

## The One with a Superstar Fridge

- Chris** Well welcome to my house, Joseph. Very excited to have you here today.
- Joseph** Thank you. Thank you. I came here because I wanted to conduct a fridge raid.
- Chris** A fridge raid?
- Joseph** Yes. I'm going to see what, as a professional athlete that you are, what you eat.
- Chris** Right, well let's have a look.
- Joseph** So a lot of fruits and vegetables here.
- Chris** Jam packed, lots of fruits and vegetables, lots of different colours. Hello mate.
- Jonathan** Sorry, I'm late.
- Chris** That's okay. No problems, I'm Chris.
- Jonathan** Hey Chris.
- Joseph** What do you normally have before you go into a football match?
- Chris** So before a football match, I used to eat the same thing the night before every game, which was spaghetti bolognese.
- Jonathan** What about this green stuff?
- Chris** It's funny, I didn't like green vegetables very much when I was your age, so ... Even things like bok choy or we've got some broccoli in here. Things that are really good for, and gradually I just added them into foods that I really like the taste of.
- Joseph** So basically you were adding stuff that you don't like into stuff that you like?
- Chris** Exactly. And a lot of these vegetables I mix up into either stir fries or bolognese, so you don't really realise you're eating vegetables. That's what I used to do when I was a bit younger.
- Joseph** Now, what's this?
- Chris** I call these 'Wa-Cu' cheese sticks.
- Joseph** 'Wa-Cu' cheese sticks?

- Chris** You've got watermelon, you've got cucumber, and you've got cheese. I'm going to have one, too.
- Jonathan** We're not very big fans of vegetables.
- Chris** I wasn't a very big fan of vegetables at your age, either, though. But I'm really glad I started eating vegetables when I was a kid, 'cause getting that good fuel in from an early age really helped me be a footballer, which was a career I ended up loving.
- So I'm going to make a smoothie now, guys, which was my post-game recovery smoothie, after my playing days. You ready for it?
- Joseph** Yep.
- Jonathan** Yep.
- Chris** Okay.
- Joseph** This is going to be good.
- Chris** It's got lots of good stuff in there, we've got some raspberries, which are delicious. Blueberries, which are really healthy for you. Lots of good vitamins in there. Spinach, which is full of iron, and will turn you into Popeye. Got some frozen banana. A little bit of ice.
- Joseph** Is that yoghurt?
- Jonathan** Put that in.
- Chris** Okay. You put in the yoghurt.
- Jonathan** Joseph, you can do the honours.
- Joseph** Thank you.
- Chris** Plenty of yoghurt. I love yoghurt in there. And a bit of milk too.
- Joseph** Sure.
- Jonathan** Lot of tiny and variety of colours in there.
- Chris** Lots of different colours, isn't there?
- Jonathan** The colour of strawberry.
- Chris** You guys going to give this a go, right?
- Joseph** Cheers.

**Jonathan** Cheers, cheers, cheers, cheers.

**Chris** Ooh.

**Jonathan** What the?

**Joseph** Chris are you okay?

**Chris** I don't feel too good.

**Jonathan** How many fingers are we holding up?

**Joseph** How many fingers are we holding up?

**Jonathan** Did he say four?

**Joseph** Chris did you say four?

**Jonathan** Hey Joseph. Did you give Chris this yoghurt for the smoothie?

**Joseph** Yeah. Why?

**Jonathan** It expired two months ago! What are you trying to do? Poison the guy?

**Joseph** What? Give me that!

**Jonathan** It's mould! That's got mould!

**Joseph** Oh. I thought they were berries. It's good. Chris, I have something I think might help you. He can't drink.

**Jonathan** What are we going to do? Tuberman.

**Joseph** Tuberman, I think we've poisoned Chris. This juice might help, but he won't drink it.

**Jonathan** We poisoned him?

**Joseph** Okay. Maybe I poisoned him.

**Tuberman** You've brewed a powerful elixir, Super Naturals. Are only option is to dispense it internally.

**Joseph** Internally? Wait? What? Whoa.

**Tuberman** Quick, while the facial orifice is ajar!

**Joseph** Orifice ajar?

- Jonathan** He means mouth open.
- Tuberman** Super Naturals, we must reach the liver before Chris loses more fluids. If he does, the consequences could be dire. The mint and ginger will neutralise stomach acid, and stimulate the excretion of bile.
- Joseph** Isn't bile like acid?
- Tuberman** It's alkaline, it will emulsify the fat, dissolving the yoghurt until it's safe to digest. Set the coordinates to the liver.
- Tuberman** Where's the liver?
- Joseph** It's connected to the stomach, ya doofus.
- Jonathan** Where's the stomach? I can't see a thing.
- Tuberman** Land on the nearest mass, and let the tide take you. The answers you seek are bobbing in the tide.
- Joseph** What is he on about?
- Jonathan** I think he wants us to land in that big globby thing.
- Tuberman** We've reached the stomach, but we don't have much time before this glob of yoghurt digests. You're going to have to swim from here.
- Twins** Swim? Why?
- Tuberman** The cystic ducts connecting to the liver are too narrow for this ship, you'll be swimming against the current, so swim hard, Super Naturals!
- Joseph** Aren't you coming?
- Tuberman** I'm 99.98% tuber, that stomach acid would dissolve me in seconds. I'm going to have to exit through the nearest orifice and meet you on the other side. Good luck, Super Naturals!
- Jonathan** But how on Earth are we supposed to get out of here once the yoghurt is neutralised?
- Tuberman** Follow the tide, children. Follow the tide!
- Jonathan** Save some juice for the liver.
- Twins** Ahhhh!
- Chris** It's delicious. Boys, did you make this?

**Julia** Standing by for a take. And action.

**Chris** So I didn't catch your name again.

**Jonathan** My name's Jonathan.

**Chris** Jonathan.

**Jonathan** Nice to meet you Chris.

**Chris** Nice to meet. Did you think you two were going to throw me out with the twin routine?

**Joseph** Kind of.

**Chris** You know I'm dealing with twins at home?

**Joseph** You are?

**Chris** Got one year-old twins at home. This is very every day.