

Study Guide



Sanos y Contentos

(Happy and Healthy)

by Neher J. Briceño

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Summary of the Play

Miss Lettuce (*Señorita Lechuga*), a bright, bubbly vegetable, visits to talk about the benefits of eating vegetables and fruits when she is attacked and overcome by Mrs. Laziness (*Doña Flojera*), who tells everyone they should avoid exercise and only eat candy and sweets. With the audience's, and Mr. Cucumber (*Don Pepino*)'s help, Miss Lettuce triumphs over the vile Mrs. Laziness, and good health and happiness overcome sloth, greed and laziness.

Spanish Vocabulary with English Translation by Grade Level

Pre-K through 1st Grade

Quién	Who
Lechuguita.....	Little Lettuce
Aventura.....	Adventure
Saluda.....	Greeting
Buenos días...	Good morning
Vegetales.....	Vegetables
Saludables.....	Healthy
Ensalada.....	Salad
Correr.....	To run
Saltar.....	To jump
Nadar.....	To swim
Avión.....	Plane
Caminar.....	To walk
Saludar.....	To greet
Mirar.....	To look
Hablar.....	To talk
Flojera.....	Laziness
Sombrero.....	Hat
Cabeza.....	Head
Fuertes.....	Strong
Sanos.....	Healthy
Jugar.....	To play
Bañarse.....	To bathe oneself
Cepillarse.....	To brush one's teeth
Levantarse.....	To get up

2nd through 4th Grade

Sana.....	Healthy
Fresca.....	Fresh
Velocidad.....	Velocity
Apresurados...	In a hurry
Preocupados...	Worried
Cansancio.....	Tired
Risueños.....	Giggly
Alegres.....	Happy
Livianos.....	Light
Alcachofas.....	Artichokes
Papas fritas.....	French fries
Remolacha.....	Beet
Locomotora.....	Locomotive
Cambiarme.....	To change myself
Atacada.....	Attacked
Maleducada.....	Rude
Aburrida.....	Boring
Escondite.....	Hiding place

Alimentación.....Nutrition
Defendiendo.....Defending
Cerca.....Near

5th through 8th Grade

Propiedades.....Qualities
Agiles.....Agile
Valor.....B ravery
Evitarlo.....To avoid
Persigue.....Following
Cuela.....To pass through
Prevenirlos.....To warn you
Flojitos.....Lazy
Aburridos.....Bored
Apoderarse.....To take control over
Vencerla.....To beat her
Urgencia.....Urgent
Enemigo.....Enemy
Mordiscos..... Bite by bite
Grasas saturadas.....Saturated fats
Reluciente..... Shimmering
Hábitos..... Habits
Liviana.....Light
Cumplida.....Accomplished

Spanish Phrases with English Translation

Saben quién soy? Do you know who I am?

¡Es un encanto!.....It's lovely!

Sin embargo.....However

Amablemente saludables..... Kindly healthy

Una ensalada veraniega..... A summer salad

A leguasFrom far away

Soy una chica muy especial.....I am a very special girl

Sobrina, dónde estás?.....Niece, where are you?

Cuando la vean llegar.....When you see her coming

¡Un aplauso para todos!.....An applause for all of you!

¡Qué lechuguita fresca eres!.....What a fresh little lettuce you are!

English Vocabulary with Definitions by Grade Level

Pre-K through 1st Grade

bean (noun):	the seeds of some plants, eaten as vegetables (<i>There are so many kinds of beans that I can't remember them all!</i>)
beet (noun):	a dark, red root eaten as a vegetable (<i>My sister ruined her shirt with beet juice.</i>)
carrot (noun):	a long, orange root, eaten as a vegetable (<i>Carrots are fun to eat raw.</i>)
closing (verb):	to change from being open; shutting (<i>Closing the door keeps the bugs out.</i>)
cucumber (noun):	a long vegetable with a green skin and white inside (<i>Cucumbers are great in salads.</i>)
everyone (pronoun):	every single person (<i>Everyone in my family has dark hair.</i>)
family (noun):	people who are related to you (<i>I have two brothers and my mom and dad in my family.</i>)
fats (noun):	the white or yellow stuff that is found in animals and some plants (<i>Whales have a lot of fat to keep them warm.</i>)
follow (verb):	to go after or behind (<i>I love to play follow the leader.</i>)
friend (noun):	a person whom you like, and who likes you (<i>My dog is my best friend.</i>)
fruit (noun):	a plant that grows on a vine or tree, with seeds (<i>My favorite fruit is an apple.</i>)
future (noun):	a time that hasn't come yet (<i>In the future I want to be an astronaut.</i>)
happy (adjective):	to feel glad or comfortable (<i>I feel happy when I play with my friends outside.</i>)
healthy (adjective):	not being sick (<i>The doctor says I'm healthy because I eat well.</i>)
hurt (verb):	to cause pain (<i>It hurts when you pinch me!</i>)
jump (verb):	to push yourself into the air with your legs (<i>How far can you jump?</i>)
listen (verb):	to pay attention to some sound (<i>Listen to the birds singing.</i>)
laziness (noun):	to not work or use any effort (<i>I was full of laziness yesterday and just watched TV.</i>)
lettuce (noun):	a vegetable with large leaves, often eaten in a salad (<i>Lettuce is yummy with dressing.</i>)
lie (verb):	to say something that is not the truth (<i>My sister lied about eating the cookies.</i>)
love (verb):	a feeling of liking or caring a lot about another person or thing (<i>I love my puppy.</i>)
niece (noun):	the daughter of a brother or sister (<i>My brother just had a baby, so I have a new niece.</i>)
opening (verb):	to change from being shut or closed (<i>I am opening the door for the cat.</i>)
onion (noun):	grown under the ground, onions are round and have a sharp taste and smell (<i>When my mom cuts onions, my eyes water.</i>)
outside (adverb):	A place beyond an enclosed space. (<i>My dog always wants to go outside.</i>)
pumpkin (noun):	a large, orange fruit that grows on a vine. You can eat the inside pulp and roast its seeds to eat. (<i>My dad cuts a pumpkin into a jack-o-lantern at Halloween.</i>)
quiet (adjective):	Making very little, or no noise (<i>Be quiet; the baby is sleeping.</i>)
sleep (verb):	a state of rest for the body, with eyes closed (<i>Fish do not close their eyes when they sleep.</i>)
still (adjective):	not moving (<i>To catch a butterfly you must be very still.</i>)

strong (adjective):	having power, showing force or energy (<i>Eating vegetables makes me very strong.</i>)
tomato (noun):	a round, red or yellow fruit that is used as a vegetable (<i>I love fried tomatoes.</i>)
train (noun):	a group of cars on rails, connected together, that carry people and things from one place to another (<i>It's fun to take the Metro train underground.</i>)
ugly (adjective):	not nice to look; also very unfriendly (<i>That is an ugly dress!</i>)
vegetable (noun):	a plant or part of a plant that is used for food (<i>We grow vegetables in our garden.</i>)
yogurt (noun):	A soft food made from sour milk, often with fruit added (<i>I love yogurt with apples and cinnamon.</i>)

2nd through 4th Grade

afraid (adjective):	feeling scared (<i>My sister is afraid of spiders.</i>)
beautiful (adjective):	great to see, hear or feel; having beauty (<i>What a beautiful day!</i>)
boring (adjective):	dull, not being interesting (<i>The TV show was so boring I fell asleep.</i>)
broccoli (noun):	a green vegetable. The flowering top is the part eaten. (<i>Broccoli look a little bit like tiny trees.</i>)
carefully (adverb):	with care (<i>She carried the eggs carefully so they wouldn't drop.</i>)
eggplant (noun):	a dark purple, oval fruit that is eaten as a vegetable (<i>You can make a great salsa with eggplant.</i>)
entirely (adverb):	completely; in every way (<i>Miss Lettuce is entirely honest.</i>)
exercise (noun):	any activity that improves your health and is good for your body (<i>Running is my favorite exercise.</i>)
favorite (adjective):	something/someone that is liked more than any other (<i>Apples are my favorite fruit.</i>)
garlic (noun):	a strong-smelling plant that is related to onions. It is used to flavor dishes. (<i>They say garlic keeps vampires away.</i>)
heart (noun):	the organ that pumps blood through a person, or animal's body (<i>When I run, I feel my heart beating loudly.</i>)
horrible (adjective):	very bad (<i>My dog has horrible breath.</i>)
hurry (verb)	to move fast, or quickly (<i>We must hurry to catch the bus.</i>)
marvelous (adjective):	of the highest quality, splendid (<i>What a marvelous sunset!</i>)
mushroom (noun):	a fungus with a stem and cap; some are good to eat, but others are poisonous (<i>Don't eat mushrooms you find in your yard; they're probably poisonous!</i>)
pepper (noun):	a fruit that comes in many shapes and sizes, and can be very hot or very sweet (<i>I dare you to eat a jalapeño pepper!</i>)
pepperoni (noun):	a hard, spicy Italian sausage made of beef and pork (<i>I love pepperoni on pizza.</i>)
remember (verb):	to bring into the mind from memory (<i>Remember that great game last Sunday?</i>)
remote control (noun)	a device used to control a TV, toy or game (<i>My dad loses the TV remote control in the sofa.</i>)
skin (noun):	the thin covering of a person, or animal's body (<i>I get bumps on my skin when I'm cold.</i>)
something (pronoun):	a thing that is not known or named (<i>Something smells really good in the kitchen.</i>)
spinach (noun):	a vegetable with dark green leaves (<i>Spinach is really good in a salad.</i>)
sweets (noun):	food with a sweet taste, like candy (<i>The dentist says sweets are bad for my teeth.</i>)
vegetable (noun):	a plant that is used for food (<i>Potatoes are a popular vegetable.</i>)
vitamin (noun):	a natural, or man-made substance needed for health (<i>Vegetables and fruits are</i>

- worried (adjective): *full of vitamins.)*
feeling troubled about something that might happen (*I am worried about my fish, because it isn't eating.*)
- zucchini (noun): a kind of squash that is shaped like a cucumber, with a smooth, dark green skin (*Fried zucchini are great!*)

5th through 8th Grade

- artichoke (noun): looking like a tall thistle, this vegetable's flower head has many leaves. The head is cooked and the food eaten off of the tough inner leaf. (*You can't eat an entire artichoke.*)
- asparagus (noun): a green or white plant related to the lily, with shoots that are cooked and eaten (*Did you know it's polite to eat cold asparagus with your fingers?*)
- assure (verb): to make certain; to say with conviction (*I assure you that I ate all my vegetables.*)
- basil (noun): a kind of herb, part of the mint family, used in cooking (*My mom makes pesto with basil that we grow.*)
- cauliflower (noun): a plant, related to cabbage, that has a large, firm head which can be eaten (*I like to break off the little cauliflower flowers.*)
- chard (noun): a member of the beet family with large leaves, which are the part eaten (*I like chard cooked, not raw.*)
- folic acid (noun) a B vitamin that helps the body make healthy new cells (*You get folic acid from leafy green vegetables, fruits, dried beans and peas.*)
- human (noun): a person (*Humans are animals, too.*)
- invincible (adjective): too strong to be defeated (*The power of the people is invincible.*)
- irresponsible (adjective): showing a lack of responsibility (*My brother is irresponsible because he doesn't do his chores.*)
- mayonnaise (noun): a thick dressing of oil, vinegar, seasonings and egg yolks (*A sandwich without mayonnaise is really dull and dry.*)
- melancholy (noun): a sad, gloomy, depressed state (*She feels melancholy because the weather is so bad.*)
- nourish (verb): to supply with food, vitamins and other nutrients (*Vegetables and fruit nourish you better than candy.*)
- powerful (adjective): capable of exerting power or force; being very strong (*The rocket arose from earth with a powerful thrust.*)
- potassium (noun): a chemical element needed by the body to help regulate fluid levels in your body, keep your blood pressure stable and help muscles contract (*Lack of potassium can cause insomnia, depression and heart problems.*)
- productive (adjective): causing, generating, producing useful results (*The class was very productive.*)
- recipe (noun): step by step instruction to make something, usually food (*The recipe calls for two cups of flour.*)
- representative (noun): one that represents others, or other things (*Miss Lettuce is a representative for all vegetables.*)
- stress (noun, verb): a condition of strain or tension (*The class is stressed because of the test.*)
- vision (noun): eyesight; the ability to see (*Eating lots of vegetables help your vision.*)
- whatever (pronoun, adjective): no matter what; which thing, what; of any kind, number of amount (*You may take whatever you want.*)

Vocabulario de Teatro (Theater Vocabulary)

- Autor** (*auw-TORE*) Playwright: The person who wrote the play.
- Actor/Actriz** (*ahk-TORE/ahk-TREESTH*) Actor/Actress: The men and women who play the parts onstage.
- Director** (*dee-reck-TORE*) Director: The person who picks the actors and tells them what to do.
- Escena/Escenario/** Scene/Stage/Scenery: All words related to the stage. The scene is the location where each part of a play takes place; the stage is the place where the actors work, and the scenery is what they act in front of.
- Escenografía** (*ai-SAIN-ah,*
ai-sain-ARE-ee-oh,
ai-sain-oh-grah-FEE-ah)
- Fotografía** (*foe-tow-grah-FEE-ah*) Photography. Photos have to be taken of all shows – for publicity, for program covers, and for reminders.
- Maquillaje** (*mah-key-YA-hay*) Makeup: All actors, both women *and* men, wear stage makeup to make them more visible from the audience.
- Musicalización** (*moo-see-cah-lee-tha-see-OWN*) Music Design: Selecting what music is used for the play.
- Producción** (*pro-duke-see-OWN*) Production: The people who organize everything about the play, including who will direct it, who will design and build the set, and where the costumes come from.
- Sonido** (*sow-NEE-doe*) Sound: Not just music is used during a play; many times there are other sounds involved, too.
- Vestuario** (*ves-too-ARE-ee-oh*) Costumes: What the actors wear to make them look different.
- Utilería** (*oo-teel-air-EE-ah*) Properties: everything that an actor uses onstage (such as the Old Woman's embroidery).

What Are Vegetables and Fruits?

Vegetables

Vegetables are a plant, or the part of a plant, that can be eaten, either raw or cooked. In biological terms, a vegetable is a member of the plant kingdom. Non-biological terms are based on cooking and culture.



Vegetables are usually eaten raw, in salads, or cooked in savory, or non-sweet dishes. Some vegetables must be cooked in order to kill certain toxins, or poisons, are in the raw vegetable.

The word “vegetable” comes from the Latin word *vegetabilis*, which means ‘animated’, and refers to the way vegetables grow.

Almost all vegetables are low in fat and calories, none has cholesterol, and many are great sources of fiber.

There are many different kinds of vegetables, and some plants that we think of as vegetables are, in fact, fruits. Here are some of the basic divisions:

Bulb Vegetables

chives * leeks * onions * scallions * shallots * water chestnuts



Leaf Vegetables

brussel sprouts * cabbage * chicory * endive * radicchio * spinach



Root Vegetables

beets * carrots * parsnips * radishes * rutabaga *



turnips

Stalk Vegetables

asperagus * celery * chard * fennel



Tuber Vegetables

Cassava * potato * sweet potato * yam



Fruits

Fruits are the seeds, or seed pods, of flowering plants or trees. They are the way the plant or tree reproduces itself. In common language, fruits are the fleshy, usually sweet products of plants or trees that can be eaten raw or cooked.

There are quite a few fruits, such as tomatoes, avocados, cucumbers and pumpkins that we think of as vegetables. However, because they grow on vines or trees and have seeds that will grow new plants, they are technically fruits.



The word “fruit” comes from Old French, and earlier, from the Latin *fructus*, which means enjoyment.

Most fruits contain potassium, carbohydrates, dietary fiber, and multiple vitamins. Most are low in fat and sodium.

There are more divisions of fruits than there are vegetables. Following is a breakdown of the different types of fruits:

Fleshy Simple Fruits:

Berries These have a soft outer layer, and their inside is fleshy
grape * tomato * banana * raspberry * avocado



Hesperidiums These have a thick, leathery skin, and middle layer, while their inside is pulpy
orange * lemon * grapefruit * lime * clementine



Pepo These have a very hard outer rind; the middle layer and inside are fleshy and edible
cucumber * watermelon * pumpkin * honeydew



Drupe These have a soft, thin skin, a fleshy middle layer and a hard stone center
cherry * peach * plum * almond * apricot – olive



Pome These have a thin skin, a fleshy middle layer and a seed section in the center
apples * pears * quince



Fleshy Aggregate Fruits

Polydrupes These fruits develop in groups from a single flower
strawberry * blackberry * boysenberry



Fleshy Multiple Fruits These grow from multiple flowers
mulberry * pineapple * fig * pomegranate * date



Classroom Activities by Grade Level

Pre-K - First Grade

Spanish & English Vocabularies: Using Spanish and English vocabularies, have students name vegetables and fruits in picture books. Coach students to increase their vocabularies by knowing the names in both languages.

Art/Science: Using the line art provided in this guide, have children color the vegetable and/or fruit pages. As children are coloring, talk about the vegetables and fruits in the pictures. What color are they in real life? Have the students ever eaten these vegetables or fruits? Do students know how these vegetables or fruits are good for them?

PE/Memory: Following the performance, have students perform the exercises taught to them by Mr. Cucumber and Miss Lettuce, along with the song. How many vegetables and fruits are mentioned in the song? Are the exercises easy to do?... tiring?

Memory/Art: After the performance, ask students to draw a picture of Miss Lettuce or Mr. Cucumber, surrounded by their favorite fruits and vegetables. If your class does this activities, Teatro de la Luna would love to see the drawings!

Second Grade - Fourth Grade

Spelling/English: Using the English vocabulary provided, ask students to write several original sentences. Then, putting the students in groups, see if they can arrange their sentences, together with others they write together, to make a paragraph or a short story. Are the results silly or do they make sense? Either is fine.

Science/Spanish Vocabulary: Bring in several vegetables and/or fruits. Ask students what the Spanish name for each item is, referring to the Spanish/English vocabulary. Using the section in this guide about fruits and vegetables, have students figure out into which categories the fruits and vegetables fit. If time permits, ask students to further research one or two items, and write short paragraphs about them.

English/Composition/Creativity: Put students in groups. Using the English vocabulary, ask them to create a short play, with each of them taking the role of a fruit or vegetable, interacting, using the verbs and adjectives provided. Have students perform their plays for each other.

Art/Spanish & English Vocabularies: Provide students with copies of the line art in this guide. Ask students to color the art, and write the Spanish and English names underneath each item.

Fifth - Eighth Grade

Science/Health/Research: Assign one of the fruits or vegetables to each student, asking each to research and present a paper, a 'show and tell' assignment, or a visual assignment on that fruit or vegetable.

Writing/Composition/Creativity: Using the Spanish and English vocabularies, have students work, as a class, on a short play about vegetables. Some ideas include having several students speaking only Spanish, mixing the two languages together in the play, or using only the names of the vegetables in Spanish. Referring to the Spanish/English Theater Vocabulary, ask students to design or make a simple set and/or costumes for their characters. Will one student assume the role of the director? Do students need to do further research to make the information about vegetables accurate?

Critical Thinking/Analysis: Following the performance, ask students what was most memorable and why. Was there a part of the play they thought was less successful? Did they mind having only one actress onstage? Lead a discussion of how the play was formatted, and how it was developed. Was there a highpoint in the script? Could non-Spanish-speaking students follow it easily?

Biography: Neher Jacqueline Briceño



Ms. Briceño was born and grew up in Venezuela. She began acting in 1973, when she joined the University Theater children's theater group at the University of Carabobo in Venezuela. After several years, she became more interested in other parts of theater. She learned about producing, directing, working with music, playwriting and working with children. Finally, she took over the direction of the Academy of Children's Theater for more than twelve years!

During that time, Ms. Briceño took part in more than 40 shows that included classical theater, Spanish theater and children's theater. She won many awards for her work.

In 1997, Ms. Briceño moved to Miami, Florida. She started the Miami Children's Theatre. The Miami Children's Theatre was invited to bring a show to Teatro de la Luna's International Festival of Hispanic Theater, where she first met the people from Teatro de la Luna. Since then, she has come back to create several shows for Teatro de la Luna's Experience Theater Program. Besides *Sanos y Contentos (Happy and Healthy)* Ms. Briceño also wrote and directed *Gotas de Agua (Drops of Water)*, *El Gato y la Gaviota (The Cat and the Seagull)*, *ABE: un sueño cumplido (ABE: a Dream Fulfilled)*, *Hansel y Gretel (Hansel and Gretel)*, *La Bella Durmiente (Sleeping Beauty)* and *Las Aventuras de Pinocho (The Adventures of Pinocchio)*.

Ms. Briceño also won an important international award in Spain for an adult play she wrote.

Jacqueline Briceño still lives in Miami with her son, who is fully bilingual in both English and Spanish.

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Line Art for Classroom Use







