

## Conversation

Anna: Hi there, Ashley!

Ashley: Anna! Hi! Where are you going?

(Anna's stomach growls loudly)

Ashley: What was that?

Anna: I'm hungry. When I'm hungry, I only want to eat junk food! But I know I should eat healthy food. So, I fight with myself. One side says, 'You should eat healthy food.' The other side says, 'But I want to eat junk food!'

Ashley: Well, Anna, go to the Giant supermarket. You should be able to find all kinds of food there - for all of you.

Anna: Good idea, Ashley. See you later!

Ashley: 'Bye, Anna.

Anna: Wow! This supermarket is huge! Look at all of these fruits and vegetables! I should eat more vegetables.

Healthy: Good idea, Anna. You must eat more vegetables ... like celery!

Junky: Celery?! Do you know what the web says about celery?

Anna: No, what?

Junky: "Celery is 95 percent water - 100 percent NOT ice cream. I love the web!"

Healthy\*: Anna, you mustn't eat junk food. Junk food will kill you.

Junky\*: You are being silly.

Healthy: No, you are!

Junky: No, you are.

Anna: Will you two please be nice to each other? It is important to eat healthy foods. But, a little junk food will not kill me. Hmm, ice cream. Ice cream does sound good.

Junky: Take this cart to the frozen food aisle!

Healthy: No wait, go back! Go back! We forgot fruit. Go back!!

Anna: Okay, we are in the frozen food aisle!

Junky: Mmm, ice cream!

Healthy: Mmm, frozen peas!

Junky: Nobody says, 'Mmm, frozen peas. They say, 'Mmm, ice cream!

Healthy: Mmm, frozen peas!!

Junky: Mmm, ice cream!!

Anna: I am not going to tell you two again! Stop fighting!

Anna: I smell fresh bread! I love the smells of a bakery!

Healthy: Oh, Anna, let's buy a fresh loaf of whole wheat, organic bread!

Junky: You don't have to buy bread. Buy some donuts, Anna!

Healthy: You mustn't buy donuts. They are only fat and sugar.

Junky: Exactly! You know, you are really no fun at all.

Healthy: And you must think having high cholesterol is fun.

Junky: Everyone likes donuts! That is why you don't have friends!

Healthy: And that is why your cholesterol is so high!

Junky: My cholesterol is none of your business!!

Healthy: And I have lots of friends!!

Anna: Stop it! Stop it! Stop it! I am sick and tired of the both of you!!

Anna: I know what you two need!

Junky: Anna! What are you doing?

Healthy: Put me down!

Anna: You two need to cool off!

Anna: I am going to go buy my healthy food and my junk food! Good bye!

Anna: Until next time ...

Note: "Healthy" and "Junky" are Anna's thoughts about what she should eat.