

## **SCRIPT**

[MUSIC]

All (shout): Tiny Bites!

[INTRO]

Welcome! I'm Aaron Rollins, and this is Tiny Bites, a taste of the stories behind our book, *Nourishing the Soul: Exploring Comfort Food at Diverse Tables*.

[INTRO EP\_0]

In this episode, you'll hear from our professor, Dr. Michael Longinow, who wrote the introduction to our book, and Dr. Christina Lee Kim, who wrote the foreword.

[INTRO EP\_1]

In this episode, you'll hear from the student journalists behind the first three chapters — Izah, Katie and Madison.

[INTRO EP\_2]

In this episode, you'll hear from the students behind the last three chapters — Aaron, that's me, Chloe and Hope.

[MUSIC]

[INTERVIEW]

[MUSIC]

[OUTRO]

All: Thanks for listening!

Aaron: If you're interested in buying our book, see the link in our show notes to purchase it on Amazon.

Aaron: Tiny Bites is produced and mixed by Hope Li. Our theme music is used with permission from Warner Chappell [CHAPEL] Productions. Dr. Michael Longinow teaches the Media Narrative Project, an upper-division class from the Division of Communication at Biola University.

All (whisper): Tiny Bites.

## Post-production

Tiny Bites is a limited podcast series from journalism students in the Division of Communication in the School of Fine Arts and Communication at Biola University.

|   | Title                                                          | Episode notes                                                                                                                                                                                                                                                                                                                                                                                                                             | Duration |
|---|----------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| 1 | Having a bad day?<br>Let's get some boba                       | Dr. Michael Longinow and Dr. Christina Kim talk about how food can communicate love, especially across different cultures. They also weigh the benefits of eating alone versus eating in community.                                                                                                                                                                                                                                       | 22:06    |
| 2 | Food is everywhere<br>in the Bible                             | In this episode, Izah, Katie and Madison share what *didn't* make it into the first three chapters of Nourishing the Soul and reflect on their interviews and research process. Madison even tried making mujaddara at home after her interviewee suggested the recipe to her!                                                                                                                                                            | 16:36    |
| 3 | What's a <i>carne asada</i> , and who's <i>lumpia</i> ?        | Chloe may have third-wheeled her parents to get her interviews for her chapter on African American soul food. Hope didn't know what a taco was, officially, until she interviewed her main source. And Aaron learned how to be a good ghost and capture beautiful, chronological photos of Filipino food.                                                                                                                                 | 22:03    |
| # | 3000x3000 px<br>graphic, condensed<br>from wraparound<br>cover | <p>Tiny Bites is a taste of the stories behind our book, Nourishing the Soul: Exploring Comfort Food at Diverse Tables. The book was made entirely by journalism students in the <a href="#">Division of Communication</a> in the School of Fine Arts and Communication at Biola University.</p> <p>To purchase the book, click <a href="#">this link</a>. To hear more episodes from these students click <a href="#">this link</a>.</p> |          |

## Website

<https://tinybites.transistor.fm/>

## Music:

<https://www.warnerchappellpm.com/track/metro-mmp137-010/MjEyNzM3Njl1LTJjNWUwYw>

## Outline

15-20 mins

Intro (3 mins)

- music
- script

Interview (10-15 mins)

- outlined ?s

Outro (3 mins)

- music
- script