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NABU

PROFESSOR PEPPER: A CEREAL HOLIDAY

AUTHOR:
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ILLUSTRATOR:
Irina Anghel

IN PARTNERSHIP WITH



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.

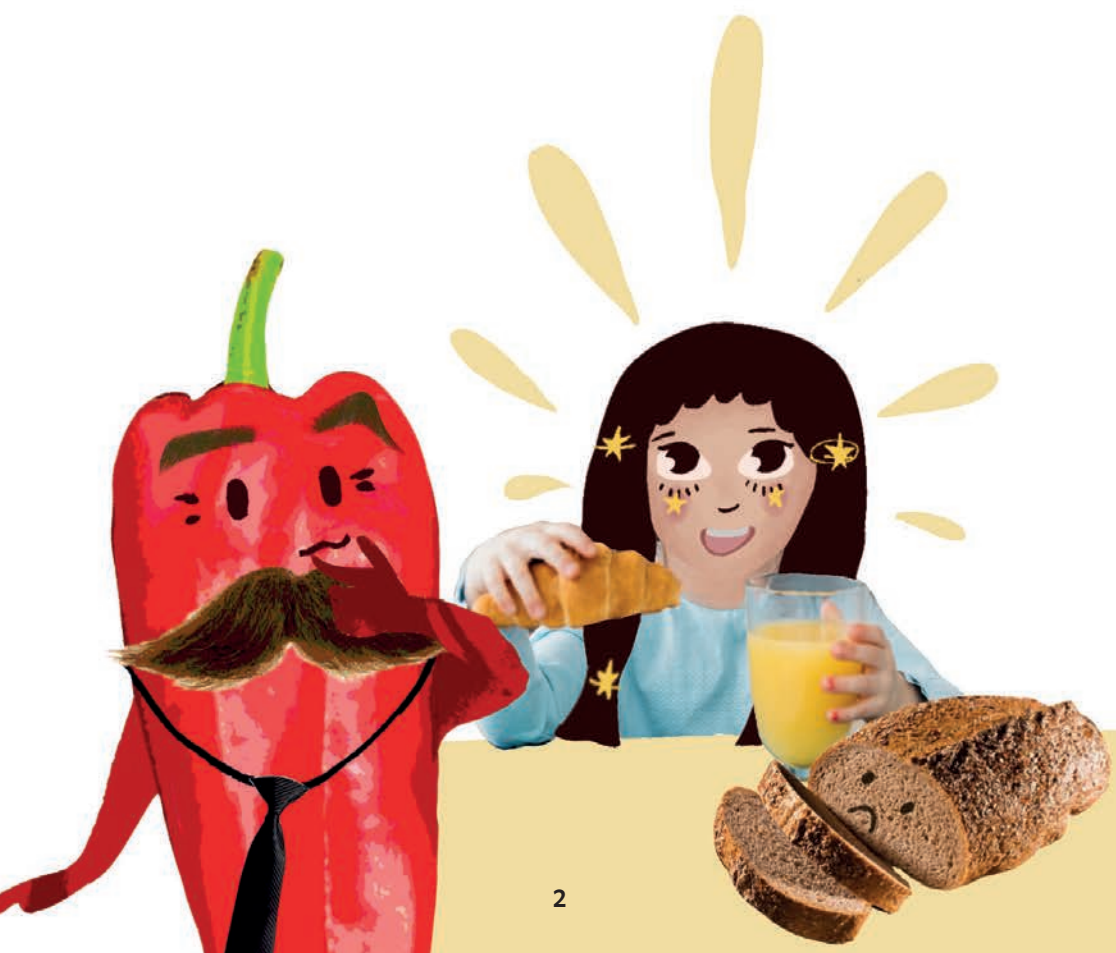
PROFESSOR PEPPER: A CEREAL HOLIDAY



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The holidays are here! Ioana and Pepper are at the grandparents' house. At breakfast, Ioana puts the whole grain bread aside. "Hmm... How can I convince her to eat homemade bread?" thinks Professor Pepper.



Grandpa goes
to the mill, and
Ioana happily
accompanies him.
“I like walking
through the
village! The fresh
air is great!” she
exclaims.



At the mill, miller
Matthew greets them.
“Here we grind wheat,
corn, oats, barley, and
rye. I even made rice flour
once!” he says.



Ioana watches,
fascinated, as the wheat
becomes flour. “From this
flour they make the white
and fluffy bread!” she
says.

“Not quite!” responds
Pepper, smiling. “Look
closer...”



The little girl takes flour in her palm and looks at it with interest:

“It’s not white like the one from the store...”

“It’s whole grain flour, made from the entire milled grain. It has fiber, vitamins, and minerals!” says Pepper. “And healthy carbohydrates.”

“Carbo... what? What does that mean?”



FIBRE

“Carbohydrates are substances found in cereals, fruits, and vegetables. The body transforms them into energy, which you use to run, play, and think,” explains Pepper.



Arriving home with flour from the mill,
Ioana helps Grandma make noodles and
knead the dough for buns.

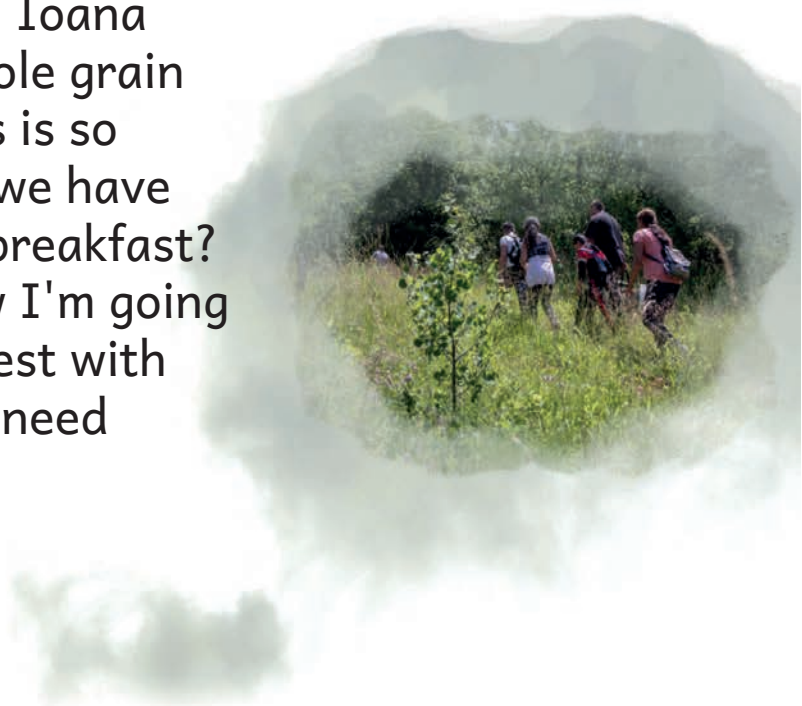
Professor Pepper is proud:
“Well done, Ioana! Grandma’s reliable
little helper!”



Then, the little girl washes the vegetables, and Grandma cuts them into thin strips. They cook vegetable soup with homemade noodles.
“Be careful, Pepper, so you don’t end up in the pot!” jokes Grandma.



At dinner, Ioana
eats a whole grain
bun. "This is so
good! Do we have
more for breakfast?
Tomorrow I'm going
to the forest with
friends! I need
energy!"



"Sure," Grandma
responds,
happily.

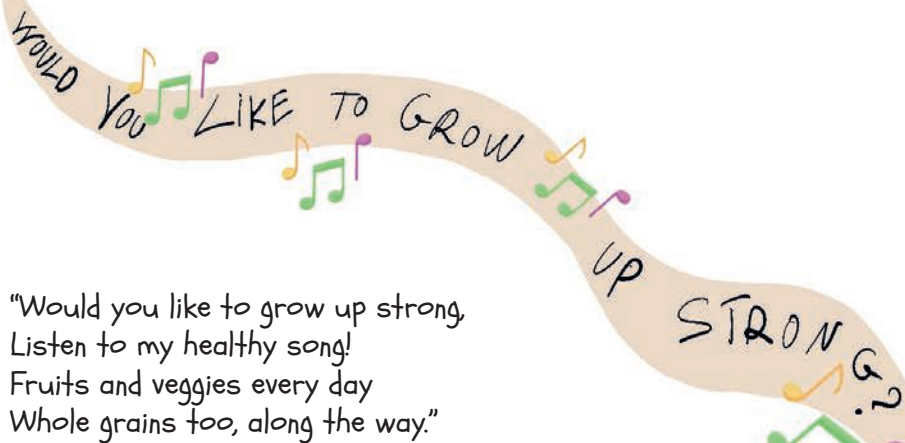
When they comes back from the trip,
polenta with cheese and sour cream awaits
them on the table.

“Mmm... polenta is so yummy!” says Ioana.

“Simple foods are the tastiest!” adds
Pepper. By the way, what is polenta made
from, do you know?” “From corn!” Ioana
quickly answers.



“Let’s sing our song!” says Pepper.
Ioana starts singing:



WOULD YOU LIKE TO GROW UP STRONG

“Would you like to grow up strong,
Listen to my healthy song!
Fruits and veggies every day
Whole grains too, along the way.”



LISTEN TO MY HEALTHY SONG!



FRUITS and VEGGIES EVERY DAY
WHOLE GRAINS TOO, ALONG THE WAY.

The grandparents and Pepper are
amused and sing along with her.

"Wheat, corn, oats, and millet seed,
Rice, barley, rye—all you need.
At Mr. Matthew's mill nearby,
These wholesome grains you can buy."



Mom comes to take Ioana home.

“Your cheeks are as red as Professor
Pepper!”

“Yes, I’ve been outside a lot, I went with
Grandpa through the village... But the
holidays went by too quickly,” sighs Ioana.



Grandma takes pound cake and pumpkin
cornbread out of the oven.

“We’ll make bread together when we get
home!” promises Ioana.

“From whole grain flour!” shouts Pepper
from the basket.



Professor Pepper takes out a little notebook in which he writes something. Ioana is curious and asks him what he's writing. "I'm thinking of collecting lessons about food in a book for children. But I'll tell you more later."



The page is framed by a decorative border of stylized corn cobs and wheat stalks. The corn cobs are yellow with green husks, and the wheat stalks are golden-brown with green stems. They are arranged in a circular pattern around the central text.

For now, let's not forget:
whole grains contain
vitamins, minerals, and fiber.
But many of them are lost
if the cereals are highly
processed. So it's good to
choose foods made from
whole grain flour.

A black and white line drawing of a landscape. In the upper right, a windmill is partially visible, with its sails and a small window. Below the windmill is a body of water, represented by a simple wavy line. In the foreground, there are several reeds or grasses with long, narrow leaves. To the right of the reeds, there are two corn cobs. The entire scene is designed for coloring.

Activity:
Color with us!



Questions:

1. Why are whole grain cereals good for you?
2. What is wholegrain flour made of?
3. Can you name some cereals in the story?



OTHER TITLES FROM THE NABU APP



DOWNLOAD THE APP HERE:



The „NutriCOOLtura” project is done
in partnership with:



Supported by:



Project promoters:



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