

One Bite at a Time

By Teri Kistler

CAST: 1 male, 2 females

Evelyn: Middle-aged housewife with a slight weight problem.

Adam: Evelyn's husband.

Tempress: An attractive woman, direct from a diet infomercial.

RUN TIME: 7 minutes

PROPS

- Table with two chairs
- Countertop TV
- Glass of milk
- Forks
- Plates
- Apple pie
- Book
- Tabloid magazine
- Microwave and refrigerator (optional)

STORY

Evelyn craves a midnight snack of apple pie and is approached by a diet-commercial temptress who uses diet-speak to convince her that one bite is innocuous. Evelyn can't help but share her snack with her husband, Adam, once he discovers she has already succumbed to temptation.

THEMES

The Fall. Adam and Eve. Temptation. Dieting.

PLAYWRIGHT'S NOTES

This script is adapted from the full-length play "Temptation" © 2003.

One Bite at a Time

(The scene takes place in a kitchen. The set includes a table, two chairs and a small countertop TV. A microwave and refrigerator are optional but referred to in the script. EVELYN enters, wearing a bathrobe, slippers and hair curlers. She gets an apple pie from the refrigerator and takes the entire pie to the table)

EVELYN

Well, if anything, I am still hungry. Certainly one little taste would be all right.

(ADAM enters, wearing pajama bottoms and a long T-shirt)

ADAM

What's up?

EVELYN

Me. Couldn't sleep.

ADAM

So you've pulled a chair up to the refrigerator? The best remedy for sleeplessness is to resist the urge to eat. Let's try to walk this off. Up, up, up!

(ADAM proceeds to walk her around the table, as if she needs to walk off an alcoholic binge)

EVELYN

I suppose next you'll want to warm up milk.

ADAM

Milk! And the microwave will have it out in thirty seconds, maybe forty-five. You just sit down and I'll get it for you.

(ADAM walks her to a chair)

Name your poison: Skim or Vitamin D?

EVELYN

Honestly. Does it matter?

ADAM

I don't know. Does it?

(ADAM pours a glass and puts it in the microwave)

EVELYN

I suppose not, considering I don't like warm milk.

ADAM

Then I suppose I can't help you.

EVELYN

Go on back to bed, sweetheart. Perhaps I'm just gearing up for hibernation and this is a perfectly natural craving.

ADAM

Insomnia and cravings. Are you sure you're not -- ?

EVELYN

-- I'm sure! Go back to bed.

ADAM

A book! That's just it.

(Taking the milk from the microwave)

Why don't you read something? I've got just the thing. Don't go away.

(ADAM exits with the glass of milk. EVELYN switches on the TV, using the remote. The voice of the TEMPTRESS is heard from the TV)

TEMPTRESS (offstage)

Don't deny yourself any longer. This program is designed for you. You're stressed out. You're busy. You give, give, give to everyone but yourself. So when it comes to the foods you enjoy, why deny yourself? You can learn to say "yes" one bite at a time. You can learn to say "yes!" on the "Say-Yes-Not-No! Revolutionary Diet."

EVELYN

(Shutting off the TV)

Oh, please!

(EVELYN thumbs through a tabloid magazine, trying to keep her eyes from wandering to the pie)

EVELYN (cont'd)

"Say yes!" Diet revolution, my teeth!

(With elbows on the table, EVELYN puts her face in her hands. The TEMPTRESS enters, dressed in a snakeskin-like gown. She tempts EVELYN with a fork throughout this next section. EVELYN raises her head, seeing the TEMPTRESS)

EVELYN (cont'd)

What? Who? Oh, I've fallen asleep, haven't I?

TEMPTRESS

Whatever you say, dear.

EVELYN

You've come to torment me, haven't you? You, with your capped teeth and your perfect, size-eight figure.

TEMPTRESS

You exaggerate my dear, and I love you for it.

EVELYN

I suppose you're here to eat my pie, and afterward you'll rub it in my face that you never gain an ounce.

END OF SAMPLE

This play is protected by copyright law. It is illegal to print, transcribe or otherwise duplicate this electronic document.

We hope you have enjoyed this sample. To prevent copyright infringement, the rest of this play cannot be displayed. To purchase this script with full performance rights, hit the back button to return to www.rileysdiner.com.