

Food Stories:
Overstuffed Jack
By Chuck Wurth
Copyright April 10 2009
Wurth.6@cfaes.osu.edu
419.237.2247

Introduction

Feel free to use this story and contents. Acknowledgement of my contribution would be appreciated. Feel free to edit and modify to the situation as needed.

This is a story that has a repeat element and an element where the participants may begin to pick up on a particular line and be invited to chime in with the storyteller.

The **yellow highlight** and then the **green highlight** are places where the participants can elect to join in. The **blue highlight** is where you instruct the participants to join in.

When coming to a **yellow highlight** or **green highlight** say the phrase slowly and help the participants pick up on the line.

Teach the **blue highlight** before you start. Hand motions to go with the line are encouraged. First sentence could be with your arms upraised and the second with your hands on your hips.

At the end of the story ask the participants what the story was all about.

Questions could be about:

- What was Jack doing?
- Was Jack being kind to himself?
- What did Jack think of his mother's advice?
- Did Jack like the changes he had to make?
- What did you think of Jack helping Barney?
- What lessons could be taught to others?

As much as you can let the participants lead the discussion and only speak when knowledge or getting them back on track is needed.

A take off of a Jack Tale:

Jack lay around the house eating cup cakes, candy bars, jelly beans and brownies while drinking lots of cans of pop.

Mama said "Jack you go and get some exercise and quit eating all those cup cakes, candy bars, jelly beans and brownies. And stop drinking all those cans of pop.

Jack said but I do not want to. So his mother said:

Oh Jack, you will eat yourself sick. What is a mother to do?"

Well Jack got up and got out of the house because he did not like that kind of talk. And besides he was out of cup cake, candy bars, jelly beans and brownies. He was also thirsty for cans of pop.

Jack decides to go to the local candy store and buy some more cup cakes, candy bars, jelly beans and brownies. And a can of pop would be just fine too.

Jack walked slow because walking fast made him tired. Some would say Jack had plenty of cup cakes, candy bars, jelly beans and brownies along with a few cans of pop stored up inside.

Jack got more cup cakes, candy bars, jelly beans and brownies and started to walk back home? He was eating all the way and washing it down with cans of pop.

He felt great with all his food. It made him feel comfortable inside. Well it made him feel full inside. And full was great right? When Jack walked back into the house in time for supper, but he was not hungry for the chicken and salad his mother had made.

When his mother saw the things Jack had eaten she said

"Oh Jack you will eat yourself sick. What is a mother to do?"

Jack said I do not know but I am going to sleep. I am not hungry. And so he did.

Later Jack got hungry and ate the last of his cup cakes, candy bars, jelly beans and brownies because he could and nobody would stop him. And drank the rest of his pop because then he was hungry. He was too tired to go to the refrigerator to see what was left over. And besides who needed anything but cup cakes, candy bars, jelly beans and brownies?

In the morning when his mother discovered all the wrappers and pop cans in Jack's room she said.

"Oh Jack you will eat yourself sick. What is a mother to do?"

Jack said I do not know but I am going for a walk. I do not want any breakfast. But as Jack walked along he did start looking for more cup cakes, candy bars, jelly beans and brownies. And a can of pop would be great too.

And Jack ate more of his favorite cup cakes, candy bars, jelly beans and brownies. And he felt great. Well he felt full and full was great right? Actually he felt just a little sick, but not much. Maybe potato chips would settle his stomach?

When Jack got home he looked pale, out of breath and full of cup cakes, candy bars, jelly beans and brownies with a little potato chips and pop as well. And his mother said:

"O Jack you will eat yourself sick. What is a mother to do?"

I do not know but I do feel sick said Jack. His mother whisked Jack straight away to see the Doctor. The doctor said Jack you look full of cup cakes, candy bars, jelly beans and brownies. If you keep that up you will be sick for a very long time.

His mother said "Did I not say"

"Oh Jack you will eat yourself sick. What is a mother to do?"

The doctor took away all of Jack's cup cakes, candy bars, jelly beans and brownies along with his cans of pop and made Jack do exercise each and every day.

Did Jack like this new idea? Nooooo!! He did not. He liked his cup cakes, candy bars, jelly beans and brownies. But he did admit he liked not hearing his mother say.

Oh Jack you will eat yourself sick. What is a mother to do?"

Over a very long time of days, weeks and months Jack did walking and other exercise and began to discover he felt much better than when all he ate was cup cakes, candy bars, jelly beans and brownies. And he definitely enjoyed not hearing his mother say:

Oh Jack you will eat yourself sick. What is a mother to do?"

One day Jack saw his friend Barney sitting on a park bench eating cookies, candy, chocolate bars and drinking a cola. One look at Barney and Jack saw that Barney looked like he was full of cookies, candy, chocolate bars and lots of cola.

Jack said to Barney you look full of cookies, candy chocolate bars and cola. Just how do you feel? Barney said not very well.

And Jack said:

Oh Barney you will eat yourself sick. What is a friend to do?

Jack told Barney to go see a doctor, and he did.

Then Jack and Barney were on the same plan. No more cup cakes, candy bars, jelly beans or brownies OR cookies, candy and chocolate bars. And no more pop or cola.

Barney started walking and doing exercise. Did he like it? Nooooo!! But he did feel better just like Jack had and still did.

Did Jack and Barney never eat cup cakes, candy bars, jelly beans and brownies OR cookies, candy and chocolate bars

ever again. Well no that would be almost too hard to imagine, but they ate very little and very small amounts when they did. And they exercised a lot.

And that is how Jack and Barney lived happily ever after. They had learned not to eat cupcakes, candy bars, jelly beans and brownies OR cookies, candy and chocolate bars all the time.

And best of all they felt happy and healthy forever and one day.