

TRIP TO THE PYRAMID

KAMUT'S MUMMY

AUTHOR:
Violeta Mihăeș

ILLUSTRATOR:
Mihaela Ene



IN PARTNERSHIP WITH



READING
LEVEL

4

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.

TRIP TO THE PYRAMID – KAMUT'S MUMMY



AUTHOR:
Violeta Mihăeș

ILLUSTRATOR:
Mihaela Ene





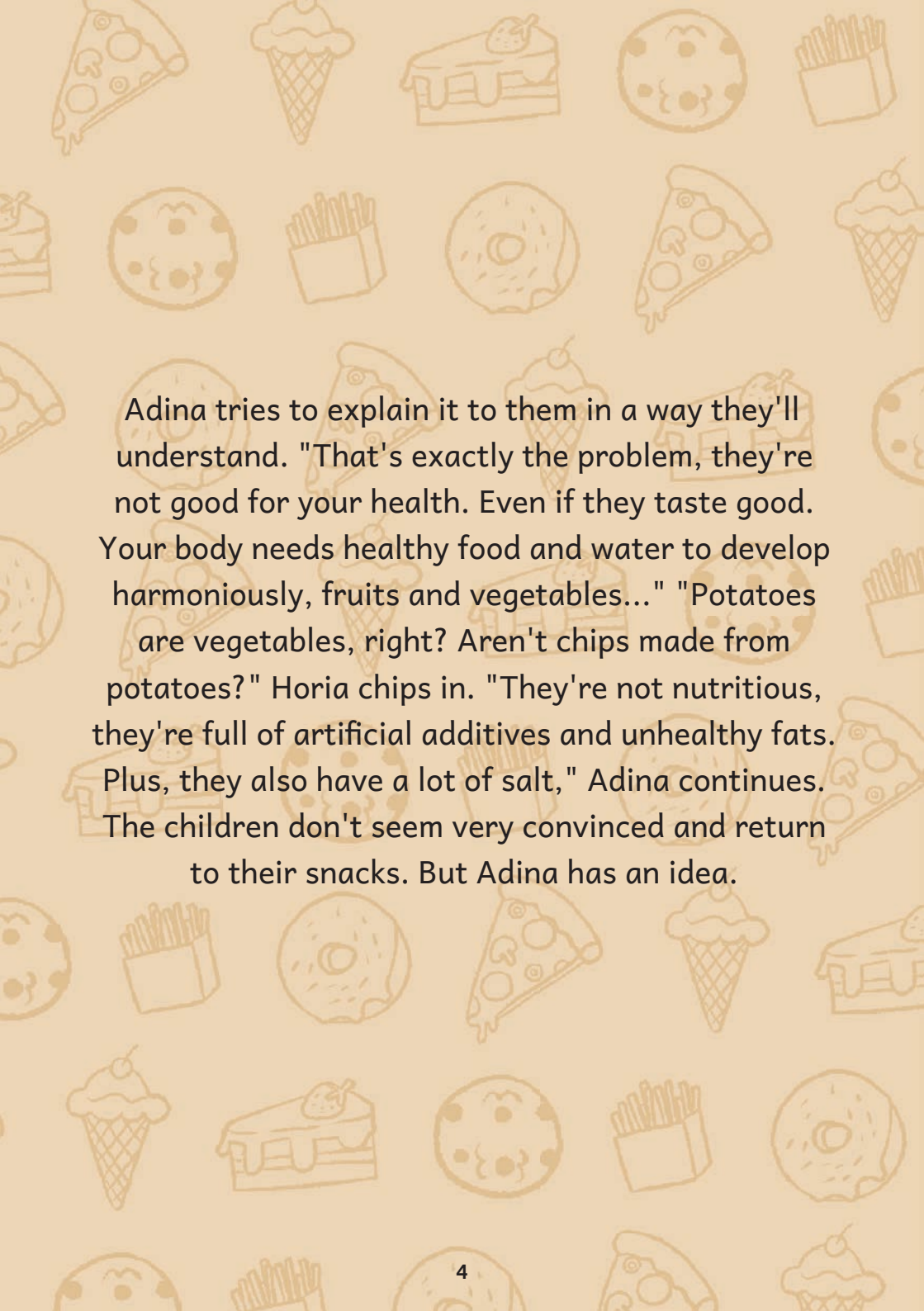
At the Children's Club, the modern dance class is over, and the children are catching their breath.

"Hooray, break time! I'm starving," says Horia, and the others, as if on cue, pull out snacks from their bags. The group's coach, Adina, looks surprised at the pile of chips, gummies, and sodas.

"What are we doing, dear children? Didn't we decide together that we would eat healthy food?"

"Yes," Radu answers, "but not all the time.

Chips and sodas are too good!"



Adina tries to explain it to them in a way they'll understand. "That's exactly the problem, they're not good for your health. Even if they taste good. Your body needs healthy food and water to develop harmoniously, fruits and vegetables..." "Potatoes are vegetables, right? Aren't chips made from potatoes?" Horia chips in. "They're not nutritious, they're full of artificial additives and unhealthy fats. Plus, they also have a lot of salt," Adina continues. The children don't seem very convinced and return to their snacks. But Adina has an idea.







Before the children leave the dance hall, the coach tells them she has an announcement to make. "On Saturday, we're going to the museum to visit the pyramid. We'll spend the night camping there, so bring tents and sleeping bags." "Awesome! I absolutely love mummies and old tombs," Nati shouts excitedly. "Yes, and will we also visit the pharaoh's chamber?" Horia asks enthusiastically. "You'll see when we get there," Adina smiles mysteriously.

"We'll stay there for quite a while,
as we have a lot to visit."



On Saturday morning, the dance group and Adina board the bus to go to the museum. "I hope you've brought healthy snacks and water," Adina says. The children nod in agreement, but they're eager to tell each other about what films or games with mummies they know.





When they arrive at their destination, surprise!
Instead of the History Museum, where they
expected to be going, they see a tall building
in front of them.



"The Food Pyramid? Where are the mummies and old tombs?" several rather disappointed children shout.

"Well, I said pyramid, I didn't mention anything about Egypt. Surely you don't want to turn back!"

"No, no," Horia answers. "We like adventure! I'm really curious to visit the food pyramid. Does it have bricks made of cheese? Or pieces of pumpkin?"

"You're not too far from the truth, Horia. Let me explain a little about this pyramid, then we'll go inside to visit it."





In front of the building, Adina tells them what the food pyramid is and what it's used for. "It's a guide that helps us understand how to have a balanced and healthy diet. Imagine a pyramid divided into levels, each representing a food group. The closer we get to the base of the pyramid, the more foods from that level we should eat, in larger quantities."

"The food pyramid has several levels. You can read the first four yourselves, but I'd like you to tell me where you think chips and sweets are located?" Adina continues.

?

Dairy products: milk, yogurt, and cheese, which are important sources of calcium, necessary for healthy bones and teeth.

Whole grains: the main source of energy for our body and provide fiber, which helps with digestion.

?

The children ponder for a moment, then realize what the coach is expecting from them. "Aha," says Horia, "at the top of the pyramid! Because we should eat fewer sweets and salty snacks, right?" "Exactly," Adina confirms. "Fats and sweets are at the top of the pyramid. But let's go inside and we'll talk more in there."

Protein-rich foods: Lean meat, fish, eggs, and legumes (such as beans or lentils), which help build and repair body tissues.

The base of the pyramid – Fruits and vegetables: They are rich in vitamins, minerals, fiber, and water, essential for our health.





The group heads toward the entrance. There the children receive tickets and maps, then arrive in a hall where, from somewhere above, a greenish light sneaks into even the most hidden corners. "The base of the pyramid. The level of fruits and vegetables," Radu reads. "Are we going in here? I think we'll see fruits and vegetables that we've only read about in books," says Andra, her eyes sparkling with curiosity. "Of course. We start from level 1. Fruits and vegetables are very important in our diet. They provide the body with fiber, folic acid, potassium, vitamin C," says Adina. The children are amazed by what appears before their eyes and marvel at the abundance of fruits and vegetables.



Suddenly, a thud is heard, followed by a cry for help. "What could that be?" the children and the coach wonder. The thuds continue, so they decide to investigate. The sounds seem to be coming from the floor above, which they haven't yet reached in their journey through the pyramid, namely the level of cereals. Driven by curiosity, Adina and the group of children investigate the rooms above.

There are clay vessels, baskets, and some inscriptions on the walls. Nati, the one passionate about old tombs, is the first to see the strange symbols. "These are hieroglyphs! Where have we ended up?" says Nati. But before anyone can offer an opinion, the children see a rather dusty mummy, stuck between two enormous vessels. "Help!" the mummy shouts again, and the terrified children disappear, hiding among shelves and pitchers.



"Are you okay, sir?" Horia asks bravely. "Kamut is my name!" says the desperate character. "Are you okay, Mr. Kamut?" "How can you ask me such a thing? Don't you see what an embarrassing situation I'm in? I, Kamut, the great administrator of the royal granaries, stuck here?" Seeing that there's no danger, the others also come out from their hiding places.



"Let's get him out!" says Adina, trying to pull him by one leg. "Be careful, I'm very fragile!" whispers Kamut, frightened. "If you could just move one of the vessels a bit!" With great effort, the children manage to tilt a vessel. Kamut jumps nimbly and makes a bow in front of them. "Thank you! You have strength and energy! You eat grains, don't you?" "Weeell..." Radu answers awkwardly. "We eat pasta and bread, yes." Kamut looks at them through his bandages. He's not quite sure what to make of so many children.





"What heavy containers! What are they filled with?" asks Nati, and the administrator quickly replies: "You are in the place where Egypt's grain reserves are stored." "What grains?" asks Radu. "Cereals, didn't you know?" Nati wonders. "Wheat, barley, rice, corn." "Corn? What plant is that? I've never heard of it," says Kamut. "That's right, Kamut, corn wasn't cultivated in Ancient Egypt. And it was brought to Europe quite late, by Columbus," explains Adina. "Columbus, corn, you've confused me!" complains Kamut. "And I still don't understand what you're doing here?" "We came to learn more about food..." Adina begins to answer. But Horia interrupts her, impatient. "Please, tell us how *you* got here? Because the pharaohs have been gone for thousands of years!" he says, overwhelmed with curiosity.





"I came down one day to check the provisions. The pharaoh makes sure the granaries are always full, because in times of drought, the people must be fed. And I remained locked in here. I'm glad to meet you! I haven't spoken to anyone for quite a while. Would you like me to show you around the warehouse?"

The children enthusiastically agree. During the tour, they learn that the staple food of the Egyptians was bread made from wheat or barley. Horia wonders

how they could be satisfied with just bread,
but Kamut raises his eyebrows:

"You think that's not enough? Where do you think the pyramid builders got their energy from?"

"Whole grains are very important in people's diet," says Adina. "They are an excellent source of carbohydrates and fiber."

"I ate bread with onions or garlic every day. A delicacy!" the mummy interrupts. "What do you eat?"



Adina continues the explanation about the reason for their trip to the Food Pyramid. “We came to learn how to eat healthier and what balanced nutrition means.” But just then Horia takes a small silver package from his pocket and hands it to the mummy.

“Here, taste this! Be careful, don’t let the coach see you!” “They taste like garlic. What are these?”

“Chips,” whispers the boy, “they’re crispy potato slices. I also have some with onion flavor.” “Chips?

Potatoes? What are potatoes?” Kamut wonders aloud. “Who has chips?” asks Adina, disappointed.

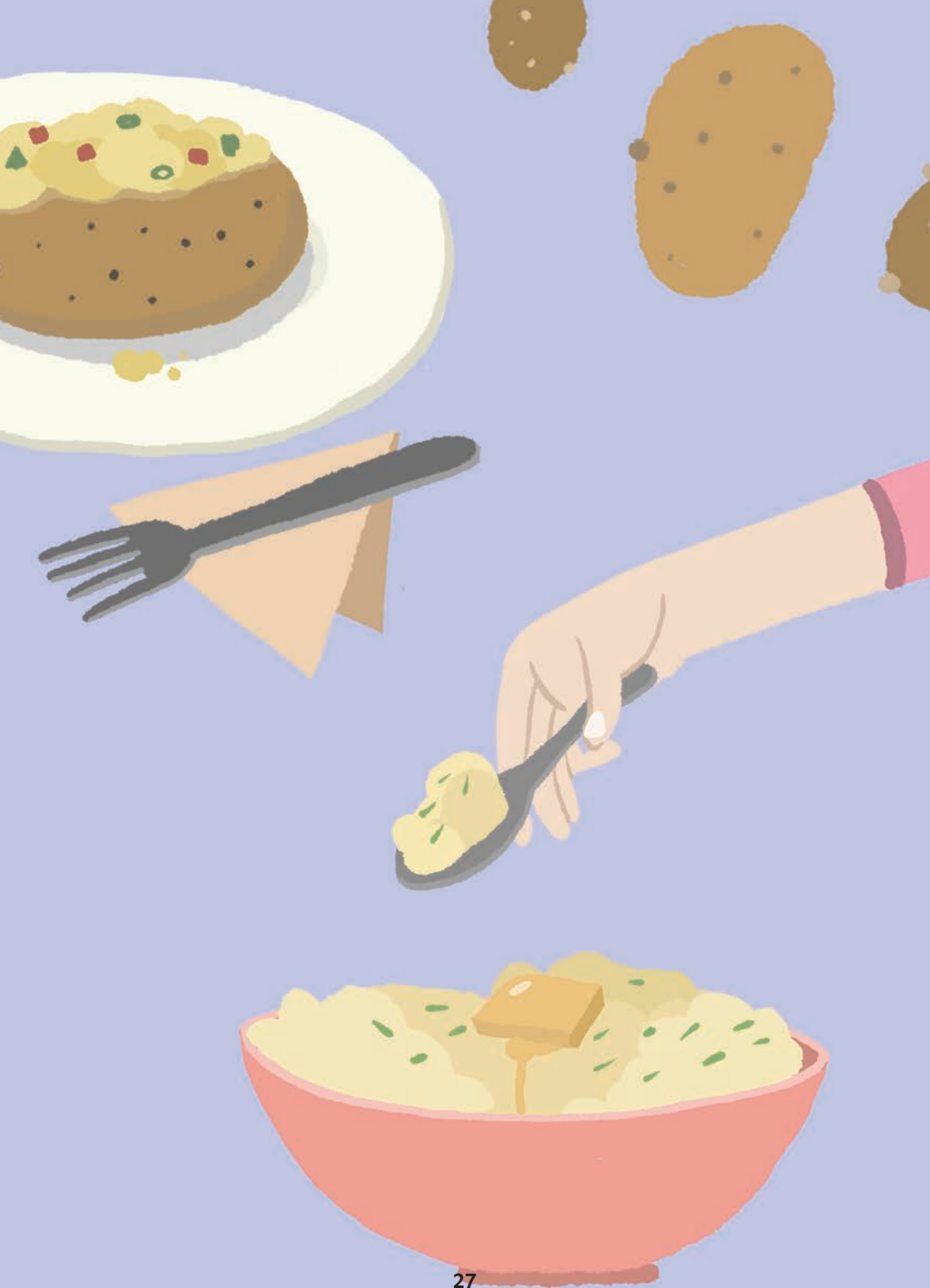
Kamut innocently points to Horia: “He has some with garlic and some with onion. They’re good!” The coach takes the bags of chips and puts them aside.







"Now I can answer your question, Kamut," says the coach. "Potatoes are vegetables. They began to be cultivated much later in Egypt, it's natural that you haven't heard of them." "I saw bags of potatoes from Egypt in the market," Nati adds. "Yes, that's right. Nowadays, potatoes are cultivated almost everywhere. I prefer local potatoes," says Adina. "It's good to try to buy from local producers, that way we also help the environment. But getting back to potatoes, nutritionists recommend we eat them baked or boiled, as they are an excellent source of carbohydrates and vitamins." Kamut is having a wonderful time learning from the children and Adina about the eating habits of the third millennium.





They walk together through the cereal level and arrive at a small room with walls covered in scrolls. Kamut is very proud: "This is where I keep track of the food in storage. The papyrus supply is running low. Would you like to taste some?" "You eat the sheets you write on?" asks Nati. "I haven't eaten anything for thousands of years," Kamut answers, amused, "but I used to like papyrus roots. They're very good, they taste similar to your potatoes nowadays." It's the children's turn to be amused by the confusion. In a corner, Radu carefully examines the map: "Aha, this is how I get to the sweets!" he says to himself, then starts to climb up. But he stops when he hears a bell ringing.



"It's closing time, you must leave," Kamut announces them. "Oh, we haven't managed to see much of the Food Pyramid," Adina notes with surprise.

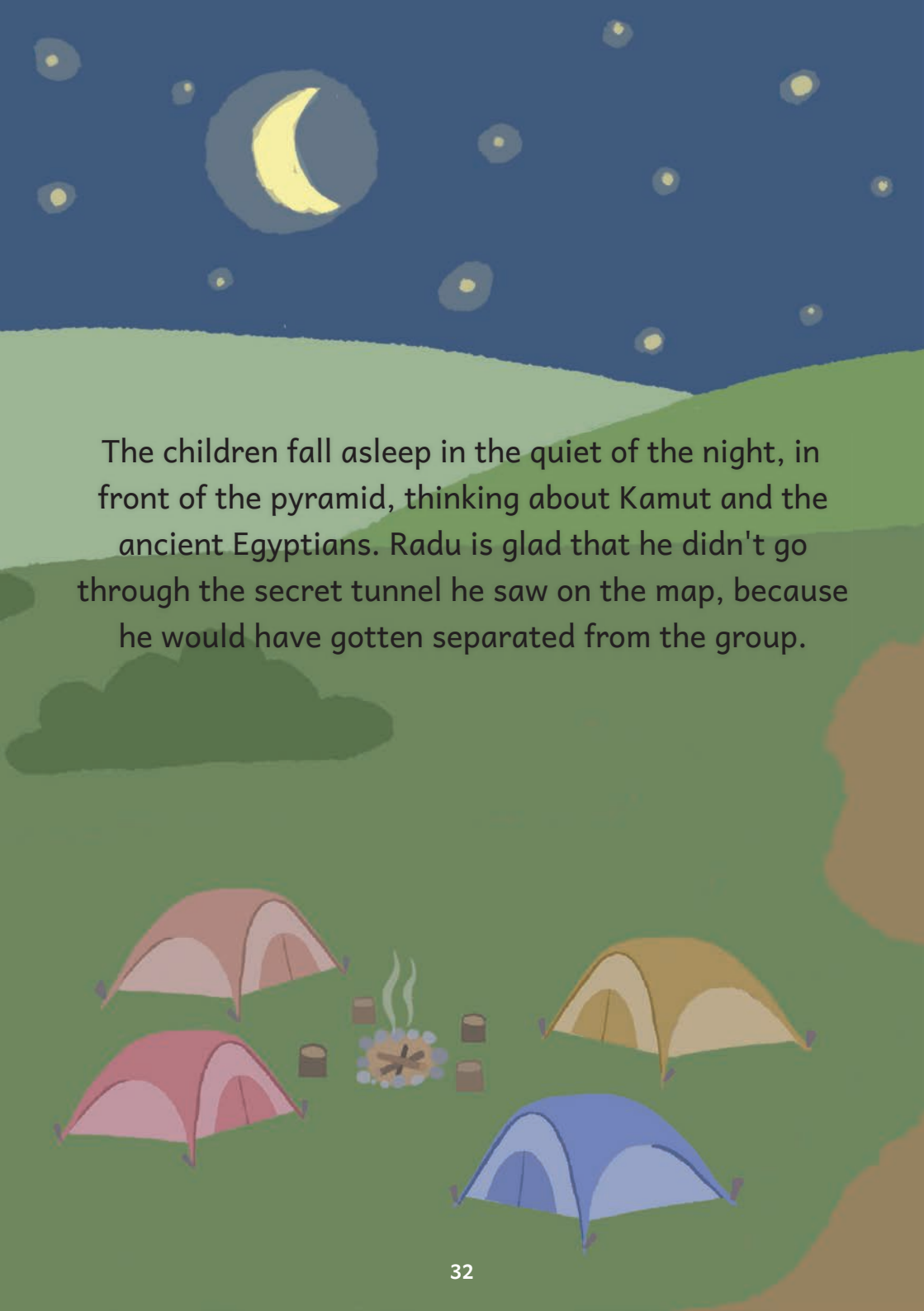
"Children, let's come back to finish with the fruits and vegetables level, we have much more to talk about there." Delighted by what they've seen, Adina and the children head towards the exit of the Pyramid, planning to return next week and continue their adventure.

Outside, the tents are set up and the campfire is burning. Sitting around it, the children think about the experiences of an unforgettable day. "What interesting things we learned today!" exclaims Andra, and Adina is proud of her students: "That's right, children! People in ancient times ate much less varied food than we do. Today, a diverse and complete diet helps us live longer and maintain our health. We need to eat a balanced diet, from all food groups, to enjoy the benefits of food, and help our body receive all the nutrients it needs: carbohydrates, proteins, healthy fats, vitamins, and minerals."



"Yes, and fruits, vegetables, and grains form the foundation of a balanced diet, like the base of a pyramid," Nati concludes.





The children fall asleep in the quiet of the night, in front of the pyramid, thinking about Kamut and the ancient Egyptians. Radu is glad that he didn't go through the secret tunnel he saw on the map, because he would have gotten separated from the group.



Horia dreams of mountains of chips and rivers of soda. And Nati and Andra are already preparing for next week's trip, when the group and coach Adina will return to learn more about fruits and vegetables, the base of the food pyramid.

ACTIVITIES



ACTIVITY 1

The Food Pyramid

Which foods do you like most from each level of the pyramid? Write them next to it. Discuss in class the similarities and differences between each classmate's preferences and what you can do to eat healthier.



ACTIVITY 2

Treasure Hunt

Kamut has hidden cards with fruits, vegetables, grains, dairy products, meat, fats, and sweets in the classroom.

Find them all and form a food pyramid in class.



ACTIVITY 3

Answer the questions (together with a classmate)

Why do you think Adina prefers locally-grown potatoes?

Does your family buy products from local producers?

How do you think the Egyptians' diet influenced their health, and what lessons can we learn from this?

OTHER TITLES FROM THE NABU APP



DOWNLOAD THE APP HERE:



The „NutriCOOLtura” project is done
in partnership with:



Supported by:



Project promoters:



NABU