



PROFESSOR PEPPER: THE COLORFUL PLATE

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READING
LEVEL
1

IN PARTNERSHIP WITH



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.



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Surely you know Ioana!
She loves french fries and
doesn't want to eat anything else.

Mom doesn't know what to do anymore.
She has read dozens of books, searched
for information on the internet, has
invented all sorts of food, but in vain.



VEGGIES



One day, Mom comes home
with some beautifully
colored packets.
Ioana is very curious.

“Look, these are vegetable
seeds. Let’s plant them
together in the pots
on the balcony.”



Ioana is delighted with the new activity and takes great care of the little plants. She even sings them a little song.



“Would you like to grow up strong?
Listen to my healthy song!
Fruits and veggies every day.”



“Dairy foods along the way,
Meat and fish and eggs so good,
Fill your plate with healthy food!”



After a while, the balcony is filled
with large, green plants.
“You’re wonderful,” whispers Ioana,
proudly. “I took care of you!”





“Yes, we know that!” a sad voice is heard. “But what’s the use? We, the vegetables, have no place on your plate. We watch in horror as you eat only unhealthy foods every day.”

“Who spoke?” Ioana asks.

“Me, Professor Pepper!” the mysterious voice is heard again, and a big red pepper jumps out from a flowerpot.

Ioana is very surprised.

“Hmm! A talking pepper!”



“I’m sorry!” Pepper says. “But we’re tired of just hanging like some decorations in the garden, without any purpose.”

“Well then, what would be your purpose?” “Bring a plate here, Ioana, and I’ll explain.”

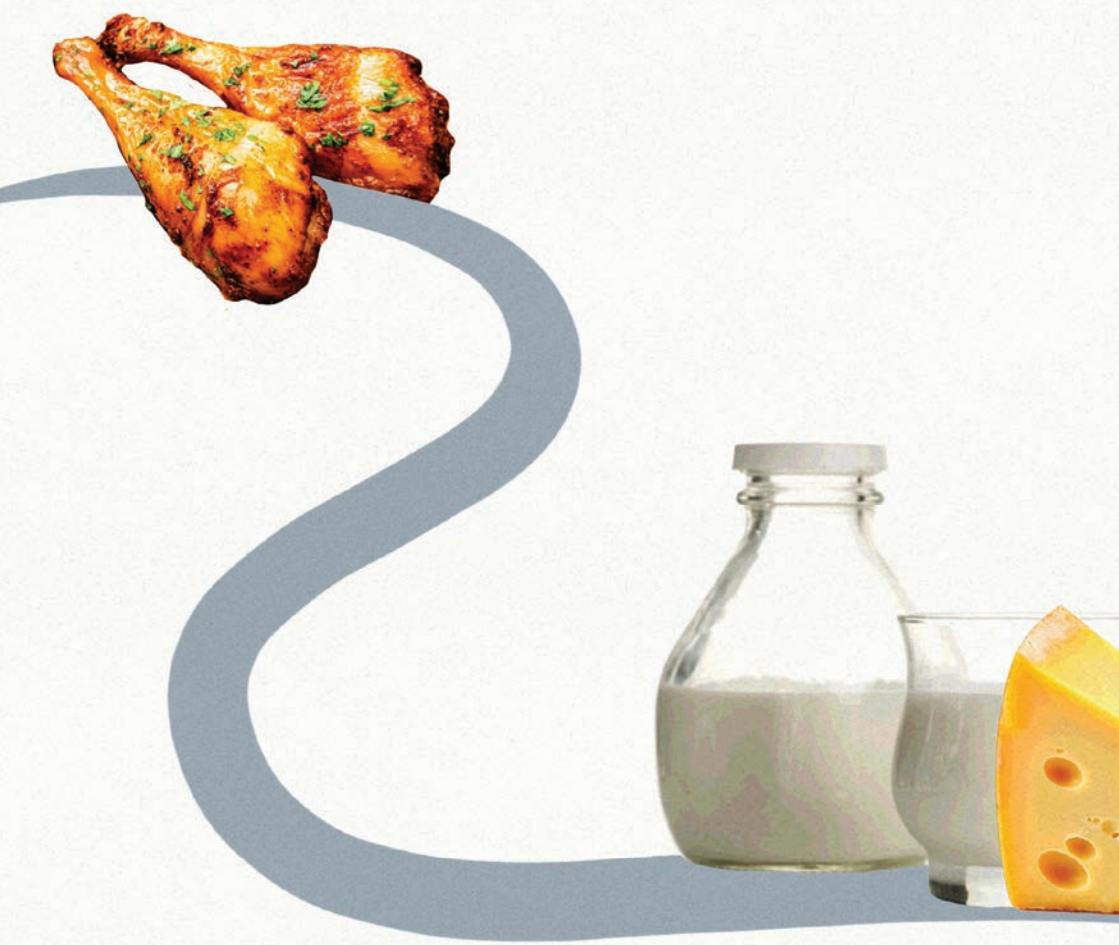


To cheer them up, Ioana places a plate
on the table. The vegetables run happily
towards it. Seeing them, the fruits
from the basket come too.





“All types of food need to find their place on our plates,” says Professor Pepper.



Then he opens the refrigerator door.
From the shelves, healthy foods jump
onto the plate: yogurt, eggs, fish, and
lean meat. Bread, nuts, and olive oil
join them as well, from the counter.



“What a colorful plate!”
says Ioana, clapping her
hands in joy.



“That’s right,” says the pepper. “We have a healthy plate here. What do you say, Ioana? Will you taste a little of each?”



Vegetables dance on to the plate.
“We would be very happy if we could
be of use to you. Please, taste us!”

Ioana tastes, but still seems
unconvinced. Professor Pepper observes
and writes something in a notebook.





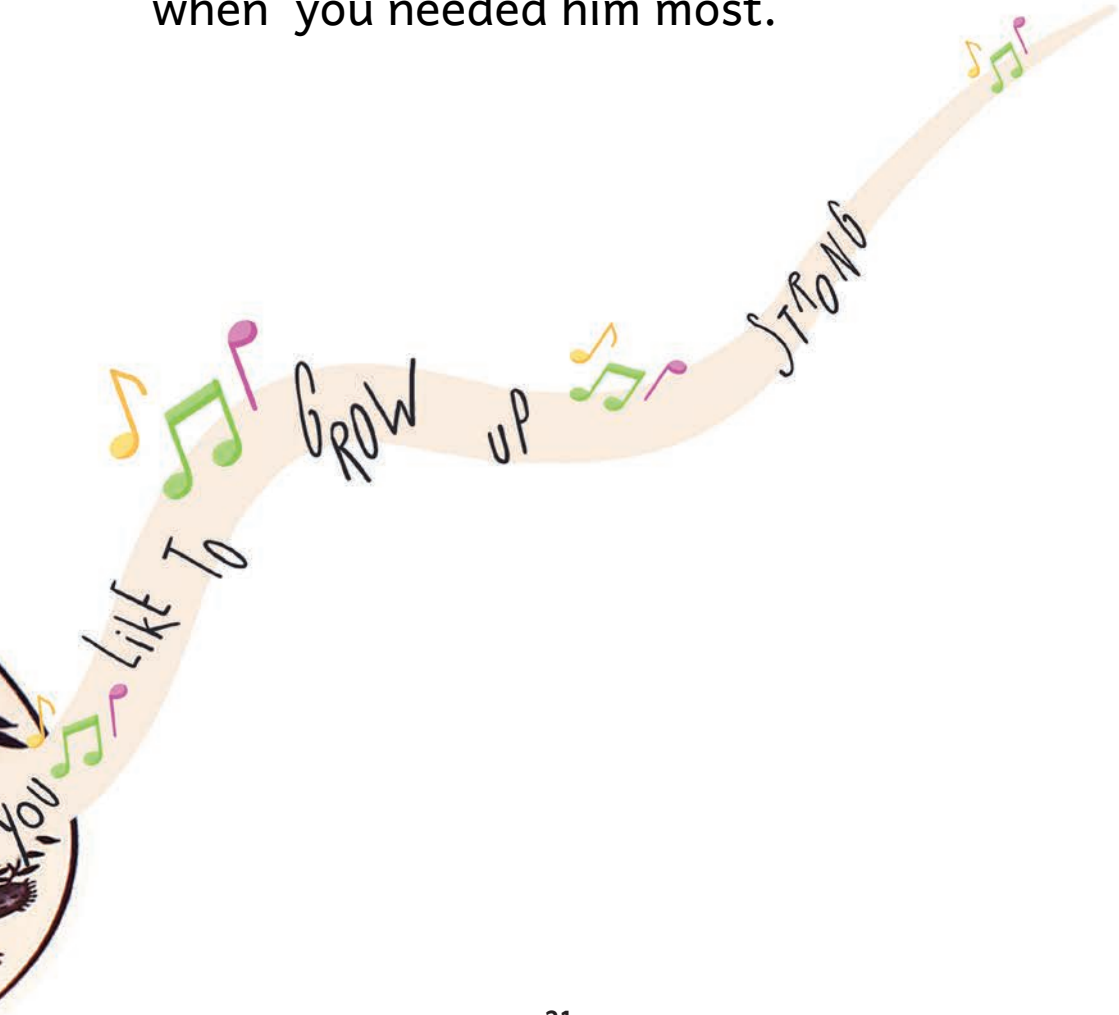
Mom enters the kitchen, too.
“I’m very glad you tried, Ioana.
And Professor Pepper is a very good
friend. If you follow his advice,
you’ll grow big and strong.”

At lunch, Mom prepares vegetable soup.
“Mom, I still like french fries a lot, but
this food is sooo good! Ah, and how do
you know Pepper?” asks Ioana.



“When I was a little girl like you,
the professor was my friend, too.

he taught me the song about
vegetables, you know, the one
you were singing on the balcony.
You’re a lucky child. He appeared
when you needed him most.”



“Dear children! If you want me to be your friend, you must do something very simple: put a tiny seed in the soil and lovingly care for the little plant.”



“Then, call me!
I will come without fail!

Professor Pepper”



**Activity 1 -
Color with Us!**





Activity 2 - Answer the Questions:

1. What does Ioana like to eat at the beginning of the story?
2. Why do you think Ioana didn't want to eat vegetables?
3. What does Ioana plant in her garden?
4. What foods do you like to eat?
Are they healthy?

Activity 3 - The Healthy Plate

Take a cardboard plate.

Cut out images of healthy foods (fruits, vegetables, cereals) and stick them on the plate, like in the model below.



Activity 4 – Let's Sing Together

To remember Professor Pepper's advice, let's sing together his song (use the tune of 'Twinkle, twinkle, little star').



WOULD YOU LIKE TO GROW UP STRONG?
LISTEN TO MY HEALTHY SONG!

FRUITS AND VEGGIES EVERY DAY

DAIRY FOODS ALONG THE WAY

MEAT AND FISH AND EGGS SO GOOD

FILL YOUR PLATE WITH HEALTHY FOOD!

OTHER TITLES FROM THE NABU APP



DOWNLOAD THE APP HERE:



The „NutriCOOLtura” project is done
in partnership with:



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NABU