

Olivia and the Pigeon Bakery

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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 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.



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“Today was great at school!” says Olivia, entering the house cheerfully.

Grandfather smiles. He’s happy that his granddaughter is starting to love school.

“I’ll eat lunch, rest, and then do my homework!” she adds decisively.



“Perfect! After you finish your homework, we’ll visit an old friend,” says grandpa.
“I’d really like to come!” exclaims Olivia. “I like meeting new people!”



The Picky Plate sighs:

“I can’t come. I have to visit a little boy who
doesn’t eat fruits and vegetables...”

“After he meets you, he’ll surely like them!” Olivia
encourages her.



After lunch, Olivia and Grandpa wash the dishes. The Plate leaves to visit the fussy little boy, determined to make him love fruits and vegetables.

After all, she's a specialist at that.



Olivia finishes her homework and prepares her backpack for the next day.
“Grandpa, I’m ready! Should we take something for your friend?”



“Yes! Look in the cupboard for a bag with a pigeon drawn on it.”

Olivia takes the bag and asks curiously:

“What kind of visit will we make?”

“You’ll see!” grandpa answers mysteriously.



Outside it's sunny, and the birds are singing cheerfully. After a short walk, they arrive in front of a door that says: THE PIGEON BAKERY. "Is this where you buy wholemeal bread?" asks Olivia, and grandpa nods smiling.



They enter the bakery, where the baker welcomes them warmly. Olivia hands him the bag. “It’s not for me. Have a little patience and I’ll show you!” says the baker.



The baker takes them to the backyard.
A flock of noisy pigeons greets them.
“The seeds are for them!” exclaims Olivia
excitedly.



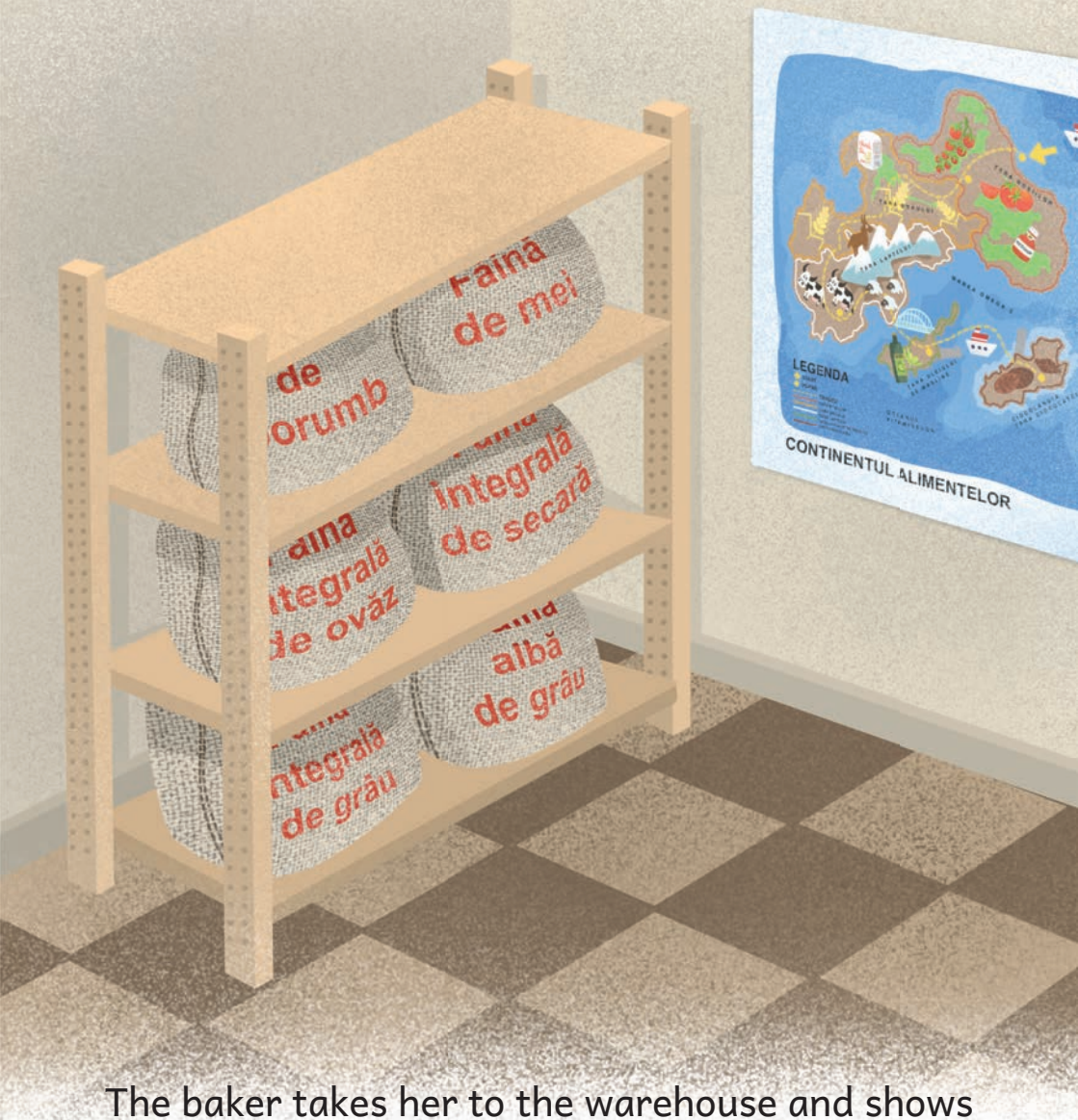
“Sprinkle some seeds!” encourages grandpa.
Olivia is delighted to see the pigeons up close.
“What kind of seeds do they eat?” she asks.
“The best grains,” explains grandpa.



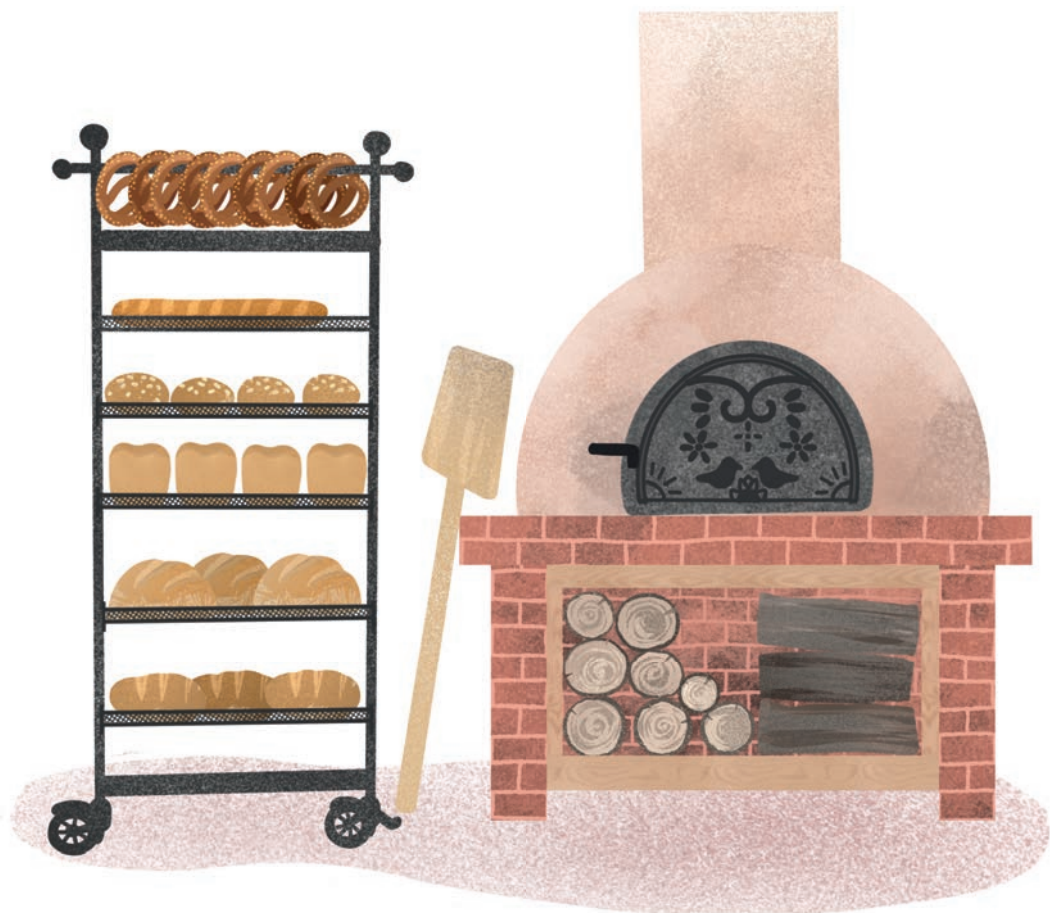
“Wheat, corn, oats, millet, sorghum, rice...” reads Olivia on the label. “Are these all grains?”

“Exactly! They give them energy to fly long distances! And whole grains give you energy to play, learn, ride your bicycle...”

“What does whole grain mean?” asks Olivia. “They are grains that we eat entirely, husk and core,” answers grandpa. “Wholemeal flour is made from them.”



The baker takes her to the warehouse and shows her a map of places where different grains are grown. “Millet has been grown for thousands of years, and delicious bread is made from sorghum in Africa.” “It’s the map of the Food Continent!” exclaims Olivia. “Look, here is the Bread Country!”



The bakery smells of fresh bread.

“I thought bread was only made from wheat!” says Olivia, surprised. “I’m now learning that you can make bread from oats or barley, from millet, from sorghum...”

“That’s right!” says the baker.



“But I still like white bread more!” admits Olivia.
“It’s good, but the flour it’s made from doesn’t have many fibers. Do you remember that we talked about fiber, in fruits and vegetables?” adds Grandpa.

“Yes, that’s right. So, whole grains contain fiber, vitamins, minerals, and what else?” asks Olivia.

“Starch, which is a carbohydrate.”

“Carbo... what?” wonders the little girl.



“Carbohydrates are substances that give us energy. When starch reaches the stomach, it turns into glucose. Our body, muscles, and brain cannot function without glucose molecules that provide the energy they really, really need.”



Grandpa's phone rings. It's the Picky Plate:
"Greetings everyone! Olivia, I need your help, I'd like to prepare a fruit salad with Stefan, my host.
Do you have a recipe?"
"We put seasonal fruits of all colors. We don't use sugar and cream!"



“Thank you! I thought no one could convince Stefan better than the little girl who didn’t love fruits and vegetables not long ago,” replies the Plate.

“That’s true!” acknowledges Olivia sincerely. “Oh, and I also have an idea for vegetables, baked with a little olive oil, mmm, they’re delicious! Stefan can try that recipe too.”



In the shop, the baker prepares a bread tasting.
Olivia tastes each kind and exclaims:
“Whole grain bread really is good! From now on
I’ll eat it more often! Let’s not forget to bring the
Plate some slices of rye bread. It’s her favorite.”

On the way home, they stop to buy brown rice
and whole grain pasta.

“Whole grain pasta exists too?” Olivia wonders.

“Yes! From wheat, rice, rye, barley, millet, almost
from all grains!” answers Grandpa.





Olivia wants cheese popcorn, but stops herself:
“The Picky Plate would tell me to choose popcorn
without flavors.”

“Exactly! We’ll take plain popcorn.”

The page is framed by a decorative border of various grains. At the top left is a wheat stalk, followed by a rice stalk, a rice stalk, and a corn cob. The middle row features a corn cob, the central text, a wheat stalk, and a rice stalk. The bottom row includes a wheat stalk, a corn cob, a rice stalk, and a wheat stalk. Scattered throughout the border are individual grains of wheat, corn, and rice.

When they get home,
Grandpa cooks whole grain
pasta with tomato sauce.
Olivia can't wait for the food.
“The pasta is delicious!” she
says.
The Picky Plate smiles
contentedly.





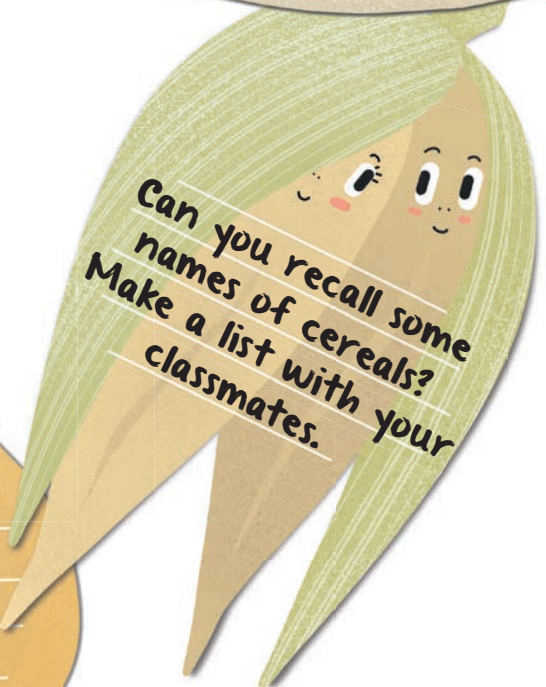
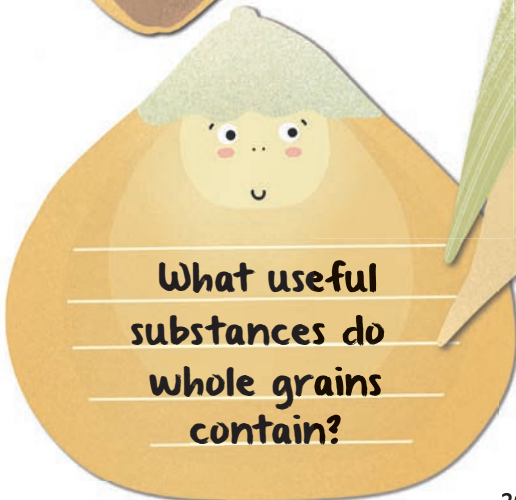
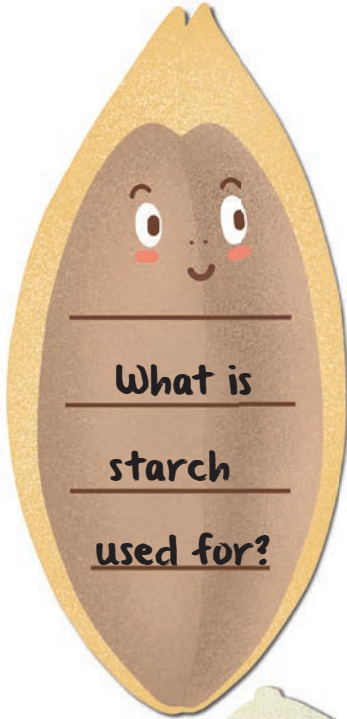
The next day, Olivia and the Plate go to buy food for birds. “Pigeons need diverse food, just like us!” explains Olivia.

The Picky Plate is proud of her friend, but a little sad. “Does she still need me now?” she wonders.



Activity 1

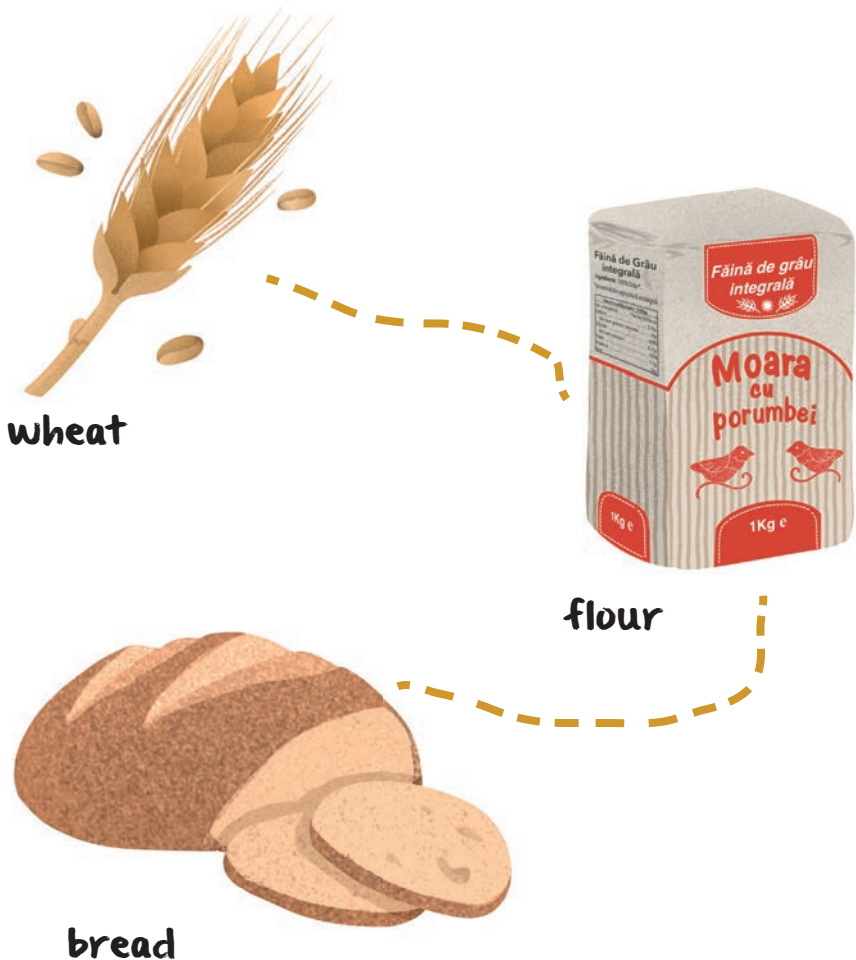
The Picky Plate has left you some questions! If you can't answer them all, don't get discouraged! It's simple! Read the story once more and you'll discover them easily.



Activity 2

Together with other classmates, create a chart presenting different grains and the food products obtained by processing them.

Here's an example:



Activity 3



Organize a family movie afternoon. With your parents' help, make popcorn without flavors. Search online for more information about corn and share it with others.

There are over 200 types of
corn in the world.

OTHER TITLES FROM THE NABU APP



DOWNLOAD THE APP HERE:



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