

# A Healthy Mystery

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EXT. PARK - LATE MORNING

PRELLA and COSMO are sitting on a bench. Prella is in need of a healthy meal, Cosmo agrees. As they sit wondering what they should eat.

Prella

Ohhh. (Rubbing her stomach) I'm Sooo hungry. Cosmo what are we gonna eat today?

Cosmo

(Shakes his head and agrees) I know. (Says it groggily) I'm hungry too, but I wish I had brought something to eat.

Prella

(She sits up confidently) Ohh I know, I knoooww!!! What if we go  
to DETECTIVE PAULINA'S office?!

Cosmo

Who's Detective Paulina? (is engaged in what she is telling him)

Prella

Detective Paulina is a Food Detective that helps us make better  
choices in what we eat! Kewl right?

Cosmo

Aww fine. Sure let's go! (gives a sly smile, looking at the  
camera unsurely)

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EXT. OUTSIDE DETECTIVE PAULINA'S OFFICE

Prella and Cosmo are standing in front of the office building  
anxiously waiting to go inside.

Prella

(In a bubbly tone) Aren't you excited to go see the  
DETECTIVE!?(Looking at the camera)

Cosmo

Not really, I like what I eat now like chips, pizza, and ice  
cream.

Prella

Well maybe you should try something different?

Cosmo

Nah. Come on let's just go inside.

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EXT. WALKING DOWN THE STAIRS OF THE OFFICE

They walk down the stairs

Prella

C'mon hurry up! I'm starving (she yanks his arm)

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INT. PAULINA'S OFFICE

Prella and Cosmo walk into a very dark room as the door shuts cosmo shutters. They look over their shoulder and see Detective Paulina working on her computer with Maia at her side.

Prella

Are you detective Paulina? (She asks curiously)

Paulina

Yes, yes I am. How may I be in your need of help? Tell me, food problems, Right? (She slightly tilts her head)

Cosmo

(Points at Paulina) Ahhh, so you're the Foodie genius?

Prella

Cosmo meet the famous detective Paulina and her amazing sidekick MAIA!!! (gestures hands towards both of them)

Paulina

So what do you need help with?

Prella

Well we were just wondering what we could eat because there are so many choices in a grocery store.

Maia

Well you've asked, just the right people! We'll help you!

(After they shake hands.)

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EXT. OUTSIDE GROCERY STORE - TRANSITION

MELANIE states a quick fact

Melanie

(Looking at the camera) Did you know that Organic means all natural without chemicals that could hurt your body. If you'd like to find Organic Products, look for the USDA Organic Label.

(shows organic label on product) And remember Organic means healthy. (thumbs up with a smile)

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EXT. OUTSIDE GROCERY STORE

All four of them meet up in front of the grocery store. They all shake their heads in agreement.

Maia

(Faces the camera) Are you ready to go inside?!?!?

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INT. GROCERY STORE

Prella and Cosmo are in shock of all the products. Then both go find different potato products.

Prella

Whoa!!! There are so many things to choose from!

Cosmo

Can we have potatoes?!?!?

Prella

What types of potatoes, there are so many?!?

Maia

Maybe you both can find your favorite type of potato and then see which one you both like?

Paulina

That's what I was going to say.

(Prella and cosmo shakes head in agreement)

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INT. GROCERY STORE PRODUCE DEPARTMENT

Prella is in the produce section and grabs her version of a potato then heads back with Maia and Paulina

Prella

Hm.. Potato...potato... Oh here's one. This will be perfect!

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INT. GROCERY STORE CHIP AISLE

Cosmo goes to the chip section and grabs his version of a potato then heads back to where paulina & Maia are

Cosmo

Oh I like this one.. and that one. Oh but this one (Reaches for potato chip bag) would be the best

Prella

COSMO

THIS ONE WOULD BE THE HEALTHIEST!!!

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INT. GROCERY STORE

They all meet back again discussing with Paulina and Maia which one is the healthiest

Maia

Oh you guys are back, what did you guys find?

Prella

I found an organic potato in the produce section! (Prella hands the organic potato showing Maia and Paulina)

Cosmo

Well I found potatoes in a bag!

Paulina

Potatoes can be in a bag!?!

Maia

No, not exactly there called potato chips  
(States the word chips)

Cosmo

Oh, Yea that... (Cosmo staring at the bag with delight)

Prella

What's the difference between them

Paulina

Well it's definitely the potatoes in the bag.

Maia

Uh.. Really? Why would you think that? (Shrugs shoulders)

Paulina

Well on the bag it has a blue dolphin on it see? (shows dolphin on bag that cosmo is holding) and the dolphin says it's healthy which means..well it's healthy.

(Prella looked at the potato in her hand and the potato in a bag in cosmo's hand looking confused.)

Maia

Paulina I think you got that confused (Says in a laughter)

Paulina

Well then why won't you explain it (Says in a stuck up tone)

Maia

Fine (Slants her head) Look at the potato Prella has. (Walks over to prella) This potato is grown from the ground which means it's a vegetable because it grows from the ground. These veggie potatoes are grown all around the 50 states but mostly grown famously in idaho.

Cosmo

Idaho? Potato land?!?!? hmm...

(Cosmo has an image in his head of a brown field with potatoes growing from the ground but instead of fresh potatoes he imaged the bag instead.)

Cosmo

Yea I can imagine it (looking up with imagination)

Prella

So my potato is from idaho? coooooool!

Cosmo

Oh Oh Oh where do my potatoes come!?

Maia

Well.. your potatoes come from the same place

Cosmo

(Cosmo cuts her off) I knew it!!!(Points at Prella)

AHA!

Maia

But the only difference is before it reaches the grocery store it goes into a factory

Cosmo

A factory!? What happens to it?

Paulina

I know what happens to it. They get the potatoes then stuffs them into a bag right?

Maia

No, they do way more then that.

Cosmo

Well don't keep us in suspense!(covers ears with both hands)

Maia

Well when the potato grows the farmers grab them from the ground and deliver them to a factory where they sliced into thin pieces, dropped into cold water,dried, then fried with grease,and finally topped off with salt

(As Maia explains the process Cosmo and Paulina look disgusted at the bag)

Paulina

Wow that's a lot for some potato chips!

Cosmo

I'm just going to stick to the normal potatoes from now on  
(Cosmo runs off to put back the potato chip bag)

Prella

Thank you sooo much for helping us

Paulina

No problem

Prella

Oh no looks like cosmo might be getting some more potato chips from the chip area. Thanks for helping bye...

(Prella runs off screen in a hurry while maia and paulina look towards her then goes to the cereal section.)

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INT. GROCERY STORE - CONTINUOUS

Paulina and Maia go to a cereal section where they see ROCKET looking at the cereals

Rocket

Hm.. Well that one has..\*Mumble mumble\* Oh but this one had ooh a no! I can't choose

Paulina

Hey Rocket

Rocket

Oh hey. Your detective Paulina right?

Paulina

That's me, oh this is maia my assistant  
(Paulina looks at Maia and Maia waves hello)

Paulina  
It looks like you need some help huh?

Rocket  
Oh yes (Rocket looks towards paulina and maia) You see my family  
is always saying they're tired of Waffles in the morning and  
wanted something different. But my wife said it had to be  
healthy. So the first thing I thought of was cereal.

Paulina  
So..what do you need help with?

Rocket  
I need help to pick the healthiest cereal there is.  
Maia and paulina look at each-other in agreement

Paulina  
Yea we can do that.

Maia  
Tell us what are your two top choices?

Rocket  
My 2 top are Toasted cocoa treasure flakes and vitamin apple  
crisp.

Paulina looks at the two cereals in real might as she rubs her  
chin

Paulina  
Hm.. Well look at the treasure cocoa flakes.

Maia  
Yea and..

Paulina

well look at the picture. See? It's a treasure chest with gold in it and a prize! Which means this one is the best! (Says confidently)

Maia

Well I don't think we should go based off the picture

Paulina

Well then where do we look?

Maia

Well on almost every item in this store the ingredients are labeled on the back side of the box. (Maia Shows her hand to the screen then flips it over and pretends to read her hand)

Maia

Let's look at all the ingredient in the toasted cocoa flakes It looks like in Toasted Cocoa treasure flakes there is sugar, vegetable oil, and artificial flavor.

Paulina

Wait! What's artificial flavor?

Rocket

Oh I think it means that if there's flavoring in the cereal then it's not real. It's ART-IFI-CAL

Paulina

Ohhhh (Looks surprised)

Maia

Anyways all the ingredients in this cereal doesn't look like the best ingredients that would be in a healthy one.

Paulina

Well how about the other one? (Paulina points at the cereal)

Maia

Well let's take a look  
(Turns around cereal box)

It looks like in the Vitamin apple crisp it has Whole grain wheat, Vitamin E and of course apple slices.

Paulina

But look at also says it has sugar.

Maia

Yes, but not as much, see. The first five ingredients are what the cereal is made of most but sugar is one of the bottom ones so it means there's less.

Paulina

Oh, that makes sense

Rocket

Well as much as everyone would love the Toasted Cocoa treasure flakes, but I think they'd be even more happy with the Apple Crisp because they're healthier!

(Maia and Paulina shakes head in agreement while Rocket grabs the Apple crisp cereal.)

Rocket

Thanks guys for helping, it really means a lot. (Looks sincerely at both Paulina and Maia)

Paulina

No problem, just remember if you're in need of making healthy choices, call Paulina

Maia

Ah..hem

Paulina

Oh and Maia too!

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INT. GROCERY STORE - CONTINUOUS

Max is looking at the milks deciding on which one he would like to buy. Paulina and Maia Walk by the milk section, and max finds them asking for their help.

Max

Ahhh. Maybe.. oh no! I give up!!

(Paulina and Maia Walk by the milk section. Max stops them by waving his hand. They walk towards him.)

Max

You guys!?! HELLO!?! (as waving his hand up in the air) Plz help

Paulina

How can we help? (Says walking towards him)

Max

(Says shyly) Well I want to buy milk but I don't know which one to buy, I could go with my favorite since I was a little kid..

Paulina

Which one that? (Say intriguing)

Max

Chocolate milk!

Paulina

Mmmmm...

Maia

Mmmmm..

Max

I know. But I'm trying to try some different things and I found out there's something called Organic Whole Milk

Paulina

Ohhhh

Maia

Ohhhh

Max

So I don't know which one I wanna choose. I want to go with the healthier one.

Paulina

Well You should get the chocolate milk. It's really good! As good as a candy mountain! Imagine a mountain full of candy with a chocolate fountain & river. Mmmm. That would be so good!

Max

Um.. Okay (thinking it over looking up)

Maia

Silly Paulina (says with a bright smile then looks over at both types of milk) there's a difference between the chocolate milk and organic whole milk (gestures hands while describing both milks)

Max

What's the difference? (Asks curiously scratching head)

Maia

Well let's look at the ingredients

(Maia walks over to the two different types of milk)

Maia

It looks like the chocolate milk has a lot of ingredients. But the main 3 are lots of Sugar, Calories, and (Says giggly) of course chocolate.

Max

What does the other one have? (Points at Organic Whole Milk)

Maia

(Turns back the milk towards the ingredients) The organic whole milk is actually all natural!

Paulina

Natural? Like fresh from the cow!?

Maia

Yes! So it means it's all healthy with added vitamins and nutrients to make you STRONG. (Lifts both arms flexing)

Max

Ohhhh that make sense!

Paulina

So which one do you want to buy?..

Max

I think I'll go with the organic whole milk...

Maia

Great choice! Just remember if you want something healthy and natural look for-

Max  
ORGANIC!!!

Paulina  
ORGANIC!!!

Paulina

Yea! (Puts fist up) Let's go to the register to buy it now!  
(Points towards the register)

Max

Sounds good to me! (Says joyfully)

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INT. CASH REGISTER IN GROCERY STORE - CONTINUOUS

Paulina, Maia, and Max head to the register. As they gasp in surprise bc they see TRACE (the cashier) checking out the foods that Cosmo, Prella, and Rocket bought. Finally, each reviewing what they've learned, with Trace helping them out.

Maia

Hey you guys!

Prella

Hiii!

Paulina

Did you guys find what you needed to buy

Cosmo

Yea actually, Me and Prella went around the store finding more ingredients and we saw Rocket.

Prella

As we said hi Rocket told us you also helped him find the healthiest foods too!

Rocket

Yea, Thanks to you, everyone found so many things that were healthy for them

Maia

Like what?! (Shrugs shoulders Looks @ screen)

Prella

Well there were the potato vs. the potato chip bag...

Rocket

The Toasted cocoa treasure flakes and Apple vitamin crisp

Max

And me the Chocolate milk or whole milk!

Paulina

Wow we helped a lot today! (Looks a maia as Maia shakes head in agreement)

Maia

Well we had a blast helping you out (Puts hands together)

Trace

You guys work really well together..who are you?

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GREEN SCREEN

Maia and paulina stand in a super hero-pose with a banner on the top saying "Save The Day"

Trace V.O

And so the day is saved thanks to Detective Paulina and her sidekick Maia!e