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NABU

Olivia and the Carnival invitation



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IN PARTNERSHIP WITH

READING
LEVEL

3



UNITED WAY
Romania

NABU

About NutriCOOLTura

The United Way Romania Foundation, with the support of Edenred and Kaufland 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 CARNIVAL INVITATION



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The Picky Plate now lives with Olivia and Grandpa. It has its own room, in the big cabinet in the kitchen. The two friends study about healthy eating.





One Saturday morning, the little girl wakes up from the noise in the kitchen. Grandpa and Plate are having an animated discussion.

“Why did you wake up so early?” asks Olivia, still sleepy.

“We”re planning a trip,” says Grandpa.





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“A trip? Where?”

“To Tomato Country! A big carnival begins tomorrow, and I am the master of ceremonies!” answers Plate, enthusiastically.

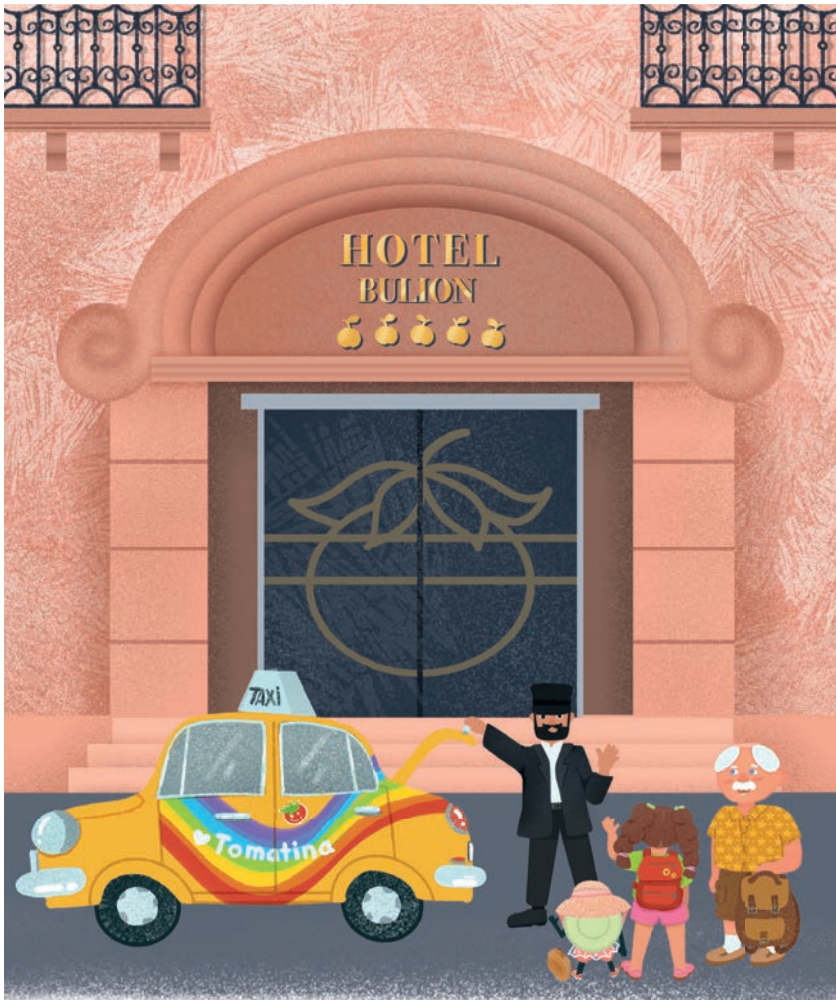


The next day, with their backpacks ready, they board a ship called “The Happy Apple”. The ship takes them to the Food Continent. On the way, they see other ships full of passengers.



Olivia is amazed.

“So many people are going to Tomato Country!”
“Well, yes,” explains Plate, “I have visited many children and taught them too to eat healthy. And tomatoes are full of vitamins and minerals, so everyone loves them.”



They arrive at the Tomatina port and climb into a colored taxi, which takes them to the “Ketchup” hotel. “I can’t wait to see the show! Is there going to be a tomato fight?” asks curious Olivia. “Ah, no,” answers Plate. “Wasting food is never a good idea.”



“That’s right, we don’t throw away food at home either,” remembers Olivia. “Grandpa always buys only what we need.”
The little girl looks toward the street.

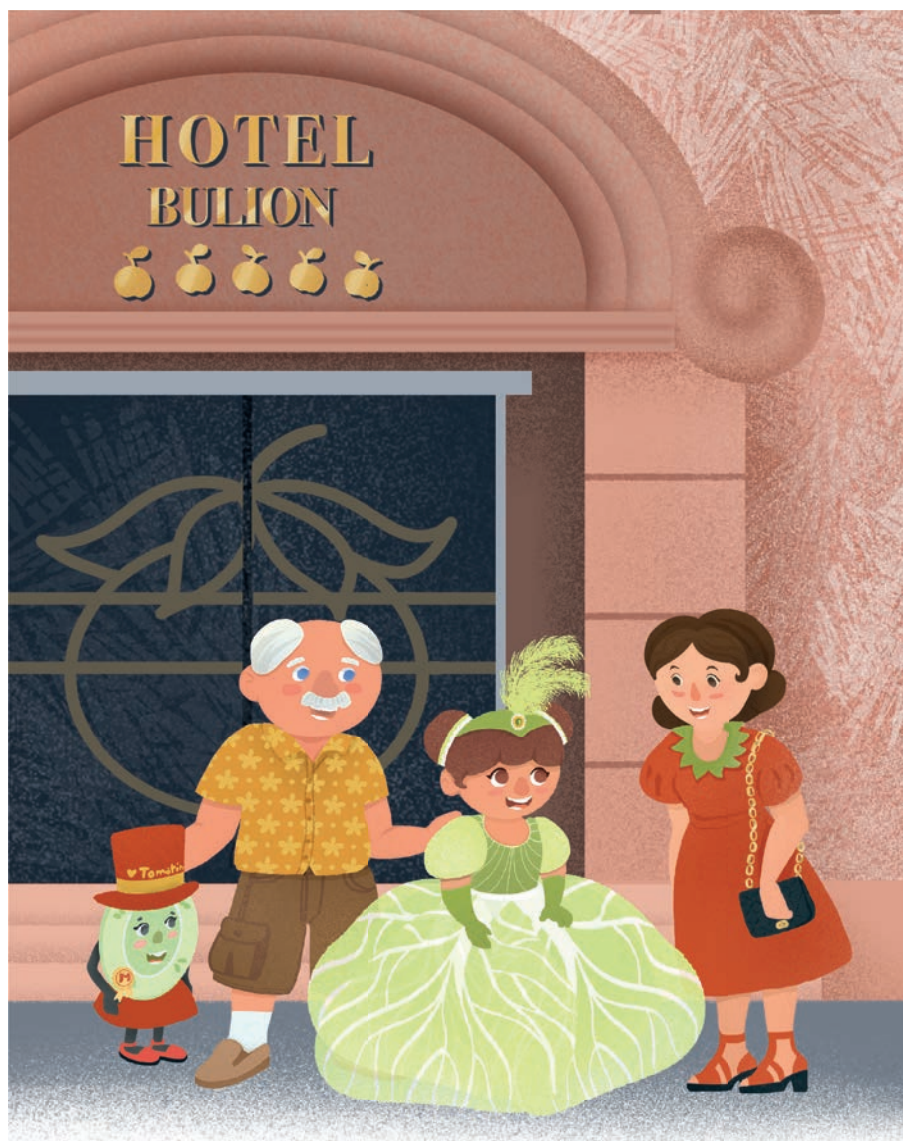


“Exactly, and I have another rule: we choose fruits and vegetables from local producers, from the market. They are fresher and better preserve their fibers, vitamins and minerals.”





Olivia would like to ask what all these are used for, but they don't have time for discussions - the carnival starts tomorrow! Olivia thinks about what costume to make. Then she remembers Grandpa's amazing salad. It's clear, she'll be a giant cabbage!



In the morning, on the main boulevard, the parade begins. Olivia receives praise from passersby: “Oh, what a beautiful cabbage! Did you know it also has many vitamins and minerals?” says a smiling lady.



Plate explains to Olivia that cabbage is a true pharmacy: it has many vitamins, minerals and fibers. “But let’s talk about the carnival. It’s the only day of the year when all foods from the continent meet. And each wear whatever costume they want.”



“Carrots with mayonnaise hats and strawberries with chocolate scarves, delicious!” says Oli happily. “Hey, don’t get too excited,” Grandpa chimes in. “To be healthy, fruits and vegetables shouldn’t be loaded with sugar and fats.”





Olivia is thinking about what her grandpa and the Plate told her. Vitamins, minerals, fibers, cabbage, tomatoes, carrots, oh, how to remember them all? She walks dreamily at the front of the parade but...



Oh no, she trips and tumbles, knocking down all the participants! The parade stops. The fruits and vegetables are disappointed, and their costumes are ruined.



The master of ceremonies intervenes.

“We’ll give up the costumes. Anyway, children need to learn that you are healthier without fatty sauces or sweet creams. Let’s see who’s the most impressive in the vitamin parade!”



So the parade begins again, with fruits and vegetables grouped by colors. Olivia asks something about each one.

“What vitamins do tomatoes have, Grandpa?”
“Vitamin C, which keeps our heart healthy and protects nerve cells. Vitamin E, which helps defend against infections and repairs tissues. Vitamin K, a reliable helper for our bones.”



A very handsome carrot greets them.

“What about carrots?” asks Olivia.

“Many yellow or orange vegetables and fruits are rich in vitamin A. This improves our vision, and our skin becomes more radiant. And others, like pumpkin, have vitamins from the B family.”



“Does each color represent a different vitamin?”

“Not exactly,” explains Grandpa. “Some fruits and vegetables, like parsley or red pepper, have multiple vitamins. And there are also vitamins that are not found at all in fruits and vegetables, like vitamin D. We find that in dairy, fatty fish and eggs. And it’s produced by the body when we stay in the sun.”





After the parade ends, the visitors leave back home. They arrive in time for dinner. Olivia learns that fresh fruits and vegetables are rich in fiber, but also in minerals that help the body grow harmoniously.



“Everything is important in nutrition,”
Grandpa explains. “I’ve
told you about vitamins. Fibers are a help for
digestion. Each mineral has its own purpose:
calcium is good for bones, potassium for heart,
and magnesium for the nervous system.”

“Oh, so the fruits and vegetables we eat should be varied and as colorful as possible, to get all vitamins and minerals,” understands Olivia. “But do the ones in cooked food count too?” “Sure! Three portions of vegetables and two of fruit per day!” answers Plate.





“But how do I know how much a portion is?”
wonders the little girl.
Plate shows her the cup of her palm.
“As much as fits in your palm, my dear.”

Helped by Plate, Olivia proposes an ambitious plan: each day she will try at least one different fruit and vegetable. Without fats or sugar, but as colorful and varied as possible.



Activity 1

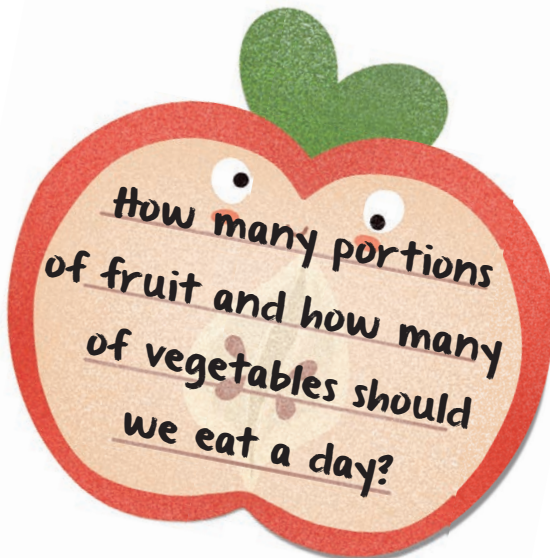
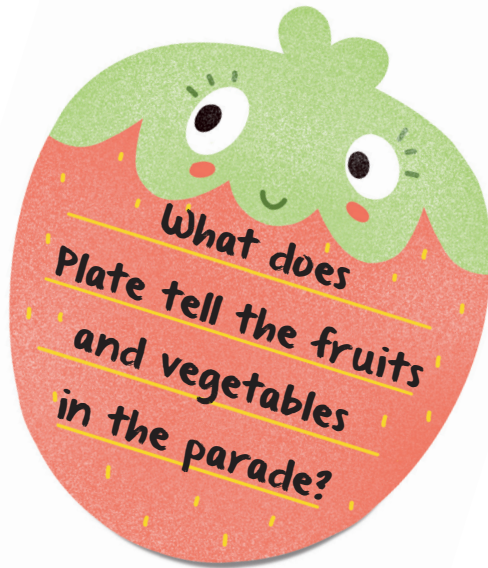
The Picky Plate has left you some questions! If you can't give all the answers, don't get discouraged! It's easy! Read the story once more and you will discover them easily.



What costume
does Olivia wear
at the carnival?

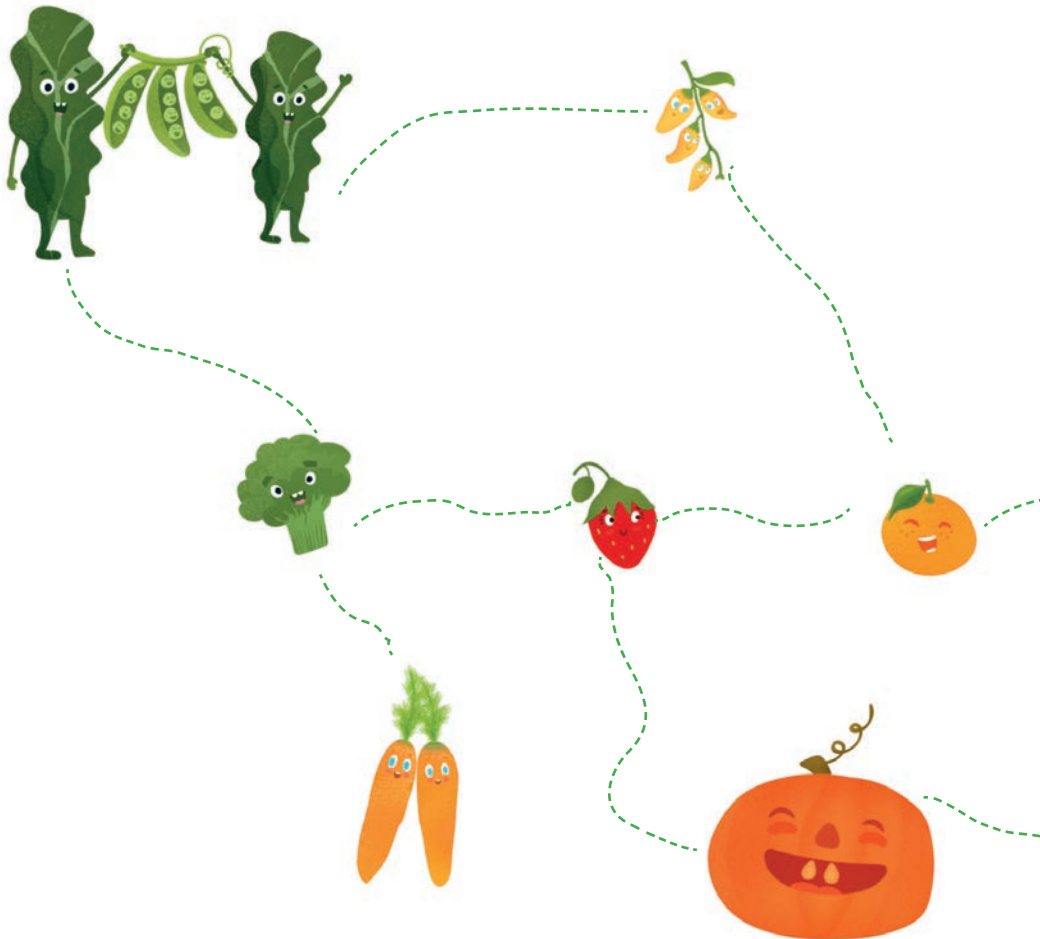


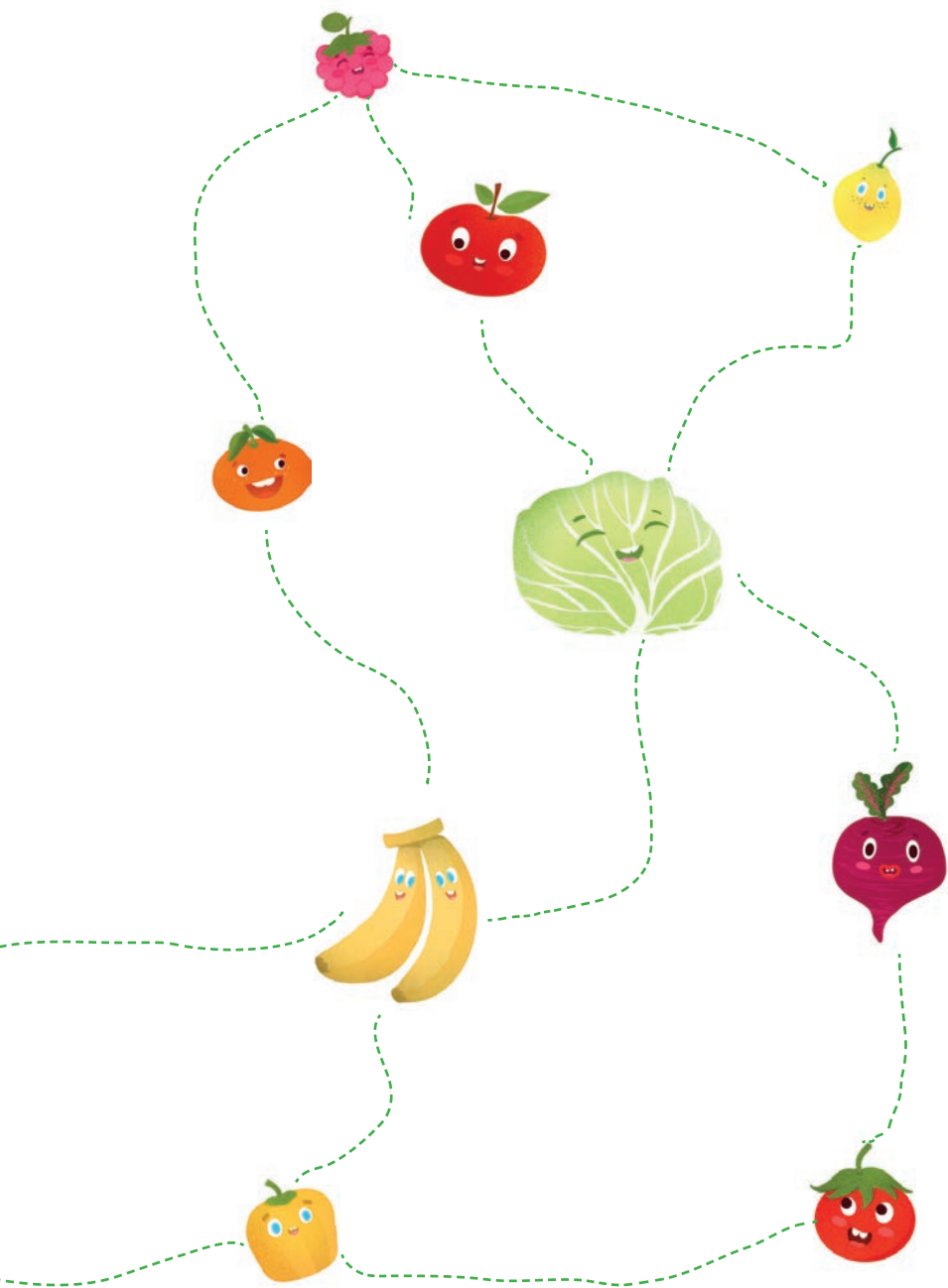
What is the
role of vitamins
and minerals
in our body?



Activity 2

Any garden can become a small continent of healthy foods. Draw such a garden where you include your favorite local fruits and vegetables. Make sure that these are diversely colored!





Activity 3

Mrs. Maria stocks up on fresh tomatoes every day. When you go with your parents or grandparents to the market, ask where the fruits and vegetables are from. Make a list and discuss in class with your classmates.



OTHER TITLES FROM THE NABU APP



DOWNLOAD THE APP HERE:



The „NutriCOOLtura” project is done
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