

Health – Episode 1 (Healthy food/storage of food/disinfecting water and food)

Author: Hope Azeda

Learning by Ear

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Editor: Christine Harjes/Anne Thomas

Intro: Hello and welcome to Learning by Ear's series on health. Today, you are going to meet Steve, Manuel, Hassan, Simo and Jimmy. The five boys live in a hostel in town. They left their home and their parents because they wanted to do their A-levels and there were no secondary schools in their villages. But they have discovered that life without parents can be quite difficult. Today, the boys are struggling with leftover food and contaminated water. At the end, you will hear some facts and get some tips on how to lead a healthier life.

Music

EPISODE 1

SCENE 1

1. SFX, Location: Mandela Hostel in a busy and loud suburb. There is a canteen nearby that plays all sorts of music non-stop. There is also a carpentry near the hostel, which has been nicknamed a ghetto. In the distance, there are voices, once in a while one can hear motorbike sounds and bicycle bells.

2. Steve, Manuel, Jimmy arrive at the hostel and join Hassan, who arrived earlier and is listening to football on a small radio on the verandah. Steve, Manuel and Jimmy start removing their school uniforms.

3. Steve: Good evening Mandela Hostel or I mean the ghetto!

- 4. Jimmy:** Good evening boys (*in a deep echoing voice*) let me take off my uniform first.
- 5. Manuel:** Why don't you just call it dustbin, Steve and Jimmy? Look where you just dumped your uniform!
- 6. Steve:** In that case, we'll call you Dr Disinfector, Manuel (*Steve and Jimmy laugh -- Manuel doesn't*)
- 7. Manuel:** You wait till I'm done with my studies -- I will start a church that preaches about health.
- 8. Steve:** With all the knowledge you have about health, you won't need a bible; you will just write your own, it's hot today, let me get some water to drink.
- 9. SFX:** *Pouring water from a bucket*
- 10. Jimmy:** Yes, too hot. Let me remove my shoes also and throw them under this bed.
- 11. SFX:** *Throwing of shoes -- the kitchen utensils scatter*
- 12. Manuel:** Oh, come on Jimmy do not throw your shoes on the food.
- 13. Jimmy:** Steve, it is your turn to cook today.
- 14. Steve:** Jimmy, I am not cooking today, I'm just going to refresh the leftovers. I'm really tired... I have had a long day and I have a paper tomorrow.
- 15. Manuel:** How many times have you boiled that food? It must be contaminated!
- 16. Steve:** (*Pulling food from under the bed*) Let me check it.
- 17. Manuel:** (*Shouting*) Steve, what's that? It is not even covered.

- 18. Jimmy:** Beef...
- 19. Steve:** Oh, it is just a cockroach; come on you scared the hell out of me... you would think you had seen a lion...or a missile.
- 20. Manuel:** But if seen under a microscope the germs left behind would be bigger than a herd of elephants anyway
- 21. Steve and Jimmy:** *(Laugh)*
- 22. Manuel:** This is no laughing matter -- you should just cook fresh food
- 23. Steve:** Just because of a cockroach? Negative, I will show you.
- 24. SFX:** *Sound of fork being picked from a set of five ahhhhhhhshh stubborn jumpy thing, it's fallen in the water.*
- 25. Jimmy:** I will help you throw it outside, just next to where Hassan is seated listening to the radio.
- 26. SFX:** Switching off the radio
- 27. SFX.** *Location outside Mandela Hostel -- same sounds as in scene one but louder*
- 28. Hassan:** *(off mic)* Damn, what are you guys doing throwing cockroaches at me, *(changing his voice to an official tone)* where are you from and how did you get here Mr. Cockroach?
- 29. Manuel:** Well via water from food, Hassan. Honestly speaking Steve, you should just cook fresh food.

- 30. Steve:** Please guys be my witness! Manuel, look at this food, what's wrong with it?
- 31. Manuel:** My goodness, look at all these marks – looks like it was a playground for all creeping things, look at this guys, isn't this a rat's footprint?
- 32. Hassan:** A big one, actually a great-grandfather's one
- 33. Manuel:** *(Manuel tries to smell the food, sniffs deeply and covers his nose)* Here *(speaks with his hand over his nose)* smell it *(all the boys try to smell)*
- 34. Jimmy:** *(exaggerates being shocked)* oho ohhhhhh *(Hassan reacts in the same manner)*
- 35. Steve:** Guys you sound like an organized chorus.
- 36. Manuel:** Honestly Steve *(still covering his nose)* that food is not edible, it is contaminated.
- 37. Steve:** OK Mr. Disinfector I will make it edible, I will refresh it with appetizers such as cooking oil and chili, and it will taste like Italian food ...nyamu...nyamunyamu.
- 40. Jimmy:** There is no miracle you can perform on that food to resurrect it, for goodness' sake -- it's dead, only Internet networks can be refreshed, not food that has almost become a soccer field for animals. You should just prepare fresh stuff.
- 41. Steve:** You talk as if you have masses of food. Come on guys we've only got one and a half kilos of cassava flour left for tomorrow's breakfast porridge.
- 42. Hassan:** Fantastic! Just cook some cassava paste... it's good for the muscles.

- 43. Steve:** I don't have time for that, I will go and buy some chips with the little money that's left and that's all -- period ***(some of the boys get excited but not Manuel)***
- 44. Manuel:** That is even worse!
- 45. Jimmy:** Here we go again... Why don't we just give up eating and go and study for our exams?
- 46. Hassan:** On empty stomachs? Zero...What is wrong with Steve treating us to chips now?
- 47. Manuelli:** Junk food is not healthy...
- 48. Jimmy:** I love junk. Who cares about healthy food at this point? I just need to fill my stomach.
- 49. Manuel:** Why can't we use the same money to buy vegetables and make a good sauce to accompany the cassava paste? ***(sfx Sound of someone running and panting like a dog)***
- 50. Steve:** Here comes Simo from his basketball game. Helllooo... Michael Jordan!
- 51. Simo:** ***(Coming to mic)*** Hey guys, I'm so damn thirsty -- let me drink some water first.
- 52. SXF:** ***Sound of a cup being grabbed from other recipients and utensils and sound of fetching water from the bucket)***
- 53. Manuel:** Stop it,
- 54. Steve:** Come on Manuel, leave Simo alone, let him cool the fire...
- 55. Simo:** What's wrong, Manuel?

- 56. Manuel:** It is poison...
- 57. Jimmy:** There he goes again -- making an airbus out of a toy wooden bicycle...
- 58. Manuel:** You can say whatever you want Jimmy...But look Simo, a cockroach fell from the food into that bucket of water and before it could swim a full lane or drown...Jimmy saved it, grabbed it with his hands and threw it outside on the verandah near where Hassan was sitting, and then Hassan witnessed its grand exit.
- 59. Hassan:** Positive... I actually said "hi and bye".
- 60. Simo:** Guys, what is all this nonsense you are talking about?
- 61. Manuel:** Jimmy, could you please rephrase your question?
- 62. Jimmy:** Simple mathematics -- "nonsense" minus "non" makes "sense".
- 63. Simo:** Alright peace...What is this highly delicate diplomatic matter you are talking about?
- 64. Manuel:** It's very simple. The water you wanted to drink is contaminated and therefore not safe for drinking. Actually, I think we need to think of a better way of keeping our drinking water safe. And our food too. Steve is trying to refresh the food, which is also contaminated.
- 65. Simo:** Oh come-on, so we have lost both the water and the food? Guys, this must stop.
- 66. Manuel:** This negligence is actually quite serious. Our minds will soon be contaminated too, Steve... (***all the boys agree almost at once***)

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67. Steve: Ehhhhh Ehhh guys why is everyone looking at me? It is not my fault! I am not the rats, cockroaches germs elephants or whatever. Nor am I the landlord of Mandela hostel -- of course this must stop but HOW?? And WHO will stop it?

(END OF EPISODE 1)

Music

Author: Anne Thomas

(headlines to be read by a second speaker)

Did you know?

Vermin such as cockroaches and rats spread disease. But people can also get ill from eating unhealthily and storing food in the wrong way. There are a whole range of food-borne diseases, which range from mild to fatal. They are caused by eating food which is contaminated with bacteria.

The bacteria

Bacteria are tiny cells, which are found everywhere, either as individual cells or clumped together. Bacteria often have long complicated Latin names. Bacteria that cause disease are called "pathogens". The bacteria which cause the most common food-borne illnesses are called salmonella, E-Coli, campylobacter, Listeria, Escherichia, staphylococcus and Yesinia.

The symptoms

Food-borne illness is usually very unpleasant. Common symptoms of food-borne illness include diarrhea, stomach cramps, fever, headaches, vomiting, severe exhaustion, and sometimes blood or pus in the stools. Symptoms vary according to the type of bacteria

and the amount eaten. In the very worst case, the illness can destroy the internal organs and cause death.

The prevention

The best way to avoid food-borne illness is to avoid eating contaminated food and water. Cooking and processing food properly can destroy bacteria. You should never eat undercooked food -- especially meat, fish, eggs and beans. These are proteins and contaminating bacteria love them. You should eat food that is hot and steaming. The worst thing about food-borne illness is that it can be highly contagious from person to person. That means sick people should avoid physical contact with other people as much as possible. People looking after sick people should wash themselves after every contact. Infants, pregnant women, the elderly and people whose immune systems are weak are at most risk of getting ill from contaminated food.

The treatment

If you detect symptoms of a food-borne illness, contact a doctor immediately. Antibiotics can treat the worst instances. If you are ill, make sure you drink as much clean, boiled water as possible to avoid dehydration.

Outro

And that's all for today's Learning by Ear series on health written by Hope Azeda. Remember you can stay in good health just by making a small effort. Thanks for listening to us. And if you want to hear today's program again or any other one, or tell your friends about it, please visit our website on www.dw-world.de/lbe. Good bye.