

Fast Food High School

Second verse, not the same as the first!



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Brought to you by University of California Cooperative Extension, and California Project Lean Food On The Run cooperating

Funded by a grant from CF3 (California Food & Fiber Futures) Food, Diet and Health Action Team.

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Yo Randall! ¿Cómo estás? Long time no see! I'm glad to be back

Angel - what's up, man-

Still the chick magnet? Still the king of fast food?

Well dude, things change - Didn't you hear? I got kinda sick in May and gave up eating fast food. Pretty much.



Previamente en Fast Food High School, una diagnosis de la diabetes fue una sorpresa terrible para Randall, pero después de todo, él cambió su carácter a la misma vez de cambiar su hábito de comer.



Special guest appearance by: Don Octavio Perico de Soledad

Ya no es una persona arrogante que no comia más que comidas rápidas-ahora él come saludablemente, y es muy agradable también. Espero que ahora toda le vaya bien...

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Then...

and then...



Hey Randall-did you have a good summer?

Hope you're still being good!

Oh yeh!

???



WHOA ... what's up with that? "Being good", like

"being good" with what I eat! Monica and I are just friends now-

It's no big deal...



Yeh man, no big deal. Like not eating burgers is no big deal. How do you do it?

I totally kicked the burger habit! I eat grilled chicken instead -purely grilled chicken.

¿Puedes tu vivir sin comer las hamburguesas?



Like I should kick the cancer sticks habit!

Hey hermana-where'd you come from?

Can you live without hamburgers?



Just hanging out here to tell you - you should be more like your bud Randall!

Later...



Hey, Chela!

Friday...



I'm outta here - football practice- see ya-

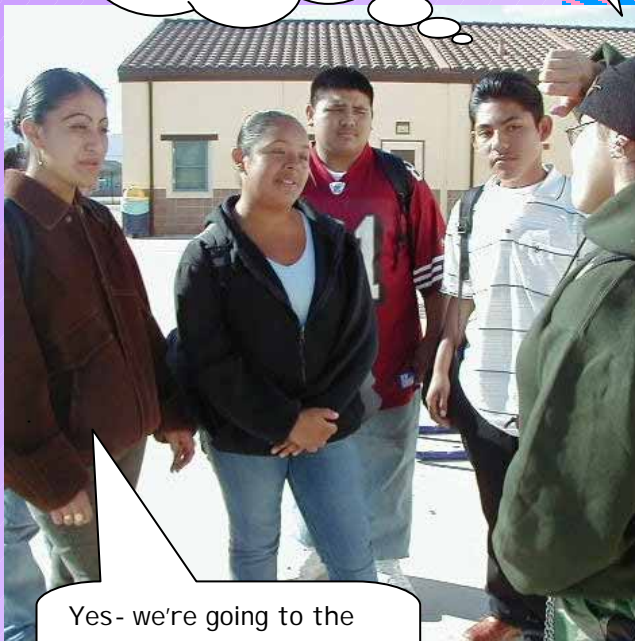


Man, he is fine!



I can't - I have to baby-sit for my nephew. Oh Lisa, are you going to see your cousin Griselda?

Bet you'll go to the football field to check out Randall!



Yes- we're going to the pulga together. She's on a new diet, you know.



¿Qué onda Chela?

Hi Joey, hi Kary, hi Lisa-

Hey Chela, want to come to San Jose with us tomorrow?

Diet? That's good! Didn't she have that thing in the summer where she couldn't breathe at night 'cause she's so big?

Yes, Joey- she did! But she's really trying to lose weight this time.



Hi you guys! Look Lisa, if Griselda wants to lose weight, she can just make herself throw up after she eats. That's what I'd do!

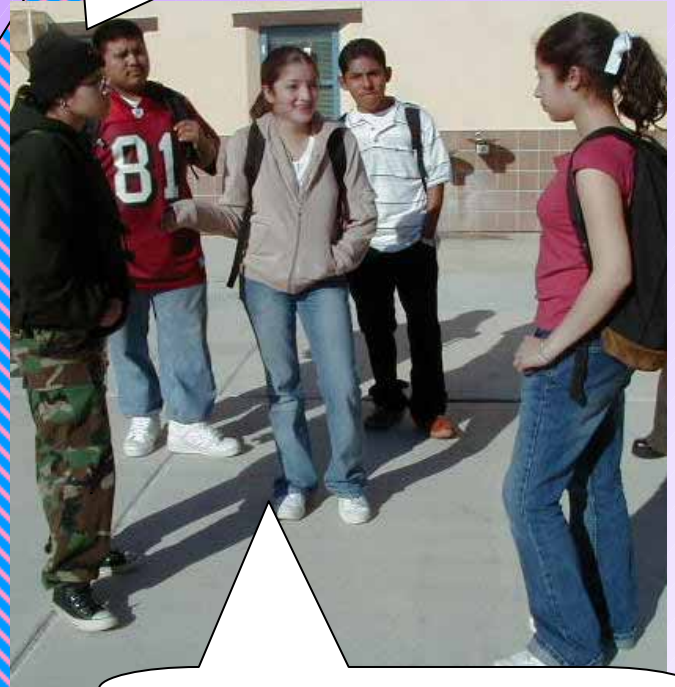
Jilly! What a stupid idea! Throw up? Why do that? You don't need to lose weight!



I'm too fat! Look at this stomach!

What's wrong with the way you look? You look fine to me!

Give me a break, Jilly. Even if you did need to lose weight, there's no instant way to do it!



She's right. Throwing up? Is that a joke? And that idea of stapling your stomach smaller? Forget about it! Don't obsess!



Como han dicho "No te preocupe - seas feliz"



Oo-oo-oo!

Oo-oo-oo!

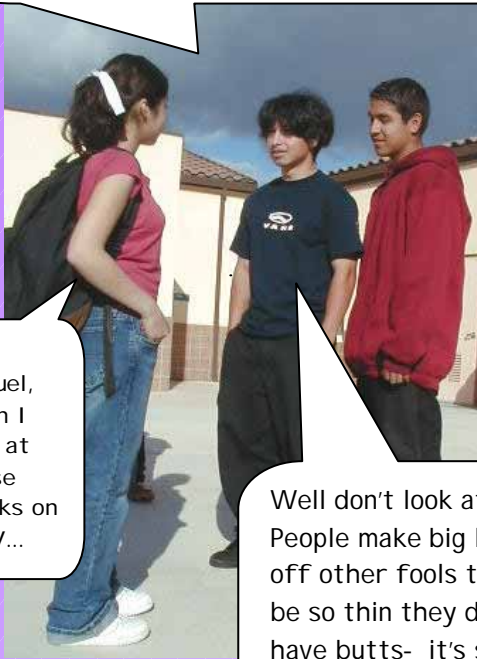
Oo-oo-oo!



After the bell...

Next day in San Jose...

Jilly, I'm glad they're gone. We need to have a talk. I'm your friend -it makes me nervous when you think about junky stuff like making yourself throw up. Just be happy with how you look!



But Miguel, when I look at those chicks on MTV...

Well don't look at them! People make big bucks off other fools trying to be so thin they don't have butts- it's sick! You look fine- get used to it!

Yesterday at school they had this guy walk around in a fat suit!



That's messed up!

A fat suit! It was gross- I was in this project where they could find out how it feels to be really fat- and how people treat you when you're fat. Everybody was staring at him-

A what?

We're almost to your house, Griselda- are you ready to go to the flea market?

¿Qué pasa?



What's wrong?

I'm not going! I'm not going anywhere! Ever! Sob! Sob! Gulp!

Jilly! Don't laugh!

Sob!

Yeh, well they all found out the truth. People treat you like dirt. People act like you're ugly - stupid and they don't like you. And nothing fits. The worst is-



What?



People like me? I t's like we wear a fat suit all the time - we can't ever take it off!

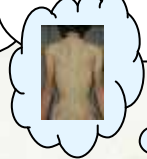
6 Next day at school...



¡Cálmate, Griselda- no llores! It's ok ... it's ok

But really, Griselda is too big- it's not very healthy for her. I would never say that to her-

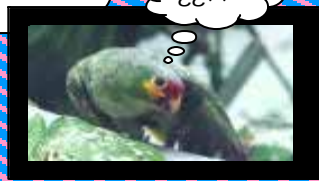
The whole thing is creeps me out- there's Randall and Mayra- they have to eat right because of their diabetes. Jilly has the crazy idea that she needs to lose weight - and wants to throw up to get skinny! And Griselda?



Look, mija- we are your friends. We don't care how big or little you are- we just care about you. Come to Soledad - we'll show you what true friends are!

ok, (sniffle) ok

???



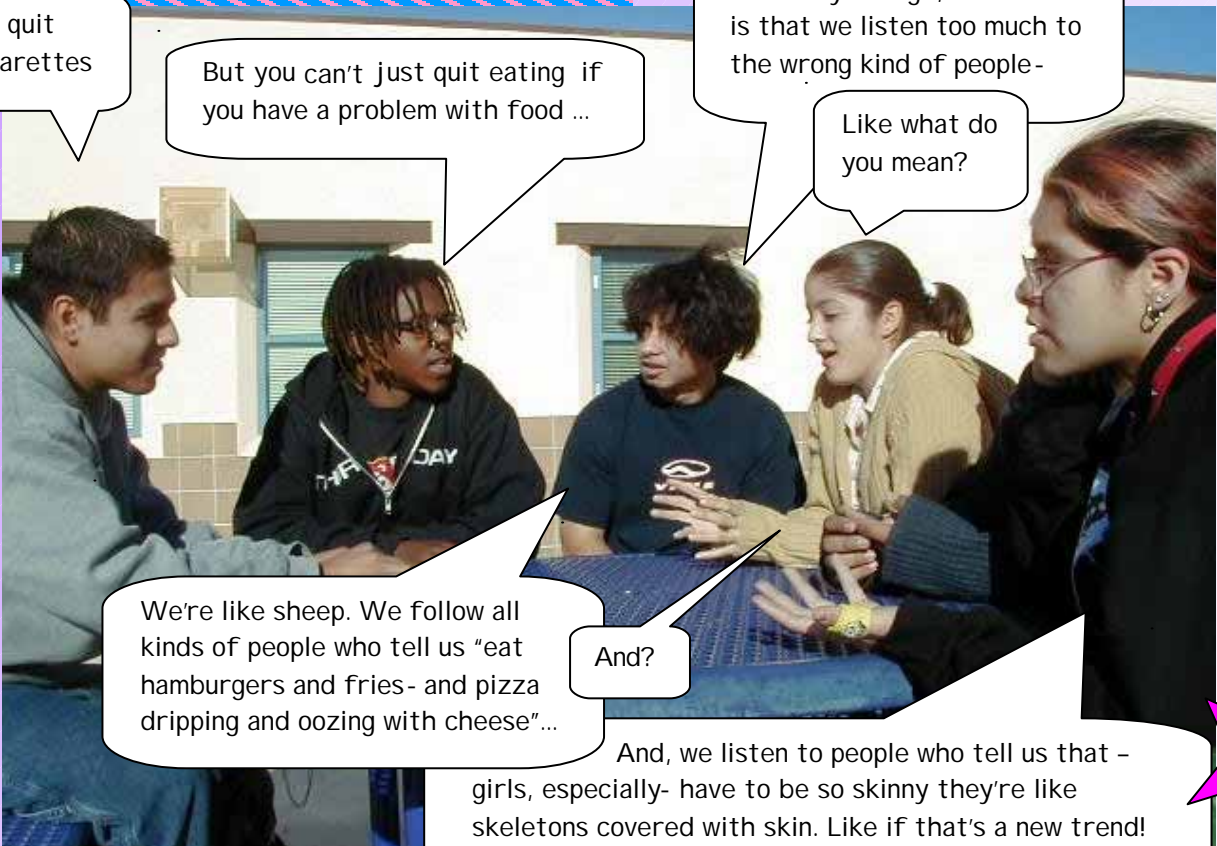
So, like lots of people have problems with eating! If people have problems with drugs, they quit drugs. If they have problems with alcohol- or cigarettes- they quit alcohol-

Or quit cigarettes

But you can't just quit eating if you have a problem with food ...

Seriously though, the worst is that we listen too much to the wrong kind of people-

Like what do you mean?



We're like sheep. We follow all kinds of people who tell us "eat hamburgers and fries- and pizza dripping and oozing with cheese"...

And?

And, we listen to people who tell us that - girls, especially- have to be so skinny they're like skeletons covered with skin. Like if that's a new trend!



Later...

Skeleton girls a new trend?

I don't THINK so!

Not for me!



Hey- where's Lisa?

She got called out of class in first block-



Much later...

Oh-get this! Get this! Get this!

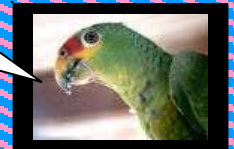
Oh, this is so messed up!

Tell us!

C'mon Rica, let's go look her up-



¡Ay! ¡Las locuras de la juventud pueden ser peligrosas!



What?

What's up?

Lisa's Mom came and got her ...

They're going to the hospital to be with her aunt- Jilly and Joey went too..

With Ephedra! You know- they took it off the market 'cause it's so dangerous!

Well, her cousin Griselda felt so bad- she took some of her mom's pills to lose weight-

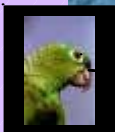
Sit down..

What happened?

And her heart started beating all weird and she had a little heart attack!

What! She's only 16!

¡Y ella espera un rato largo para recuperación!

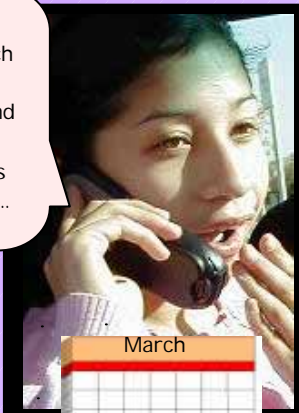
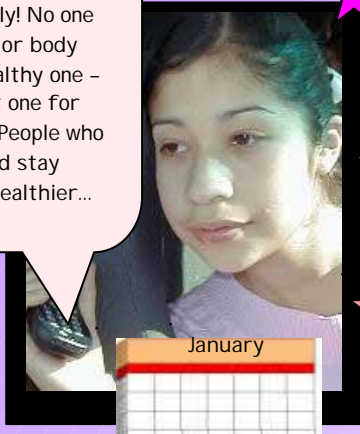
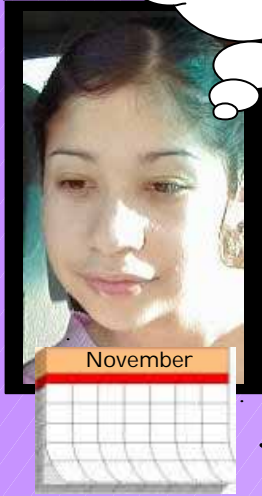


While Griselda recuperates, she and Jilly talk on the phone often.

'Selda said she's feeling much better! Eating better, and moving more- and she's in a support group.'

Jilly, remember I said how no matter how much you weigh or how you look, if you eat right and exercise, you're healthier? Well... guess what! I have a surprise...

Healthy bodies and happy people come in all sizes, Jilly! No one body shape or body size is a healthy one - or the right one for everybody. People who exercise and stay active are healthier...



Oh, that is excellent!

Griselda comes to Soledad for Lisa's graduation in June... the friends have plenty to say to her!

"Hey Griselda - I'm so glad you're better!"

"Is it true that you're becoming a peer counselor?"

Yeh- I want to help other kids who feel the way I did-

So come on, let's get frozen yogurt. I want hear all about Mark!

Awesome!

some to

Yeh, Angel really quit smoking! He figured if Randall could get off burgers, he could get off cancer sticks!

What are you going to do this summer? Y-Camp counselor again?



Y así se acaba el semestre y todos van en sus propios senderos. Tan rápida fuera esta parte de la vida para estos jóvenes, tan rápida ¿qué no?



No- I'm in the swim program at the pool. Chela's helping at the Thursday WIC Farmer's Market.

Many thanks to:
Kellogg Foundation,
CF3 Staff,
Roberto Nunez,
Luz Garcia,
Frances Rojas,
Heather Church,
Dave Delgado,
Jackie Thompson,
Scott Brennan,
E.L.L.A.C. parents
Students, and the
City of Soledad.

Kathleen Nolan
Project Developer
and Coordinator
June 2004