

Quintin Cummins
San Diego School of
Creative and Performing
Arts

MR. MYTH VS. DR. FACT

Grade 12
Ms. Taylor-Rice

(INTRO)

MR. MYTH:

DR. FACT, I HEAR YOU'RE TRYING TO CONVINCING KIDS THAT EATING UNHEALTHY CAN DO DAMAGE TO YOUR BODY

DR. FACT:

THAT'S CORRECT MR. MYTH, AND I PLAN TO SUCCEED

MR. MYTH:

OH REALLY, AND DO YOU REALLY THINK YOU'RE GOING TO BEAT ME?

DR. FACT:

YES, I BELIEVE I CAN SHOW THESE KIDS HOW TO REALLY EAT

MR. MYTH:

WELL WE'LL SEE ABOUT THAT

DR. FACT:

WE SURE WILL.....MR. MYTH, PRESENT YOUR ARGUMENTS...

(VERSE)

MR. MYTH:

I SKIPPED A MEAL AND I FEEL JUST FINE
SO I CAN EAT WHATEVER I FEEL LIKE NEXT TIME
DON'T WORRY ABOUT EATING TOO MUCH IN A DAY
AS LONG AS YOU MISSED A MEAL, THEN IT'S A-OKAY

DR. FACT:

YOUR'RE WRONG ABOUT YOUR THEORY OF EATING LARGE AMOUNTS
YOU THINK YOU HAVE, BUT YOU HAVEN'T FIGURED IT OUT
THREE NORMAL-SIZED MEALS A DAY IS WHAT YOU SHOULD DO
MR. MYTH, I HAVE A FEELING I'M ABOUT TO SCHOOL YOU

MR. MYTH:

NOW WAIT JUST A MINUTE, HERE'S WHAT I BELIEVE
SKIPPING A MEAL WILL MAKE UP FOR BEING UNHEALTHY

DR. FACT:

NO, EATING UNHEALTHY IS JUST COMMON SENSE
EATING TOO MUCH LIKE THAT AFFECTS YOUR DIET BALANCE
IT'S OKAY, FOR YOU, EVERY NOW AND THEN
TO EAT A COOKIE, CUPCAKE, SLICE A PIE WITH PECANS

JUST DON'T MAKE THEM THE MAIN COURSE OF YOUR DAY
MR. MYTH:
DR. FACT, YOU GOT SOME ARGUMENTS COMING YOUR WAY

(CHORUS)

FACT, MYTH, MR. MYTH: LET ME TELL YOU HOW I FEEL
TRUTH, LIE, DR. FACT: I'M JUST TELLING YOU WHAT'S REAL
MR. MYTH: BOYS AND GIRLS, DON'T LISTEN TO WHAT HE TELLS YOU
DR. FACT: BOYS AND GIRLS, BE SMART, AND LISTEN TO WHATS
TRUE

(VERSE)

MR. MYTH:

NOW IF IT SAYS ALL NATURAL ON A PACKAGE OF FOOD
DOESN'T THAT ALREADY MEAN THAT IT'S GOOD FOR YOU?

DR. FACT:

NOPE, THAT'S WHY YOU NEED TO READ NUTRITIONAL FACTS
IT COULD STILL CONTAIN A LARGE AMOUNT OF SUGAR AND FAT

MR. MYTH:

BUT I LIKE SWEET FOODS, THEY DON'T GO TO MY HEAD
AND I DON'T NEED SUGAR, I COULD JUST USE HONEY INSTEAD

DR. FACT:

WRONG AGAIN MR. MYTH, LET ME SPIT YOU A FACT
IT'S BASICALLY THE SAME THING AS SUGAR, ALMOST EXACT

MR. MYTH:

BUT SUGAR GIVES US ENERGY AND WE NEED THAT

DR. FACT:

BUT THEN YOUR BLOOD SUGAR DROPS RIGHT AFTER THE FACT

MR. MYTH:

WELL WHAT ABOUT VITAMIN PILLS AND ENERGY BARS?

DR. FACT:

THEY WON'T DO YOU ANY GOOD, EVEN WITH THE GOOD SOURCE OF
CARBS

MR. MYTH:

FAST-FOOD CHEESEBURGERS, THOSE ARE ALRIGHT
MEAT, CHEESE, BREAD, VEGETABLES ALL IN ONE BITE

DR. FACT:

ALTHOUGH THAT MAY BE TRUE, LET ME SAY THIS TO YOU
IT'S VERY HIGH IN FATS, CALORIES, AND SODIUM TOO

(CHORUS)

(OUTRO)

MR. MYTH:

OK, DR. FACT, YOU WON THIS TIME, BUT I'LL BE BACK...YOU CAN BET
YOU'RE BOTTOM DOLLAR THAT I'LL BE BACK

DR. FACT:

I LOOK FORWARD TO IT...MR. MYTH