



Kids on Stage
Target age 7 upwards



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Director's Notes

- Suggested props are marked in **BOLD CAPITAL LETTERS**.
- Suggested stage directions are marked in *italics*.
- There is a space on the left hand side for the name of the child playing the part marked in the centre column.
- There are 19 speaking parts and up to 4 non-speaking parts. These parts can be changed to suit e.g. the language can be altered if the words are too difficult.
- Parts can be amalgamated if you prefer fewer speaking parts e.g. the Assistant Producer could also deliver the Assistant Director lines.
- Costume suggestions are available on the website. These are only suggestions. The most important thing is that the children are comfortable.
- The script can be performed with as many or as few props and costumes as preferred.
- This performance is estimated to last about 15 minutes.
- Any props that may be needed e.g. cameras and chef's hats have been drawn with plans allowing you to make them with your class. These are also available on the website with sample logos. All of the props can be presented as pictures, available in black and white or colour, or alternatively you could make your own.
- There are links to the Curriculum for Excellence (Scotland), supporting activities and fact files available on the website
- A glossary of terms is available on the website. Words **highlighted in yellow** in the script can be found in the glossary.
- A video of Muirfield Primary School's performance of 'Better by Miles' can be found on the website as an example of how a performance could be realised.
- Dance steps are shown on the website as an option to accompany the Better by Miles theme song.
- Names of characters can be altered, those provided within the script are just examples.



SUGGESTED PROPS LIST

2 Applause Boards (second is only needed if you have cast a Sound Technician and an Applause Board Operator)

Clapper Board

2 cameras

2 tripods

4 Directors Chairs (optional)

Pretend ear pieces for the production cast

Microphones- pretend or real if sound level may present a problem during the performance

Display Board with the following information written on it

So by

- Thinking And Reducing Food Miles
- Thinking How We Grow Our Food
- Thinking About What Food We Eat

We could make a difference to our carbon

Make-up artist brush and make-up case

Pictures of foods used in dish or alternatively make the dish in 3D

Table needed with the following fruit and vegetables on it:

Blueberries in a packet

Kiwis loose

Broccoli in a packet

1 loose bunch of carrots

1 packet of carrots

Map of the world with the following countries marked on it :

New Zealand

Chile

Spain

Possible Production Preparation Roles for children:

Children can take responsibility for producing the props and costumes and designing the set. Perhaps children who don't want to be on stage would prefer these roles.

Props Manager Responsible for the maintenance and placement of the props. They make sure the props all look good and are in the right place on stage.

Wardrobe Manager Responsible for the maintenance of the costumes. They make sure that the costumes all look good and are in charge of any running repairs.

Set designer Responsible for the look and design of the set, the performing area.



CAST LIST

In order of appearance

1.	Warm-up Host - Jo	
2.	Assistant Producer - Charlie	
3.	Producer - Jamie	
4.	Cameraman 1	
5.	Cameraman 2	
6.	Director - Miles	
7.	Assistant Director	
8.	Host – Harry / Harriet	
9.	Environmentalist – Mr/Mrs Green	
10.	Chef	
11.	Farmer	
12.	Host – Oscar / Olivia	
13.	Astec supermarket representative	
14.	Host – Simon / Sarah	
15.	Manufacturer	
16.	Land Transporter	
17.	Sea Transporter	
18.	Air Transporter	
19.	Finale Host	
Non – speaking parts		
20.	Sound Technician	
21.	Make-up Artist	
22.	Prompt (optional)	
23.	Applause Board operator (optional)	
Better by Miles Choir		



Warm-up Host enters from the side of the stage and stands in the centre waving up to the audience as they enter.

----- **Warm-up Host** Hello everybody. My name is Jo and it is my job to make sure you are all ready for today's show here in our TV studio.

We have got a great show planned for you.

In a moment we will be getting the show started but before that there are a few things we need to go over.

The sound technician has asked if we can check the sound levels so can you all please give me a round of applause?

Audience all clap their hands.

----- **Warm-up Host** That's brilliant!

In a moment the assistant producer will come out and go over some health and safety points with you.

Before that though I need to hear you all laugh I'm going to tell a joke. Really laugh OK.

Ready? Knock knock.

----- **Audience** Who's there?

----- **Warm-up Host** Lettuce...

----- **Audience** Lettuce who?

----- **Warm-up Host** Lettuce in and we'll tell you! Thanks very much. Enjoy the show everybody.

Warm-up Host leaves the stage giving a high five to the Assistant Producer as they come onto the stage and stand in the middle.



----- **Assistant Producer** Hello. My name is Charlie.

We are not expecting any fire alarms today. So if you hear a continuous alarm we must evacuate the studio immediately in an orderly, calm fashion through these exit points here and here. *(Point to all fire exits).*

Please make sure that all mobile phones are switched off and remember these microphones are very sensitive. So please keep feet shuffling to a minimum. Try not to cough and do not talk amongst yourselves when we are recording.

Thank you very much I hope you all enjoy the show.

Assistant Producer leaves the stage and sits next to the Director at the side of the stage giving a high five to the Producer as they come onto the stage. Producer stands in the centre.

----- **Producer** My name is Jamie. I am the Producer.

In a moment you are going to meet our TV chef who's going to tell you about a really delicious meal made from **fresh local ingredients**.

Firstly though our two Cameramen are now going to explain to you about the **APPLAUSE BOARD**.

*Cameraman 1 and Cameraman 2 come on stage with **APPLAUSE BOARD** and stand centre stage. Producer leaves the stage and sits next to the Director and the Assistant Producer at the side of the stage. If you have an Applause Board Operator, they come on stage with the Cameramen.*

----- **Cameraman 1** Hi. As we are planning to broadcast part of today's show we are going to need you to clap from time to time.

----- **Cameraman 2** This is the applause board. When we lift it up *(lift up **APPLAUSE BOARD**)* we need you to clap really loudly.

----- **Cameraman 1** Can we give it a go please?



*Environmentalist enters the stage from the audience and joins Host centre stage with Sound Technician holding up **APPLAUSE BOARD**, or Applause Board Operator.*

Host
Harry / Harriet Mr/Mrs Green, thanks for joining us. Please explain to us what we mean when we say 'Food Miles'

Environmentalist Food miles are the distance your food has to travel between where it is grown to your plate.

Host
Harry / Harriet Why are food miles important?

Environmentalist When we transport our food we use aeroplanes, ships and lorries. They all use fuel that produces a gas called carbon dioxide and as well as other harmful gases.

Host
Harry / Harriet What do these gases do?

Environmentalist We call them greenhouse gases because they sit around the earth like the glass in a greenhouse. More greenhouse gases traps in the heat from the sun causing climate change.

Host
Harry / Harriet Climate change – can you please give us information about that?

Environmentalist Climate change is the term used to describe changes in the earth's temperature and weather like flooding, hurricanes, and drought all over the world.

Host
Harry / Harriet So what can we do to be greener – Mr/MrsGreen?



----- Environmentalist *(point to DISPLAY BOARD WITH THE FOLLOWING INFORMATION WRITTEN ON IT)*

We must
THINK ABOUT REDUCING FOOD MILES AND WE COULD MAKE A DIFFERENCE TO OUR CARBON FOOTPRINT.

----- Host
Harry / Harriet Thank you for explaining that to us. Cars, planes, trains, buses and ships all produce greenhouse gases and we are all encouraged to use our cars less, it is also healthier for us to walk or cycle. Walking and cycling don't produce very much greenhouse gas.

Please give them a round of applause.

----- Director Cut!

Our chef is out of make-up and waiting in the green room.

Make-up artist enters the stage with MAKE-UP BRUSH and CASE and gives the Host a 'touch-up' by brushing their face with pretend make-up powder.

----- Assistant Director This time let's count down together.

And *(Use fingers to count down the numbers)* 5 – 4 *(mime 3 – 2 – 1)*.

(Bang clapper board in front of camera).

----- Host
Harry / Harriet Ladies and Gentlemen please allow me to present our chef in the 'Better by Miles' challenge.

Chef enters the stage with Sound Technician and/or Applause Board Operator holding up APPLAUSE BOARD.

----- Chef Hello everybody!

----- Host
Harry / Harriet Welcome – Can you start by telling us a little bit about yourself.

----- Chef I have always loved cooking and as I grew up on a farm, good, healthy, nutritious food has always been very important to me.



I always helped my mother lift carrots, trim beans and pick raspberries and so on.

Host
Harry / Harriet

Did you ever buy your food from the supermarket?

Chef

Not really. Besides my mother had to be very careful how much she spent. Okay, so she occasionally treated us to a banana or two as a treat because we couldn't grow those.

Host
Harry / Harriet

Of course not, so please tell us about your dish.

Chef

I have used **seasonal** food grown locally.

Host
Harry / Harriet

What do we mean by seasonal food?

Chef

If I plant beans in spring, they grow and I pick them when they are ready. I then eat them fresh.

So seasonal food is fresh food grown outside in this country and eaten fresh. And local food means that it has been grown within about 12 miles of where I live.

Host
Harry / Harriet

I see. So tell us about your dish.

Chef

It is actually a very simple dish made with pork, wild garlic, rosemary, and rhubarb.

I have **locally reared pork**, which I **marinated** in wild garlic and rosemary and olive oil, covered with lightly smoked bacon placed on long stalks of baby rhubarb and cooked in the oven for 15 minutes and served with roast potatoes.

Director's Notes

The dish has been made up of food that is in season in April. If your performance is at another time of year there is the option for you to select foods that are in season at the time of your performance. Please refer to the 'Better by Miles' Scottish



Seasonal Produce Guide for ideas for options you have food to include.

Host
Harry / Harriet Your dish really sounds delicious. A round of applause please for our Chef.

Chef Thank you.

*Chef exits stage and joins the audience with Sound Technician holding up **APPLAUSE BOARD**.*

Host
Harry / Harriet I would like to introduce our second expert – the pig farmer who supplied the meat for our dish. Give them a round of applause please.

*Farmer enters from the audience to the stage and joins the 'Dig it' Host with Sound Technician holding up **APPLAUSE BOARD**.*

Farmer Thank you – you are too kind. I am delighted when people support **local producers**.

Host
Harry / Harriet I am too. Will you please explain what effect animal farming has on the environment.

Farmer Firstly, food eaten by the animals has to be manufactured and that manufacturing process produces greenhouse gases. The other main effect that animal farming has on the environment is that cows and sheep pump out **gas** into the environment from their **digestive system** which is why I call it the 'carbon hoof print'.

Host
Harry / Harriet I like that – 'carbon hoof print'. *(laughs)*

But no one is suggesting that we give up meat are we. Thank you for coming along.

A round of applause please for our farmer.

*Farmer exits the stage and returns to the audience with Sound Technician and/or Applause Board Operator holding up **APPLAUSE BOARD**.*



Host It is now my pleasure to introduce one of my co-hosts.
Harry / Harriet

*Hosts give a high five as they switch. Host (Oscar / Olivia) enter the stage from the audience and Host (Harry / Harriet) sit down in the audience with Sound Technician and/or Applause Board Operator holding up **APPLAUSE BOARD**.*

Host Thank you thank you. Hasn't the show been great so far? We
Oscar / Olivia are now going to meet another expert guest, a representative from our local Astec supermarket. A round of applause please.

*Astec supermarket representative joins the Host on stage from the audience with Sound Technician and/or Applause Board Operator holding up **APPLAUSE BOARD**.*

Host What have you brought along for our discussion about food
Oscar / Olivia miles?

Astec representative I have brought these **TWO BUNCHES OF CARROTS**. One bunch is from a local farm and the other is from another range we stock at Astec.

These carrots were lifted out of the ground yesterday from a farm about 12 miles from here. And these carrots were grown on a farm down south. They have been washed and bagged in plastic and thanks to Astec marketing we are reminded that they are rich in vitamin A. However they have been transported over 400 food miles from the farm to the depot to the supermarket to my table by road.

Host And these local farmer's carrots have travelled how far?
Oscar / Olivia

Astec representative About 12 miles

Host So to get those carrots to my table there was a transport truck
Oscar / Olivia on the road producing greenhouse gases from all the diesel fuel.



----- **Astec representative** That's why we as a responsible supplier will always try and sell our customers local fresh food whenever we can.

----- **Host
Oscar / Olivia** Thank you. We appreciate your efforts. A round of applause please.

*Astec supermarket representative returns to the audience with Sound Technician and/or Applause Board Operator holding up **APPLAUSE BOARD**.*

----- **Host
Oscar / Olivia** I am now going to hand you over to my 'Better By Miles' co-host. Let's give a hand please!

*Hosts give a high five as they switch. Host (Simon / Sarah) enter the stage from the audience and Host (Oscar / Olivia) sit down in the audience with Sound Technician and/or Applause Board Operator holding up **APPLAUSE BOARD**.*

----- **Host
Simon / Sarah** We can have a food transported by road, by sea, or by air. We can drive it, ship it, or fly it!

To tell us the difference each transport method makes to the environment we are now going to meet our guest experts our Manufacturer, a Land, a Sea and an Air Transporter.

*Manufacturer, Land, Sea and Air Transporters enter the stage from the audience with Sound Technician and/or Applause Board Operator holding up **APPLAUSE BOARD**.*

----- **Land Transporter** There are some that ask 'why should we buy food grown anywhere else in the world – we can eat healthily by just eating local food that is in season?'

----- **Host
Simon / Sarah** Yes but we like the choice and surely we are better off because we can ship kiwis from New Zealand, after all they are rich in vitamin C (*refer to a New Zealand on map*).

----- **Sea Transporter** Especially as we cannot even grow kiwis in the UK. So fair enough, let's import New Zealand **KIWIS** especially as we know that shipping does less harm than either transporting by



road or by air transport

- **Host**
Simon / Sarah How many of us ever read labels? These **BLUEBERRIES** come from Chile? (Pointing out where Chile is on the **MAP**).

- **Air Transporter** Shouldn't we be thinking about the effect on our environment of flying **BLUEBERRIES** in from Chile? Why not wait until our British **BLUEBERRIES** are in season in July, August or September?

Asparagus and strawberries have a really short season here in this country and yet we fly them into this country all year round kept cool in expensive **refrigeration units**.

- **Host**
Simon / Sarah And your point is?

- **Air Transporter** Refrigeration units like greenhouses all require energy – energy that pumps out greenhouse gases into our atmosphere.

- **Manufacturer** And think about all the packaging manufactured in factories by high energy machines that use fuel that also pump out greenhouse gases day and night.

- **Host**
Simon / Sarah How many of you read the labels on the food packaging to see where the food comes from?

- **Sea Transporter** This **BROCCOLI** (*refer to BROCCOLI*) label says it comes from Spain right enough but it doesn't say how it was transported.

One leading supermarket has started adding symbols to their packaging like an aeroplane to show it has been flown in.

- **Air Transporter** **Air miles** are more harmful to the environment than **sea miles**. About 40 times more harmful in fact.

- **Land Transporter** And going by road is not much better than by air because of all the traffic jams all those massive trucks cause on the road.

So if you are going to have your food transported going by sea



is the best!

Host
Simon / Sarah

Better still, grow it yourself or buy it from the local markets.

Thank you. A round of applause please for our four experts...

*Transporters exit the stage and return to the audience with Sound Technician and/or Applause Board Operator holding up **APPLAUSE BOARD**.*

Host
Simon / Sarah

Thank you for your attention today. So now for the final part of today's show.

*Host returns to their seats in the audience with Sound Technician and/or Applause Board Operator holding up **APPLAUSE BOARD**. Finale Host goes on stage from their seat in the audience waving at the audience as they walk.*

Finale Host

*(point to **DISPLAY BOARD WITH THE FOLLOWING INFORMATION WRITTEN ON IT**)*

So by

- Thinking and reducing food miles
- Thinking how we grow our food
- Thinking about what food we eat

We could make a difference to our carbon footprint.

Entire cast stand up where ever they are sitting and turn to face the audience and deliver the final line together. Hosts line up in order of appearance.

All

Well I definitely think that we got them thinking about it!

Choir sing the 'Better by Miles' song.

Director

Cut! Thanks folks - that's a wrap.

Acknowledgements

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