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NABU

Olivia and The Picky Plate

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IN PARTNERSHIP WITH



UNITED WAY
Romania

READING
LEVEL

3

NABU

About NutriCOOLtura

The United Way Romania Foundation, with the support of Edenred and Kaufand Romania, has developed the NutriCOOLtura project, which aims to inform and help children develop healthy nutritional habits through reading and practical learning experiences. The project also ensures the development of teachers' competencies in literacy and working with vulnerable groups, along with providing basic nutrition-related information. We offer support and information to parents to raise awareness of the importance of education, reading, and healthy nutrition for children, as well as for the entire family.

About UNITED WAY

United Way Romania's vision is of strong, supportive communities committed to helping people reach their potential. Our mission is to improve lives in our communities through giving and volunteerism.

NABU's Mission

NABU is a New York-based 501(c)(3) non-profit organization, with a mission to solve the imbalance in children's book creation and distribution, so all children can read and rise to their full potential.

About the ABC Lab

The ABC Lab is NABU's Authentic Book Creation Lab and is where NABU stories are born and come to life through workshops with local artists and writers. The workshops are a part of our goal to address the need for children's books in mother tongue languages. It is a peer-to-peer learning structure that enables a continuous learning loop and the exchange of skills and ideas, aimed at creating original and authentic mother tongue children's story books.

OLIVIA AND THE PICKY PLATE



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Grandpa is in the kitchen. Olivia enters in quite a hurry. “Welcome home, Oli! How was school?”

“Don’t call me Oli! School? I don’t know why, but I couldn’t focus at all. And I’m so tired!”



“Well, if you only eat sweets! Look, I’ve prepared a nice vegetable soup.” “I don’t like vegetables, you know that!” Olivia sulks.





Grandpa serves the soup into bowls:
“Let’s eat this tasty soup together. I’m not
talking nonsense, I’ve taken care of so many
children in my life.” Olivia knows that grandpa
was a pediatrician and thinks he might be right.
But she still doesn’t like vegetables!

Olivia doesn't like what she finds in the fridge when hunger strikes at dinner time. "There's nothing good in the fridge! I'll have some muffins." "It's too late for sweets! The sugar will give you too much energy and you won't be able to sleep, my dear!" Grandpa worries.



Olivia tosses and turns from side to side. She can't sleep. "I'll count some sheep," she thinks, "and I'll fall asleep before you can say 'cake'."

But the sheep are all made of chocolate. And when she finally manages to fall asleep, she has nightmares about whipped cream monsters.





In the morning, after a restless night, she leaves for school feeling quite down. She sees something in the mailbox, but she's too sleepy to notice what it is. And the day continues with Olivia more asleep than awake.

When Olivia gets home after school, she barely has time to enter before Grandpa comes to meet her. “Darling, you’ve received a letter!” “Me? But who would write to me?” “I don’t know, the letter is for you. But we can read it together, if you’d like.”





Chocolate Country Thursday

Dear Olivia,

I am delighted to inform you that you have won the Delicious Child award. I will be visiting you on Saturday and will accompany you to my land, Chocolate Land. The journey is very long, so I would kindly ask you to prepare a tasty and healthy lunch for me. I can't wait to meet you!

The Picky Plate

“Hooray!” Olivia shouts. “Let’s get ready for our guest, Grandpa. Let’s get the biggest cake from the pastry shop...”

“For the Picky Plate from Chocolate Country?
If they consider her picky,
guess what!”

“Oh no, you’re right—she doesn’t like sweets!
What do we do, Grandpa?”



Grandpa smiles. He's just had an idea that might, might help break Olivia's sweet-eating habit. "It's simple! We'll go to the market, then to the grocery store."





At one stall, a very nice lady greets them:
“Would you like to taste a tomato? Or an apple?”
Olivia is amazed by the colors and smells around her. She doesn’t know what to choose. “Grandpa told me it’s important to eat fruits and vegetables daily, they are full of vitamins, minerals and fiber. I’ll try a tomato.”

“Mmm, this tomato is really tasty!” exclaims Olivia. “Oh, and I remembered something else: fiber helps you have a healthy stomach, and vitamin C is a knight that protects us from illness.” “Bravo! You remembered everything!” Grandpa says with joy.



Grandpa and the little girl walk quickly toward the grocery store. On a shelf, something catches Olivia's attention.

"Oliva! It's similar to my name!" "Yes, it means olive. Olives are used to make oil, which is a very healthy fat," explains the grocer.



“I like my name even more! Grandpa, you can call me Oli, I won’t get upset!” Grandpa looks at her smiling. The seller prepares her a sandwich with whole grain bread and lean ham. Olivia tastes some olives, then the two head home.





Once they arrive, the little girl carefully arranges the groceries in the fridge. “How beautiful it looks, grandpa!” “Yes,” says grandpa. “We’ve arranged the foods in a pyramid, so we don’t forget how much to eat of each: lots of fruits and vegetables, then whole grains, meat and dairy, healthy fats and nuts.” “But what about sweets?” Olivia persists. “Sure, but not much and not always.”

Early in the morning, laughter can be heard from the kitchen. Grandpa and granddaughter are cooking together. The doorbell rings. Olivia runs to open the door.





“The Picky Plaaaaate!” “Hello, my dear Olivia! I’m so glad I’ve reached you.” They all sit at the table, and the Plate is delighted with the menu. But she tells Olivia that if she wants to visit Chocolate Country, she needs to eat healthy and exercise every day.



The Plate leaves to visit other children, but promises to return. And Olivia wants to go to Chocolate Country very much indeed, so she follows the Picky Plate's advice:



eats a healthy lunch



does her homework



rides her bicycle
in the park

In the evening, a pleasant tiredness envelops her and she falls asleep happily.



That very night, the Picky Plate visits her in her dream. “This is the Food Continent,” says the Plate. “And Chocolate Country?” Olivia asks, puzzled. “Hey, we have a long way to go! We need to pass through all the other countries to get there!” In her dream, Olivia understands the plate’s message: we should eat a little of everything, and dessert comes last.





The next day, she wakes up rested and full of energy. “Grandpa, I’d like milk with cereal and honey, please! I had such a wonderful dream!” “Right away, dear Oli! I’m so proud of you, you know!” “I’ve decided! From now on, I’m going to try to eat healthier and more varied foods,” says the little girl.



Just then, the Picky Plate enters the kitchen. “I’ve decided, too,” she says. “In your world, there are so many children who need me. I’ll stay with you and help them discover many healthy and delicious foods.” “My dear friend, we welcome you with joy!” Olivia exclaims happily.



Activity 1

The Picky Plate has left you some questions! If you don't know all the answers, don't get discouraged! It's simple! Read the story one more time and you'll discover them easily.



Activity 2

The Healthy Plate

- Take a paper plate, then draw sections on it for each food group: whole grains, fruits and vegetables, meat and dairy.
- Cut out pictures of foods and paste them, creating a balanced plate, following the model below.
- Give the plate to a classmate.



Activity 3

The Picky Plate announces that it will come to have lunch at your house. Draw or write a varied and colorful menu. You must include at least one food from each food group. Here is an example:



meniul zilei :

- supă - cremă de linte
- piept de pui cu legume la cuptor
- desert:
checcu lămâie

Menu of the Day

Lentil soup

Roasted chicken breast with vegetables

Dessert: lemon cake

OTHER TITLES FROM THE NABU APP



DOWNLOAD THE APP HERE:



The „NutriCOOLTura” project is done
in partnership with:



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