

## TRANSCRIPT

### A Broccoli A Day Keeps The Doctors Away

One broccoli, two broccoli, raw broccoli, cooked broccoli! (Raise your hand if you like broccolis?) You know that saying, "An apple a day, keeps the doctor away," well I like broccoli more so that's my life motto. "A Broccoli a day keeps the doctor away"

I've always had a love for broccoli. Everyday at lunch, I would always ask my friends for her broccolis. If it were mixed in a gourmet meal, I would completely skipped over it and go straight for the broccoli. Some may say it's an addiction, but it's really about that healthy life. From all the broccoli I have consumed over the 17 years of my living life, I would think that I am considered very healthy.

But one day, I realized that my life was missing a little more color. I sat myself down and thought to myself, why don't I open my eyes to the many other options that are presented to me, why am I latched on to the same thing everytime? Then it hit me really hard... I don't want to change! I like everything to stay the way that they are. But what good was that going to do for me? If I \*burp\* "excuse me" ... "wait don't add this in" .. where was I? Oh right. If I am not open to changes, how am I ever going to grow and learn. For all we know, a carrot can change my life. And so it did... I started to feel changes.

(FEAR MONSTER, SUNFLOWER SEED)

Now story time!!! So... when I was in 3rd or 4th grade, I was in this summer/after school program and day care. I remember especially when I was with my friend. Our coordinator called on us, I thought we were in trouble, but she actually wanted to talk to us about transferring to the next class early, because we were old enough. My friend was willing to go, she didn't really care much about it. As for me, that was a whole nother story, I didn't want to go. I liked my class, I like the way things are right now, being with my friends, playing with all the toys and games. It was like a safe place for me. That's when I said no, while my friend said yes. Weeks went by, everything was normal... besides the part that my one friend wasn't there. I started peeking through the other class to see how my friend was going. She look fine, having fun, doing new things, meeting new friends, while I was stuck at same routine. I started feeling... jealous. I had that tiny bit feeling of want to go to that class, but I was actually more afraid of what's going to happen next. I wanted to be safe than sorry. So I still sticked with that class. Day by day, my feel's for that class start growing, but at the same thing so was that fear monster. When I actually had to go by force, I struggle to go, I stayed in one spot and started crying. The new coordinator, started to walk up to me, she was trying to comfort me. It work for a bit, but still I'm staying at that one spot. Until I saw my friend doing activities.

Connected back to my story, I would say my friend that made me jealous and the new teacher that tried to comfort me, helped me open my eyes wide to a whole new world of different colors and calcium/vitamins. I slowly started to expand my horizons of vegetables. Who knew there were so many different variations of broccoli! Different dish/cuisine. Beef broccoli, mixed broccoli and veggie, stir-fried broccoli, and romanesco broccoli... I couldn't believe my eyes! After I tried all these broccoli, they were all flavorful and tasteful. As a result, I opened my eye to a greater perspective of dishes. Vegetables are like humans. I was very limited to my own group, but I ended up branching out to others. By doing so, I have met so many new people to this day are still very important in my life.

Instead of stay in that one place, where nothing happens. No excitement and can get boring over time, I end up going to different groups, meeting new people with different personality. Seeing new changes for the better or not. When I was in middle school and I was proud of that.

Now I am a true vegetable lover. It's not longer, "A broccoli a day, keeps the doctor away," now it's "A vegetable a day, keeps the doctor away".