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**Hostage Skit**

*(Super Heroes are on their side of stage eating their prop fruits and exercising. The Villains are eating candy and playing on their phones while lounging around)*

**Spiderman**: Where’s the restroom? I really(x10) have to go! (prop-person holds up LOL sign)

**Hulk**: Uhhhh…

**Super woman:** It’s right over there Spiderman. If you hadn’t drank all that milk this morning you wouldn’t have to go so bad! *(Points off to the side)*

**Spiderman**: Yeah, but it was good milk! *(Begins to walk towards where Super woman pointed…to the center of the stage).*

*(Villains sneak over behind Spiderman and grab him).*

**Cat woman**: Hey Spiderman ever try a candy bar before? It’s really good!

**Spiderman**: No way! Candy bars are unhealthy for you!

**Joker**: They taste sooo good though! Why do you think I’m always smiling?

**Cat woman:** Come on Spiderman it’s not so bad once you try it. What’s the harm?

**Spiderman**: Well maybe just one bite...

*(Spiderman begins to reach for the candy bar, slowly.)*

*(Batman and Wonder woman see the commotion and go over to center stage to stop Spiderman)*

**Wonder woman**: Spiderman no! Don’t do it. Don’t let them pressure you into it!

**Batman**: Come on man! There are better things to eat than a candy bar! How about an orange instead?

**Joker**: Don’t listen to them! They’re just jealous they don’t have a candy bar. Go on eat it! You’ll like it I promise!

**Spiderman**: I don’t know I mean it does look pretty good. One bite won’t hurt too much… *(SLOWLY…Spiderman takes the candy bar and takes a bite.)* Oh maybe this was a bad idea...

*(Two prop-people bring the curtain into the middle of the stage.* *Spiderman dramatically holds his stomach and begins to collapse. He stumbles behind the curtain and changes into venom…As he changes prop-people hold up ? and ! and the black web.)*

**Hulk**: *(moves to center of stage)* Bum bum buuuuummmmmmm.

**Super woman:** Oh no! Spiderman turned into his evil twin…Venom!!!

**Venom** (*formerly Spiderman*): Woohoo!!! I’m back and ready for action!! Let’s go get some more candy boys!

*(The villains all run back to their side of the stage while laughing evilly…MWUAHAHAHAHA!)*

**Super woman**: We have to go tell the others maybe they’ll have an idea on how to get him back!

**Batman**: good thinking! Come on let’s go!

*(Both run back to where the heroes side of the stage where the others are still exercising and eating fruits and veggies.)*

**Academic Skit**

*(Wonder woman and Batman run up to the other heroes)*

**Super woman**: They got Spiderman!

**Captain America:** Who? How?

**Batman**: The villains! They tricked him into eating a candy bar!

*(Hulk looks up real fast and starts to freak out.)*

**Hulk**: Oh no! Candy?! Hulk no like candy!!

**Thor:** Hulk! It’s okay, don’t worry.

**Captain America:** Hey I’ve got an idea! *(Prop-person holds up light bulb over Super woman)…*Remember Spiderman’s favorite food is an apple. (*Says slowly, while looking at the audience)…*If we can get him to eat one I’m sure he’ll turn back!

**Batman**: That’s a good idea! We should go right now before they get the chance to eat more candy!

**Wonder woman**: I saw which way they went! Come on I’ll show you!

*(The heroes all follow Wonder woman to the villains side of the stage. When they show up the villains are all laying on the ground clutching their stomachs and groaning, with candy wrappers strewn across the place. The villains groaning “too much candy..”)*

**Hulk**: Hulk confused? Why they all hurt?

**Flash**: They ate too much candy that’s why. Too much junk food makes you sick and tired and you can’t have fun or play outside!

**Venom**: Ugh. So worth it! (*barfs on Captain America*) Ugh. I think? (prop-person holds up LOL sign)

**Captain America:** Not on the shoes!

**Hulk**: Hey! We want Spiderman back!

**Joker**: HAHAHA! Well you’ll have to take him! *(Joker tries to stand up only to fall back down.)*

**Wonder woman**: I get the feeling that won’t be too hard (prop-person holds up LOL sign).

**Cat woman:** That’s not fair! You wouldn’t beat us up while we’re helpless would you?

**Captain America:** I say we have a competition! Hmmm….We could play Jeopardy, and whoever wins gets to keep Spiderman!

**Joker**: Deal!

**Hulk**: But Hulk not smart.

**Batman**: You can do it Hulk. In Jeopardy we’ll get asked questions and get points for correct answers! We’ve been eating healthy foods and they’ll help make you smarter!

*(All the actors gather in a semi-circle on center stage. Prop-person brings out table with two bells, one on each side and sits it in the middle of the circle.)*

**Thor**: Wait! We need someone to come up and read the questions for us!

**Joker**: Hmm….I bet one of these teachers would do it! Hahaha! *(Whispers really loudly to the other villains)…*Maybe we can get them to cheat for us!

**Flash:** So kids, who should we pick to ask the questions?

*(Flash picks one teacher out of the audience, voted on by the kids, and asks them to stand behind the table. He hands the teacher the index cards with the questions on them and explains everything they need to do is one the cards.)*

**Super woman:** OK, Round one is Joker vs Batman!

*(Joker and Batman line up on opposite sides of the table and make faces at each other)*

**Teacher:** Question 1, which is healthier? A banana or a Fruit roll-up?

**Joker**: *(Buzzes in).* A Fruit Roll-up duh. It’s made with 2% real fruit and a lot of fake friut flavors!

**Teacher:** That’s incorrect.

**Batman**: *(Buzzes in).* A banana.

**Teacher:** Correct!

**Thor:** Alright! A point for the heroes! Now round 2, Hulk vs Venom.

*(Joker and Batman get back into the semi-circle and Hulk and Venom line up on opposite sides of the table and make faces at each other.)*

**Teacher:** How many minutes of exercise a day should you get?

*(Hulk beats on his head trying to find the answer, prop-person holds up ARGH sign and ?, and then Hulk finally remembers…and the prop-person holds up the light bulb.)*

**Venom:** *(Buzzes in)* Uh…30 minutes?

**Teacher:** Correct.

*(Venom celebrates by fist pumping or high fiving other villains.)*

**Flash:** Yeah butwhat should you to do during those 30 minutes of exercise?

**Venom**: I’ve got the best exercise for the biceps! Wait till you see this!! Kids are you ready??? All you need to do drink two big cans of energy drink or soda!

*(Venom grabs cans of soda from the pile of junk food on the villians side of the stage. He pretends to drink both quickly down…)*

**Venom**: Here we go!!! *(While curling soda cans and pretending to drink)…*count with me everybody! ONE…TWO…THREE…FOUR….

*(Heroes shaking their heads and laugh, Venom sets down on the cans on the villain’s side and kisses biceps.)*

**Hulk**: No, no…my exercise better!

*(Hulk does jumping jacks and everyone shakes)*

**Everyone**: Stop, Hulk! (*prop-person holds up LOL)*

**Hulk**: Hulk sorry. (*prop-person holds up !)*

**Thor:** That’s OK Hulk. You just got us that point! Your exercise wasn’t healthy because of all the energy drink *(points to venom)!* Now we’re winning 2 to nothing!!! Next is round 3: Medusa vs Super woman.

**Teacher:** True or false, obesity can be prevented by eating healthy and being active?

*(Cat woman buzzes in, runs up to the audience and asks the kids the answer)*

**Cat woman:** *(Buzzes in but is stumped.* (*prop-person holds up ?)*

*She looks at the other villains and they say…”cheat, cheat!” She runs over to an audience member and asks for the answer. She comes back to the table)…*True!

**Teacher:** Correct!

*(All the villains get excited and congratulate Cat woman.)*

**Joker:** Well, we had to cheat but at least we got a point! Ok, round 4: me vs. Captain America!

**Teacher:** Final question: how many servings of fruit should you eat a day?

**Joker:** *(Buzzes in)* My favorite number…………5!

**Teacher:** Correct!

*(All the villains jump and celebrate.)*

**Batman**: Now what? We’re tied 2 to 2!?

**Flash:** So how do we break the tie?

**Joker:** I say we fight for him! For Venom!

**Thor**: I don’t know…

**Venom**: Let’s ask the kids then! What do you all think? Should we battle to break the tie?!

*(Venom asks as he turns to the audience. A prop-person holds up ?, the kids all scream back and a prop-person holds up !)*

**Cat woman**: We’ll meet back here tomorrow for our fight!

**Hulk:** Oh! Hulk want smash NOW!

**Captain America**: Soon enough Hulk!

**Training Skit**

*(The heroes all gather up on side and the villains all gather up on another side. The villains are back to eating candy, drinking pop, laying around and playing on their phones. Meanwhile, on the hero’s side….)*

**Thor**: I think we need to start preparing for the fight.

**Super woman:** You’re right! We need to eat healthy foods that will make us strong and keep our energy high.

**Flash**: Yeah, we need to warm up too.

**Hulk**: Hulk likes stretching!

**Batman**: I say we get some of the kids to help us get ready, I’m sure they know a lot about this!

*(Batman picks out 3 kids from the audience to train with the heroes.)*

**Hulk**: Stretching first!

*(Hulk yells out as he gets really excited.)*

**Flash:** Not just yet Hulk first we need to eat healthy to get our energy up and I know just the thing.

**Super woman:** *(Pulls out the apple and banana).* These will help us keep our energy up!

***Thor:*** *These will help us keep our energy up!*

*(While the heroes are eating their healthy food Flash wonders over to the villain’s side…)*

**Flash:** Come on guys, aren’t you going to prepare for the fight?

**Joker**: Hahahaha, prepare? Yeah, right. *(Eats some candy).*

*(Flash walks back over to the hero’s side.)*

**Joker**: Hey! (prop-person holds up light bulb)…Maybe we could get one of those kids (points to audience) to spy for us what do you think?

**Cat woman**: Sounds like a good idea to me.

**Venom:** *(Goes and picks a volunteer to spy on the heroes for them.)* We need you to go spy on the heroes! Once they’re done warming up come back and tell us how strong they look. But you can’t get caught, so you have to be super sneaky!

*(He hands a branch to the volunteer and takes him/her over to a spot near the heroes, but heroes don’t see them. The volunteer spies on the heroes as they finish eating their healthy snacks. All the villains continue to eat junk food and relax.)*

**Hulk**: Now stretch?

**Batman**: Sure thing Hulk!

*(The heroes and kids do some basic stretches like touching their toes for a little while the villains continue to lay around.)*

**Thor**: Just need to finish warming up now. Some jumping jacks should do the trick. *(He leads the heroes and counts out 10 jumping jacks).*

*(The Heroes and their volunteers start to do jumping jacks)*

*Super woman: Hulk- be careful…not again!*

*(Hulk doesn’t do full jumping jacks so no one shakes. Prop person holds up LOL…Meanwhile, all the villains have fallen asleep and are snoring.)*

**Flash**: I think that’s good, we’re ready for the battle now!

*(Venom calls on his spy…the villains spy runs back and reports to the villains and Poison Ivy takes him/her back to her seat.)*

*(The heroes take thank their volunteers and take them back into the audience.)*

**Fight Skit**

*(The heroes go over to the villains who are just waking up. The villains and heroes make another semi-circle in center stage. The villains act sleepy but the heroes act ready to go!)*

**Super woman-** You guys are going to be sorry! You don’t stand a chance! All the junk food has made you weak and tired!

**Joker**: Ugh nap time is over… I guess it’s go time!

**Batman**: I’ll take Joker!

**Joker:** Ugh I don’t feel so good. I think I’ll need to cheat again to win! (Slips on electric ring, a ring pop).

*(Batman and Joker get in the center. Batman yells out as he runs to fight the Joker. They fight. Joker tricks Batman by shaking his hand with a shock right on the Batman gets electrocuted and passes out. Hulk drags him over to the heroes’ side.)*

**Cat woman:** You all have no chance!

**Super woman**- Let’s go!

*(Cat woman and wonder woman tumble toward each other and then fight. Wonder woman knocks out Cat woman and Venom drags her back.)*

**Hulk**: Hulk ANGRY!

*(Hulk and Venom get in the center of the circle. Hulk yells out as he charges Venom. They fight and finally the hulk gives Venom one good punch and Venom goes down. Joker drags him back to the villains’ side.)*

*(All the villains are rolling on the ground. Joker holds a leg cramp and Cat woman holds her belly. They’re moaning and saying “too much candy”)*

***Venom:***What’s wrong with all of us? *(Prop-person holds up ?)* I guess it was all the junk food and lying around we did. It made us lose! It made us tired and weak! So you all won. I guess candy bars aren’t as good as healthy food *(Prop-person holds up light bulb and !)*.

**Thor**: We tried to tell you!...Come on Spiderman we know you’re in there. Fight the candy! Don’t let it control you! Take this apple, maybe it will help turn you back!

**Flash:** *(Gets Venom an apple)* Here try this. Maybe it will help!

*(Venom takes a bite and begins shaking again. Prop-people bring the curtain to the center of the stage. He stumbles behind the curtain and rips off the Venom mask and becomes Spiderman again. He walks out and hugs all the heroes. The clap and encourage the audience to clap and cheer…)*

**Spiderman**: Man, it feels good to be back…being a villain was so weird! I felt so sick and lazy from all that candy, even though it tasted good at first. Apples are so much better! *(Takes another bite)*

**Super woman**: Hey, villains, why don’t you try a bite of some fruit? It tastes sooooooo sweet! Way better than candy. *(All the heroes offer their favorite fruits and veggies)*

**Cat woman**: NOOOOO WAY!!

**Joker**: Huh-uh. No thanks!

**Cat woman**: Fruit is gross.

**Captain America:** Come on, just a bite…

**Villains**: (Look at each other, think, shrug and say…) Well, ok I guess! *(They all take bites of the fruit and veggies and appear to like it.)*

**Cat woman**: Wow! This is really good. Better than I thought.

**Joker**: Forget the candy bars; I have a new favorite food *(holds up fruit)!* I could totally get used to this. I feel so healthy and strong.

*(Heroes all smile and high-five each other)….*

**Flash:**Glad to have you all join the healthy heroes team!!!

*(Everyone gets back into the semi-circle)*

**Conclusion**

**Super woman:** In the end, Spiderman became his normal self again by eating a healthy apple.

**Batman:** When you eat healthy and exercise, you can become a Hero just like us!

**Spiderman:** Get outside and exercise for 30 minutes a day with friends and family, instead of chillin like a villain.

**Joker:** Remember what the heroes ate in the beginning? Fruits and veggies are the best to make you grow strong like the heroes.

**Cat woman:** Stay away from the chips and chocolate; they’ll just make you slow and tired.

**Hulk**: Hulk want to play basketball! *(Hulk brings out a tiny basketball and pops it)*

**Spiderman**: Okay, Hulk, but now we are gonna need a new basketball.

**Super woman** Do you villains wanna play, too?

**Joker**: Yeah, let’s go! Villains versus heroes, but this time no cheating and all for fun.

**Hulk**: Yeah!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

*(Heroes and villains run off with the basketballs)*