

PROFESSOR PEPPER: VITAMIN ALPHABET

AUTHOR:
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ILLUSTRATOR:
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IN PARTNERSHIP WITH



UNITED WAY
Romania

READING
LEVEL
1

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

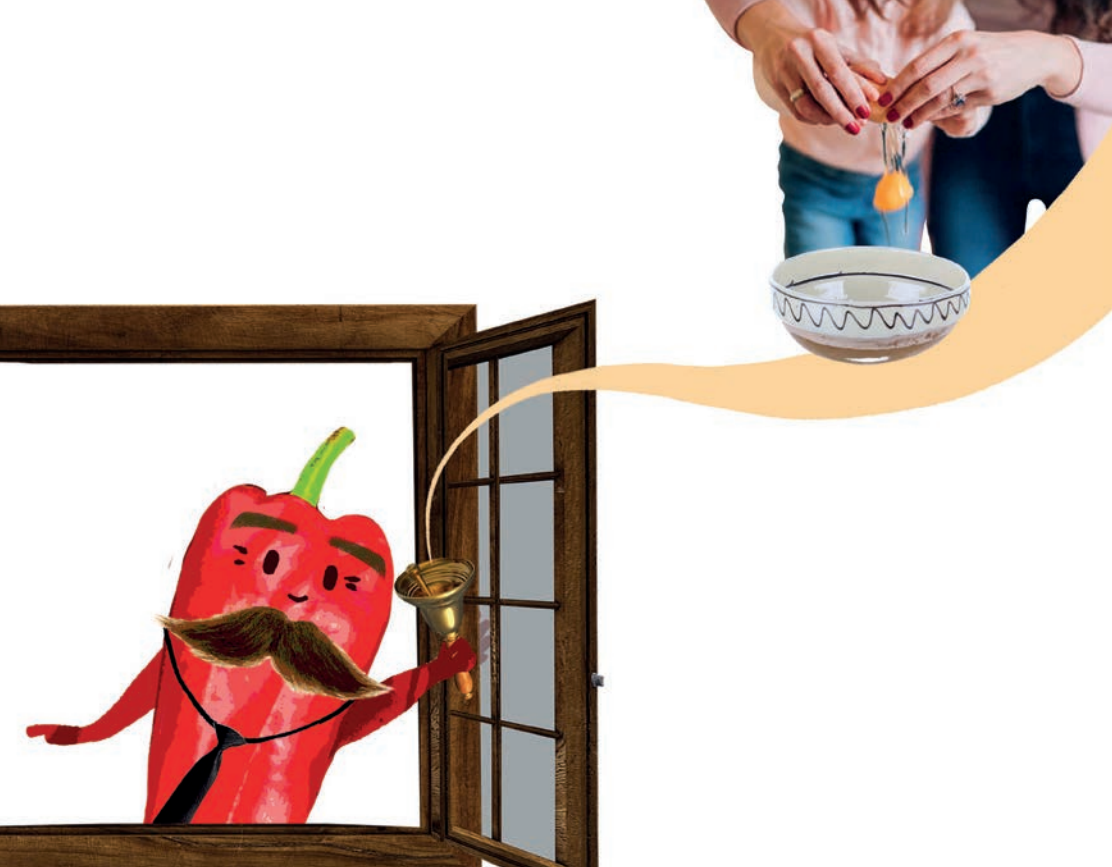
The ABC Lab is NABU's Authentic Book Creation Lab and is where NABU stories are born and come to life through workshops with local artists and writers. The workshops are a part of our goal to address the need for children's books in mother tongue languages. It is a peer-to-peer learning structure that 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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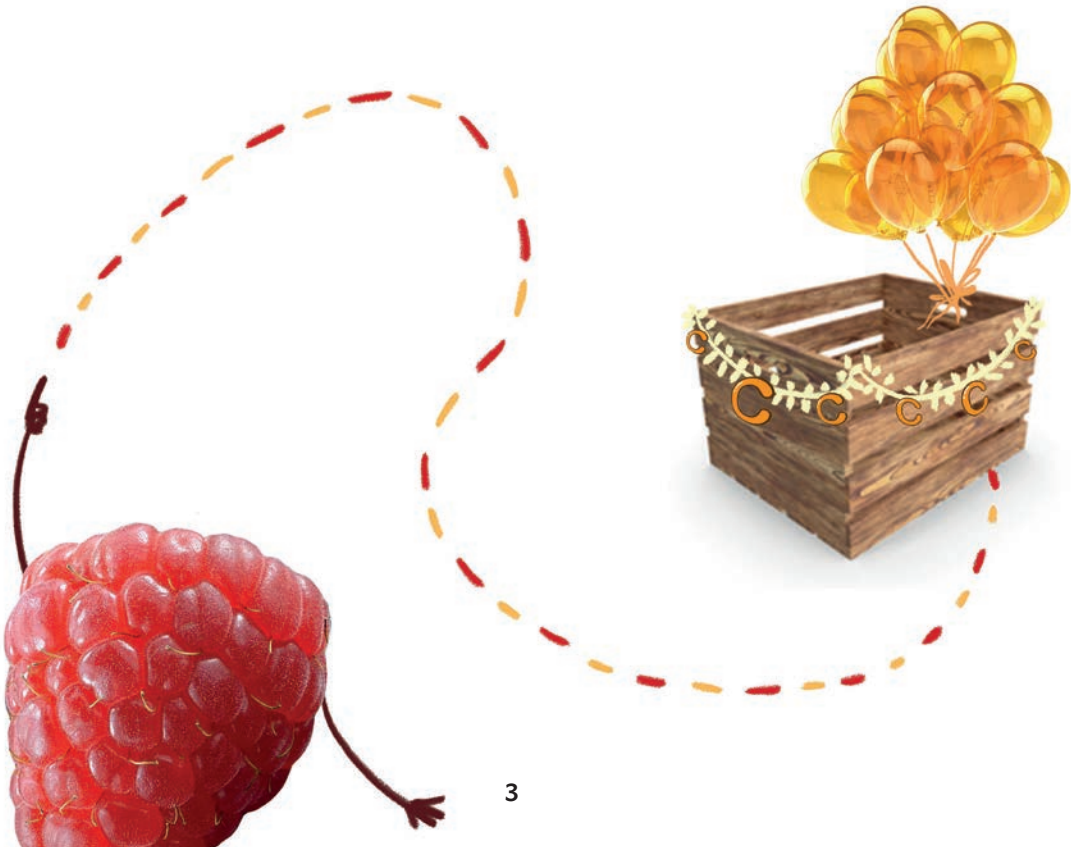
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On the kitchen counter, Professor Pepper rings the bell: “Cling-cling! It’s time for healthy lessons!”

Ioana helps her mom prepare a delicious lunch. She looks at Pepper in surprise.

The professor sees the scattered fruits and vegetables. “What a mess!” he says. Who did this? “Me, sir,” says shy Raspberry. I wanted to be first in the alphabet.” “Well, you are already special! You have fiber and vitamin C. Ioana loves you!”



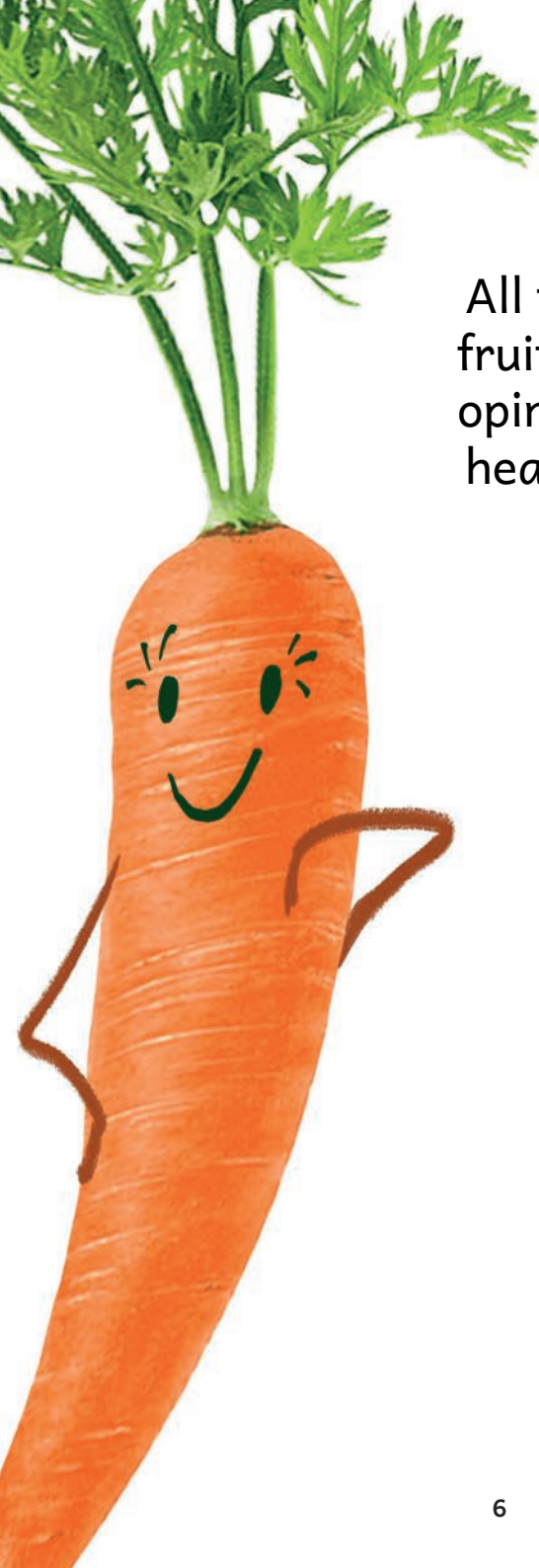
FIBRE



Ioana smiles: “You’re delicious, that’s true! But what is vitamin C good for, Professor Pepper?” “It helps us not to get sick. And fiber keeps our stomach healthy. It is found in fruits, vegetables, and grains.”

Ioana's eyes sparkle. "Oh, so don't French fries also have fiber and vitamins?" she asks. "Nooo! But baked potatoes in their skins have vitamin C and useful minerals," Pepper answers.



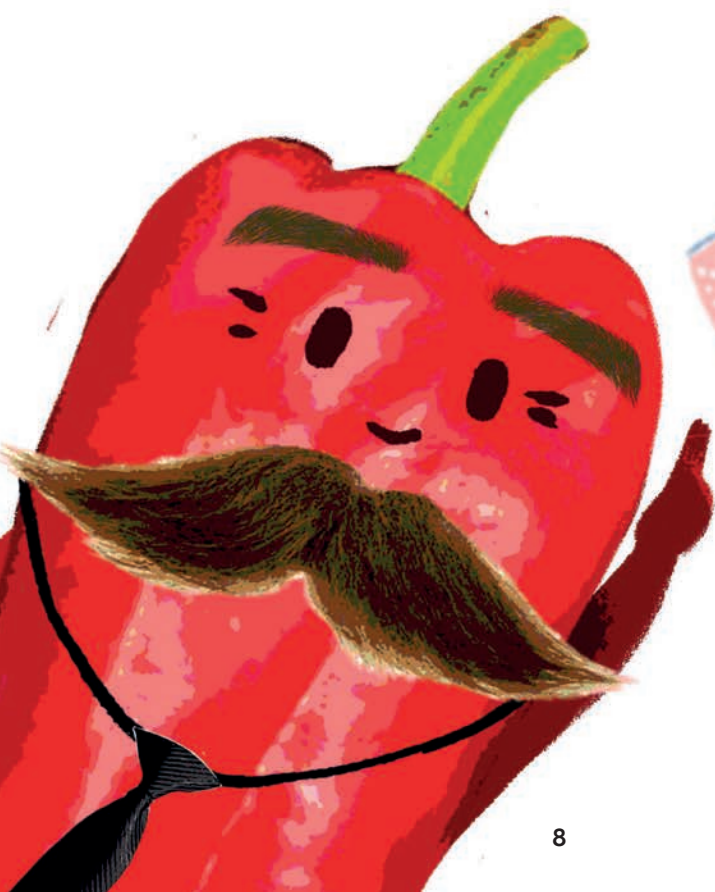


All the vegetables and fruits start giving their opinions. “We are very healthy!” says Carrot.



Professor Pepper laughs: “Let’s put the alphabet in order!” “Do we start the alphabet with me?” asks Blueberry. “Oh, I wanted to be first!” sighs Raspberry.

Professor Pepper sticks letters on several boxes on the table: A, B, C, D, E, K.





“Today we are learning about a different kind of alphabet: The Vitamin Alphabet! You will arrange yourselves according to the vitamins you each have. If you have more than one, go where there is more space.”



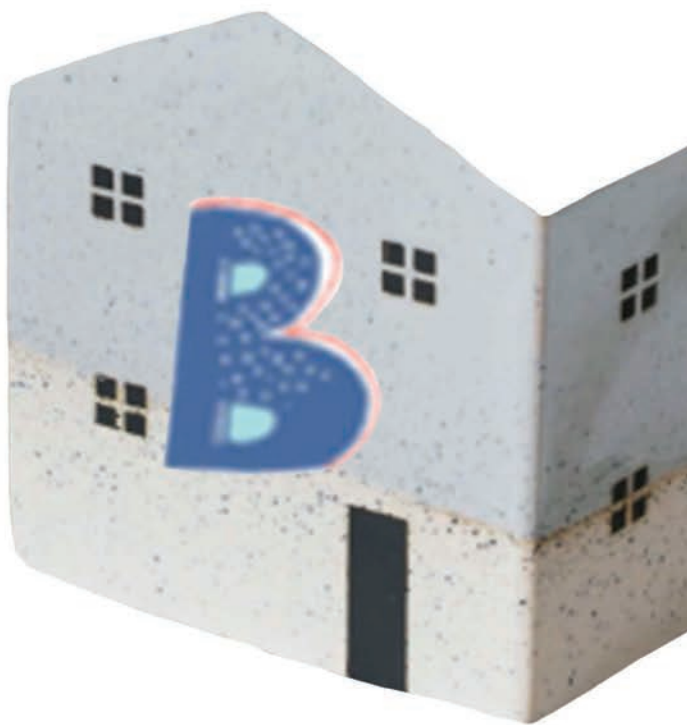
“Raspberry, you go to vitamin C!” says the professor. “And me?” asks Parsley happily. “You are also at C! Pumpkin, you go to vitamin A.” “But what is vitamin A good for?” asks Ioana. “It makes your eyes sharp and your skin healthy,” answers Pumpkin proudly. Carrot also goes to vitamin A.





Marrow is sad because he can't find his place. The professor guides him: "Go to letter B, Marrow. They are a class of vitamins that keep the blood and nerves healthy."

“B, as in “best of all!” How great you are, Marrow!” Ioana encourages him.

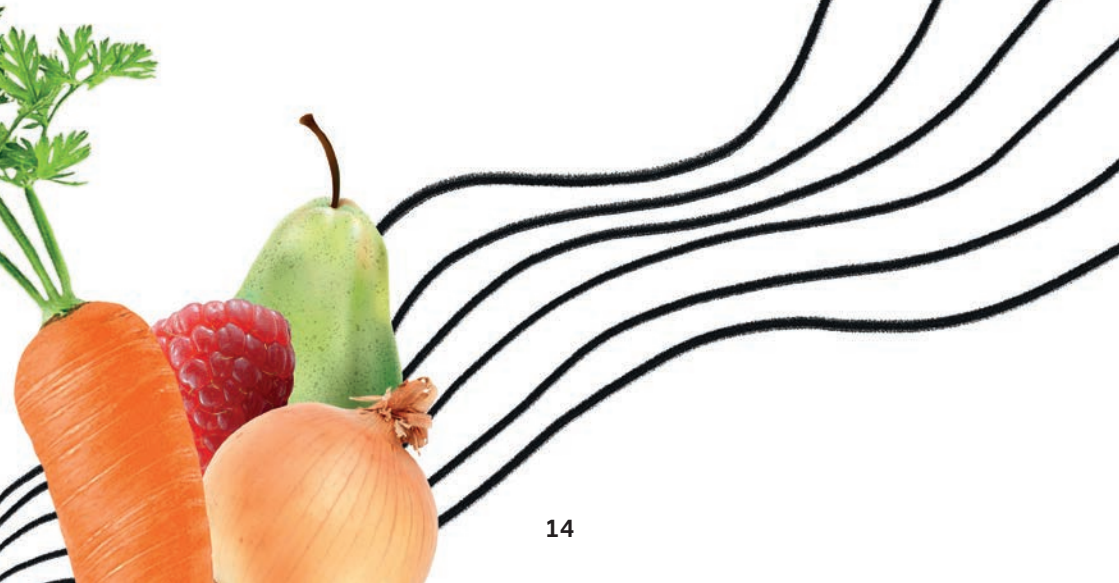


Ioana says excitedly:

“It’s so simple: A, B, C, D, E, K!”

The fruits and vegetables take their places.

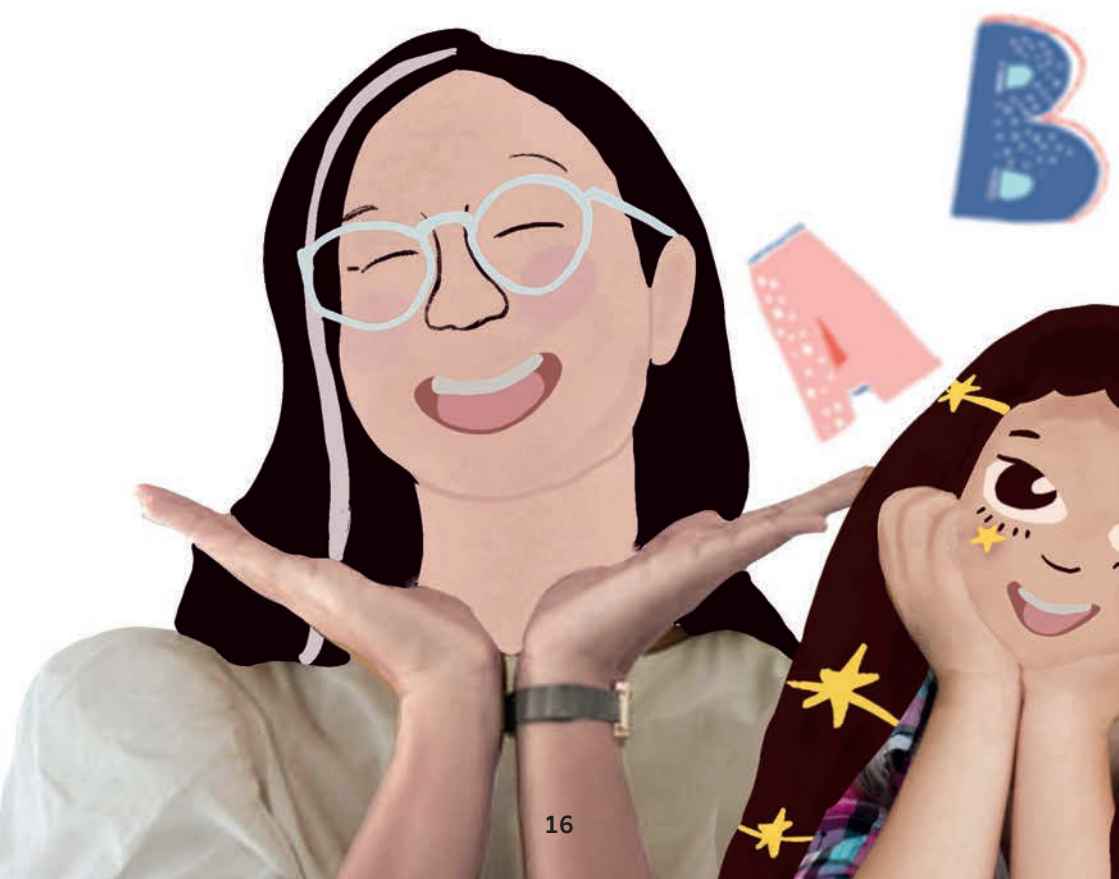
Blueberry goes to vitamin E, which helps
eyesight and the brain. Pear goes to vitamin
K, which supports healthy bones.



From above, Beetroot shouts: “I’m on the shelf! How do I get down?” “Let’s make a ladder,” says Ioana. All the vegetables and fruits help Beetroot, who goes to vitamin B. Onion is waiting for her there. Even Raspberry looks happy now - her place is at the beginning of the alphabet!



Ioana shouts happily: “All vegetables and fruits are important for a healthy diet! Mom, I learned the vitamin alphabet!”





“Well done, Ioana. Remember that fruits and vegetables are also rich in minerals: calcium, magnesium, iron...”

“Oh, no, do we start learning with the mineral alphabet now?”





Mom smiles: “After lunch, we’ll go to the market to buy fruits and vegetables! Then, I’ll tell you more about minerals.”

Professor Pepper has more advice: “Eat three servings of vegetables and two servings of fruit daily! Make sure they are as colorful and fresh as possible. That way, they retain their vitamins and minerals.”



Activity 1

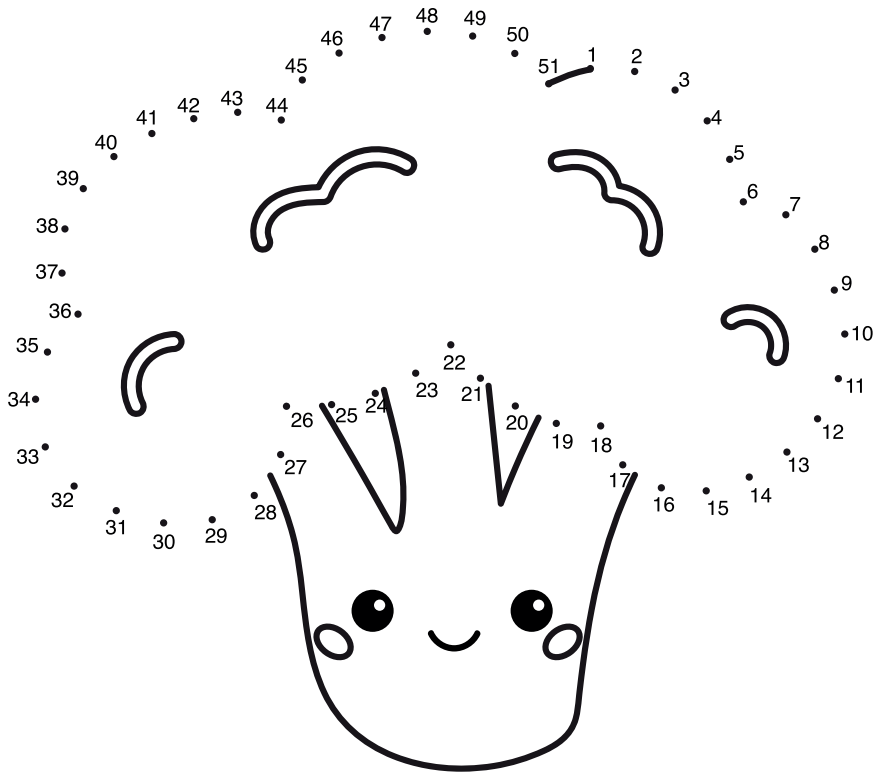
Color with us!

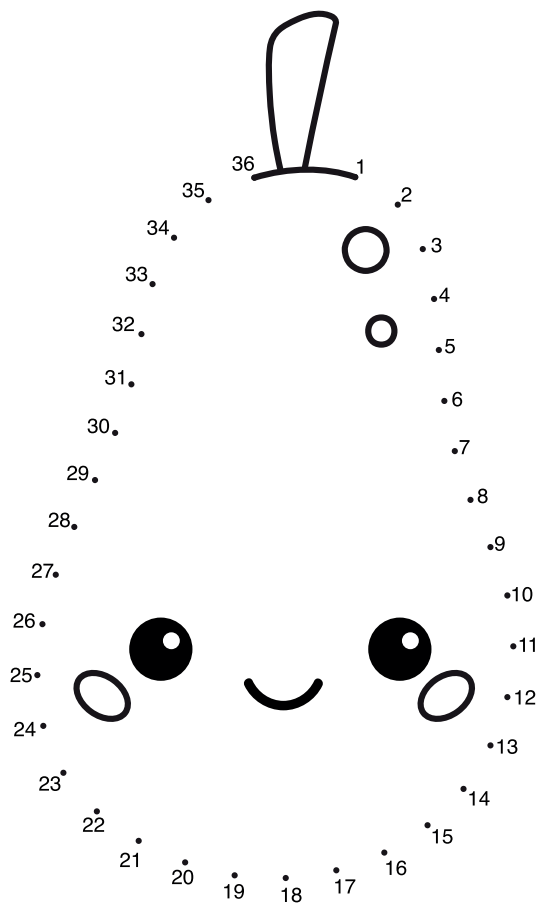




Activity 2

Connect the dots to discover the fruit or vegetable.





Questions:

1. Why was Raspberry upset?
2. Which fruits and vegetables are rich in vitamin C? Look for examples in the text,
Do you know of others?
3. Why do you think it is a good thing to eat fresh fruits and vegetables?



OTHER TITLES FROM THE NABU APP



DOWNLOAD THE APP HERE:



The „NutriCOOLtura” project is done
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