

**Learning by Ear**  
**Health - EPISODE 5 – Malnutrition/Obesity**  
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**Intro:**

Hello and welcome to Learning by Ear's series on health. Today you'll hear how Simo, Steve and Manuel treat themselves to a heavy breakfast. This leads to all kinds of discussions and as usual Manuel starts lecturing his friends on health matters. It's not always easy for the Mandela Hostel boys to find healthy food. The students live without their parents so that they can go to the secondary school in town and they have to live on very little money. Hunger is a feeling they all experience from time to time. But if you think that undernutrition is the main problem in Africa, listen to this show and find out about the new threat to health -- obesity.

**Scene 1: Simo, Jimmy, Steve, Manuel and Hassan at Mandela Hostel in the morning. In the boys' room.**

**SFX:** *There are footsteps, and sounds of the household being turned upside down as the kids prepare for school in the morning. In the distance the neighborhood is slowly waking up to its routine sound of music.*

**1.Simo:** Steve hurry up and let's take off! Jimmy sorry man, how are you feeling today?

**2.Jimmy:** Fed up! My stomach -- I feel cold. Steve, get me my money please. I want to go for a health check.

**3.Steve:** I will do my best today...stay well brother!

**4.SFX footsteps of boys leaving**

**5. Manuel** (*calling*) Simo, Steve don't leave me behind -- I am coming with you.

**6.Simo:** (Off mic) We don't need an escort, we will meet at school.

**15.Manuel:** I will be part of their deal this time. Hassan, are you not going to school?

**16.Hassan:** No, I'm cutting ...

**17. Manuel:** Why? Is your chick coming to visit you today?

**18.Hassan:** Which chick? Oh, forget her, she's history now!

**21.Manuel:** Are you serious?

**22.Hassan :** Yes, I am.

**23.Manuel:** What happened?

**24.Hassan:** Manuel, you know how funny girls can be sometimes? That chick made false and funny allegations about me -- I think she just wanted an excuse to drop me.

**25.Manuel** Well, I will conduct my own investigation. Now, tell me why you are staying behind!

**26.Hassan** I just want to stay home and get some sleep.

**27.Manuel:** Okay if you are staying, then Jimmy will have someone to take care of him in case of anything. Jimmy look after yourself -- you will be okay.

**(SFX walking off)**

**(Sfx banging at the door)**

### **End of scene 1**

**Scene 2: Simo, Steve, Manuel and waiter at the canteen in the morning.**

**29.SFX** *At the canteen, tables and chairs are pushed, there is some music, kitchen utensils being washed can be heard in the distance.*

- 30.Waiter:** Guys quietly please! Sit down! I don't want my boss to hear you.
- 31..Steve:** Okay peace, breakfast for two.
- 32.Manuel:** *(shouting from a distance)* Breakfast for three!
- 33..Waiter:** Remember guys, there is not much left in your budget. You've only got one week left.
- 34.Simo:** That's okay! Just serve us breakfast. Steve, we need to check our data with this guy I feel it should be ten days left -- not just a week.
- 35.Steve:** What's the difference anyway? Simo, just leave him! He thinks we attend kitchens like him instead of school.
- 36.Manuel:** How did you guys get involved in this deal...?
- 42.Waiter:** Here you are -- three black teas and three cassava pancakes
- 44.SFX:** *Cups on a tray being placed on the table*
- 45.Simo:** You see Manuel? I have decided to start eating aking a good nutritious breakfast. When you play basketball, you need to eat right. I got so embarrassed when I fainted in a basketball game the other day, I walked like a sick chicken all day at school.
- 45.Manuel:** *(Eating )* I'm sure you lost your girlfriend too. But Simo, wait a minute, what is the deal here?
- 46.Simo:** The deal is that me and Steve got our two expensive pairs of trousers and exchanged them with the waiter for two months of breakfast. *(cools his tea and then sips it).*
- 47.Manuel:** *(Eats)* So basically you exchanged your expensive trousers for a terrible cheap breakfast that lacks any tiny drop of any nutrients?

- 48.Steve:** (*Drinks tea*) Manuel, are you out of your mind? Now you have decided to start splashing verbal diarrhea on us on top of a free breakfast?
- 49.Manuel:** Come on, don't get emotional here -- you just said you fainted in a basketball match two days ago. And you have been eating this breakfast for the past one and a half months now? Where is the logic? (*Cools his tea and sips*). Take a look at this breakfast -- naked tea plus a little sugar accompanied by a pancake made with cassava flour and sugar and deep-fried in cooking oil. Where are the vitamins? C, D or E?
- 50.Simo:** (*Eats*) You can start with ABC and complete the alphabet but I'm sure there are some carbohydrates somewhere in the cassava that are good when you play sport.
- 51.Manuel:** We need to start applying what we learn in school. Check out Jimmy! He is a whole mix of health complications because of poor feeding. Hassan cuts lessons like it's a school assignment itself. Not to mention you Simo who keeps fainting and ends up adapting a sick chicken walking style -- you are too skinny!
- 52.Simon;** What do you mean I am skinny?
- 53.Manuel** If I remember my biology well.....
- 54.Steve** Preach it pastor ...
- 55.Manuel** Having a balanced body weight makes sense if you want to stay healthy.
- 56.Simon** Manuel, you want to say my body is not balanced?
- 57.Manuel** Well, I don't think so. Let me tell you guys, eating a healthy diet is the best way of keeping a normal body weight. Look how tall you are -- you're just skin and bones.

- 58.Steve:** Manuel, you don't have to work for this breakfast by mood mongering, it is for free! So for our appetite's sake, shut your mouth!
- 59.Manuel :** Guys, I just want us to change our lifestyle, our health depends on the small decisions we make every other day.
- 60.Simo:** Pass me that sugar bowl.  
**(SFX *sugar bowl on table, spoon and stirring in the cup*)**  
I hope you are not dreaming of bacon and cheese -- where would we get the money anyway?
- 63.Manuel:** Your two pairs of trousers could have bought us the delights of paradise or exotic fruits, vegetables and cereals -- all this stuff here costs nothing.
- 64.Simo:** Goodness, Manuel you are a walking health encyclopedia -- too theoretical.
- 66.SFX:** **Sound of high-heeled shoes**
- 67.Steve:** Goodness -- look at that fat woman! Wow o woووو achhhhh (*admiring*)
- 68.Simo:** Steve check her out! She is trying to squeeze herself between those two tables, with lots of drinks and glasses.
- 69.Manuel:** Shhshhh come-on guys -- she will hear you...
- 70.SFX:** **Two tables crash, bottles and glasses crash to the floor**
- 71.Simo:** I knew that was going to happen -- she knocked over those two tables.
- 72.Manuel:** She's too fat. That can't be good for her health.
- 73.Steve:** Come on Manuel, what's wrong with being fat? This is Africa -- big is beautiful!

**74.Manuel:** That is not healthy -- it looks like she feasts on fats and sugars.

**75.Simo:** Stop it Manuel! Simo's girlfriend is also family size.

**76.SFX:** *Cleaning broken pieces of glass from the flour*

**77.Simo:** Eh, leave my girlfriend out of this conversation! My girlfriend may be fat but she is my choice. If you are attracted to skinny girls who just hang in their clothes, that's you and not me...okay? PEACE

**78.Manuel:** Come on brother take it easy...all I'm saying is that being very fat does not necessarily mean that someone is healthy. So we should start eating a little bit less fat, sugar, salt and finally ladies and gentlemen, we should eat more fruit and vegetables.

**79.Steve:** Enough about food -- lets talk about something else

**80.Simo:** Like?

**81.Steve:** Girls of course!

(All the boys laugh)

END

**Did you know?** (2 Speakers – one for the headlines, one for the rest)

## **Malnutrition**

Malnutrition occurs when people are undernourished or overnourished. The body does not have enough nutrients -- proteins, vitamins and essential minerals -- to function healthily. Undernutrition is a well-known problem in Africa but now overnutrition is growing out of control. This is caused by eating too much of the wrong foods -- foods which are high in fats, sugars and salts. If you eat too many of the wrong foods and you do not exercise you can become obese. Obesity means having too much body fat and it can trigger other health concerns.

## **The health concerns**

The most important obesity-related health concerns are Type 2 diabetes and heart disease. If you have diabetes, your body does not produce or properly use insulin. Insulin is a hormone needed to convert sugar, starches and other food into energy needed for daily life. Heart disease comprises a number of abnormal conditions affecting the heart and the blood vessels in the heart. Both can lead to death.

### **The prevention**

You should exercise as much as possible. Get the heart pumping and the body moving by walking, running or swimming. And if you avoid eating food that is high in salt, sugar and fats you won't put on so much weight. If you eat a balanced diet you should get the important vitamins you need for your body to function properly.

### **The vitamins**

Vitamin A is very important for eyesight and healthy skin. Liver, carrots and green leafy vegetables such as spinach have high quantities of vitamin A. Vitamin B helps the body make energy and release it when necessary. Whole grains such as wheat and oats, eggs, beans and peas, fish and chicken are the best sources of vitamin B. Vitamin C is good for body tissues -- it keeps the gums and muscles healthy and helps the body resist infection. Eat lots of oranges and other citrus fruit, tomatoes and strawberries for vitamin C. Vitamin D helps the body absorb calcium and is very important for strong bones and good teeth. Milk, egg yolks, fish and liver is where you will find most vitamin D. And finally, vitamin E is essential for the eyes, the skin and the liver. Whole grains, egg yolks, nuts and seeds are good sources of vitamin E. Eat a balanced diet and you'll have a healthy body!

### **Outro:**

And that's all for today's Learning by Ear series on health written by Hope Azeda. Thanks for listening to us. And remember 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](http://www.dw-world.de/lbe). Good bye.