramid on the stage or in the reading area (or even on a large bulletin board). A new section would be added after the appropriate verse below. Each section could be clearly labeled with the food group name.

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ALL READERS: In ancient Egypt, long ago  
The folks built pyramids, that we know,  
Constructing them from mortar and stone  
And how they did it is still unknown.

ALL BOYS: Well, we can solve that mystery,  
And change construction history,

ALL GIRLS: Build a pyramid that includes  
Building blocks of healthy foods!

SOLO READER 1: Can we build one here today?

SOLO READER 2: We can do it without delay!

ALL READERS: Pyramid teams – that’s what we need.  
Building teams – we’re all agreed.  
With team spirit and sense of fun,  
Our teams will be **number one!**

*(Throughout the reading: On the words  
"number one" all readers hold up an index  
finger to indicate ONE. This should be done  
in unison for the best effect).*

SOLO READER 3: Team number one on the pyramid chain  
Is the ORANGE TEAM.  
It stands for GRAINS.

ORANGE TEAM READERS: The ORANGE TEAM offers this advice:  
Eat cornmeal, wheat, and oats, and rice  
In cereal, pasta, tortillas, and bread,  
And when you do, please use your head.  
Yes, when you do, please use your brains,  
And almost always choose WHOLE GRAINS!

SOLO READER 1: Are they talking about whole wheat?

SOLO READER 2: That's one whole grain and it can't be beat!

*(Optional. You may delete the riddle sections and go right into the chorus, if you wish).*

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**SOLO READER 1: Hey, that reminds me of a riddle! What is three stories tall, green and tastes good on whole-wheat bread?**

**SOLO READER 2: The jelly green giant!**

**ALL READERS: Oh Nooooooooooooo....**

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ALL READERS: Pyramid teams – that's what we need.  
Building teams – we're all agreed.  
With team spirit and sense of fun,  
Our teams will be **number one!**

SOLO READER 3: Team number two on the pyramid scene  
Is the VEGETABLE TEAM,  
And their color is GREEN.

GREEN TEAM READERS: This pyramid team is green and lean!  
We like veggies and a bunch of beans.  
Eat lots of them - orange, starchy, and dark,  
And with that said, we'd like to remark  
That what you eat may be cooked or raw,  
Dried or canned, frozen and thawed.

SOLO READER 1: Like broccoli, carrots, corn or potatoes?

SOLO READER 2: Like all of those, and even tomatoes!

*(Optional. You may delete the riddle sections  
and go right into the chorus, if you wish).*

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**SOLO READER 1: Hey, that reminds me of a riddle! What  
do you get when you cross a yellow  
vegetable and a police officer?**

**SOLO READER 2: Corn on the cop!**

**ALL READERS: Oh Nooooooooooooo....**

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ALL READERS:                    Pyramid teams – that’s what we need.  
Building teams – we’re all agreed.  
With team spirit and sense of fun,  
Our teams will be **number one!**

SOLO READER 3:                Team number three we must salute.  
Their color is RED,  
And their game is FRUIT.

RED TEAM READERS:         Apricots, apples, bananas too,  
Strawberries, blueberries, honeydew,  
The grapefruit, mango, prune and grape,  
Eat all of them and get in shape.  
We’d mention more – like plum or lime,  
But our RED TEAM is out of time!

SOLO READER 1:                How about fruit juice? Doesn’t that count?

SOLO READER 2:                As long as you don’t drink a large amount!

*(Optional. You may delete the riddle sections  
and go right into the chorus, if you wish).*

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**SOLO READER 1:                Hey, that reminds me of a riddle. What  
is red, sweet, and wears sunglasses?**

**SOLO READER 2:                A strawberry on vacation!**

**ALL READERS:**

**Oh Nooooooooooooo...**

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ALL READERS:

Pyramid teams – that’s what we need.  
Building teams – we’re all agreed.  
With team spirit and sense of fun,  
Our teams will be **number one!**

SOLO READER 3:

Here’s team four, the YELLOW TEAM.  
They stand for OILS  
In the pyramid theme.

YELLOW TEAM READERS:

Oils are fats - and that sounds like “Yuck”!  
Eat too much and you’re out of luck.  
Mayonnaise, margarine, and salad dressing  
Have lots of fat, but there is a blessing:  
If it says “no trans fat” on the label,  
Put that product on your table!

SOLO READER 1:

So, what kind of fats should I put on my plate?

SOLO READER 2:

Fats from veggie oils, and nuts are great!

*(Optional. You may delete the riddle sections and go right into the chorus, if you wish).*

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**SOLO READER 1:**

**Hey, that reminds me of a riddle. What kind of nuts give you a cold?**

**SOLO READER 2:**

***Cashew* nuts!**

**ALL READERS:**

**Oh Nooooooooooooo....**