

TRIP TO THE PYRAMID

TORTILLAS AND FLATBREADS

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

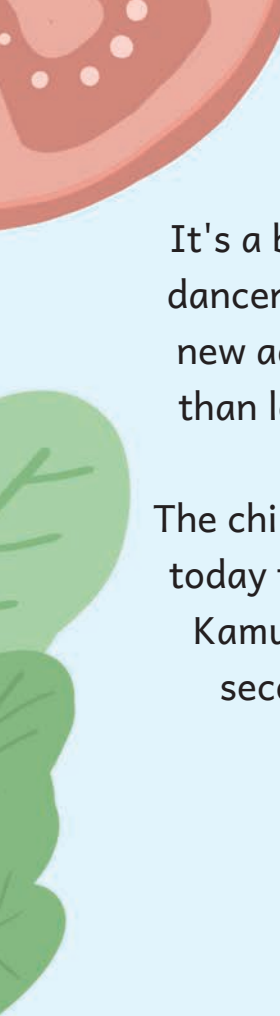
The ABC Lab is NABU's Authentic Book Creation Lab and is where NABU stories are born and come to life through workshops with local artists and writers. The workshops are a part of our goal to address the need for children's books in mother tongue languages. It is a peer-to-peer learning structure that 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 – TORTILLAS AND FLATBREADS



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It's a beautiful Saturday, and the team of young dancers passionate about nutrition is ready for a new adventure. What could be more interesting than learning about healthy eating and meeting fascinating characters?

The children have grown very fond of Thomas, but today they are on the bus and can't wait to meet Kamut again, as they are about to explore the second level of the Food Pyramid - cereals.



Adina asks them to remember what they saw in the first two trips to the Pyramid:

"I'm very curious to know if you've applied anything from what we learned. Maybe you've changed some eating habits?"

"I no longer eat chips daily, since I found out they're not healthy," Radu answers first.

"I've started eating fruits and vegetables daily, which I didn't do before," adds Andra.



The bus becomes quiet. Everyone listens patiently to their colleagues who answer questions.

"The pyramid has several levels, the first being that of fruits and vegetables," continues Horia.

"Correct!" Adina responds with a smile. "Then comes the level of cereals," Radu chimes in, showing off his knowledge. "Adina," curious Horia jumps in, "you told us that foods at the base should be eaten in larger quantities, and as we climb the pyramid, the amount decreases. If fruits, vegetables, and cereals are the most important, why do we need to eat other foods too?"



Adina smiles wisely:
"A very good question! Who would like to answer?"



"The pyramid doesn't just show us what to eat, but also how to have a balanced diet. We need all types of foods to be healthy, but in different quantities. Some foods give us the energy we need for daily activities, others help us stay healthy and grow," says Nati, full of confidence.

Adina looks at her proudly.

"Excellent, Nati! You understood perfectly!"



"Let's explore the pyramid level by level, thus you'll understand why each food has its important role," Adina tells them, happy that she managed to spark their enthusiasm.

Shortly, the bus stops in front of the Pyramid, and the children hurry to get off, ready for a new adventure.



Reaching the cereals level, Adina gathers the children around her and asks them a challenging question:

"You were paying attention to what we discussed on the bus, good. Now I ask you: which foods give us the energy needed to explore the pyramid or, in our case, to dance all day?"

"Cereals!" Andra responds with enthusiasm.

"Yes, exactly!" approves Adina. "Whole grains are the main source of energy in our diet. They are rich in fiber that helps digest food and they give us the nutrients needed to stay active and healthy."





Radu is a bit confused:

"Whole grains? What does that mean?"

"Whole grains haven't been processed too much, so they keep all their good and healthy parts. They contain the fiber-rich husk, which helps digestion, the core that provides energy for the body, and the germ, rich in vitamins and minerals. When grains are processed (like white flour), the healthiest parts are removed," explains Adina.



RYE



WHEAT



MILLET



BUCKWHEAT



The children begin to read the labels and discover names of plants they've never heard of.

"Emmer - one of the first cereals cultivated by people thousands of years ago," Radu reads aloud.

"I see rice here, but what is brown rice?" asks Andra.



Adina approaches and explains:

"Brown rice is whole grain rice, which contains more fiber than white rice and is much healthier for the body.

We have a chart here that presents all the nutrients in cereals."



BUCKWHEAT

Vitamins:
B1, B2, B6
Minerals:
Iron, Magnesium,
Zinc, Phosphorus



AMARANTH

Vitamins:
B1, B2, B6
Minerals:
Iron, Magnesium,
Calcium, Zinc



RYE

Vitamins:
B1, B3, B6
Minerals:
Iron, Magnesium,
Zinc, Selenium

BARLEY

Vitamins:
B1, B3, B6
Minerals:
Iron, Magnesium,
Zinc, Selenium

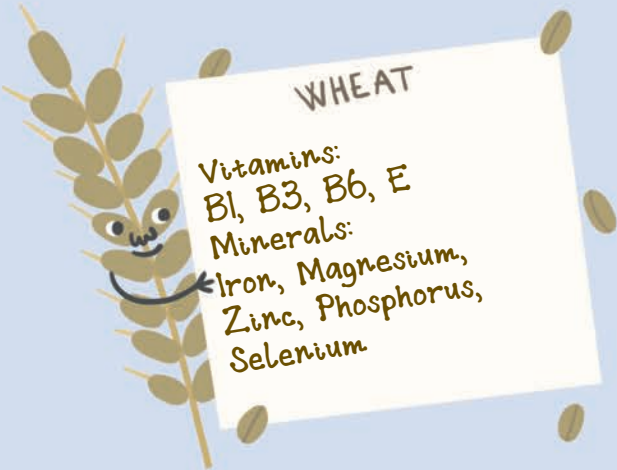


CORN

Vitamins:
B1, B3, B6
Minerals:
Iron, Magnesium,
Phosphorus

RICE

Vitamins:
B1, B3,
Minerals:
Magnesium, Phosphorus,
Selenium



WHEAT

Vitamins:

B1, B3, B6, E

Minerals:

Iron, Magnesium,
Zinc, Phosphorus,
Selenium



OATS

Vitamins:

B1, B5, B6

Minerals:

Iron, Magnesium,
Zinc, Phosphorus,
Manganese



QUINOA

Vitamins:

B1, B2, B6, E

Minerals:

Iron, Magnesium,
Zinc, Phosphorus,
Manganese

Adina barely finishes her presentation when a gentle voice is heard from a corner of the room. A girl with olive skin and long hair, dressed in traditional clothes, appears before them and smiles.

"Hello! I am Camal and my house is in the valley, near the great city of Uxmal," says the girl, showing them a sack full of corn cobs.



The children look at her amazed. She's the third mysterious character they meet in the Pyramid! Camal tries to lift a heavy sack onto her shoulders, and the boys offer to help. The girl smiles gratefully:

"Thank you! Now I'll get home faster. I have to cook many delicious tortillas. Tomorrow is the Rain God's festival and I have to take them to the temple."



"Uxmal?" asks Horia after putting the sack down. "Where is that?"

But Nati, passionate about history, has a hunch.

She opens her tablet and begins to read.

"You're Mayan, Camal, aren't you? The Mayans are a people from Central America, friends. Since ancient times, the staple food of Mayan civilization has been corn."

"Yes, that's right, I'm Mayan!" responds Camal.

"From corn we make tortillas, and these are our daily food and give us energy to work."





"Just as the Egyptians used wheat, the Mayans used corn," marvels Andra.

"Yes, exactly! Even today, cereals are fundamental to our diet and that of animals. Kamut would be delighted to see what corn looks like," Horia says.

But you know how things work: right on cue, from behind a column, Kamut comes out.

"My friends! How glad I am to see you again! I was inspecting the wheat supplies."



Camal approaches curiously and examines the grains that Kamut holds in his palms.

"What strange seeds! What do you call them?" she asks.

Kamut looks at her surprised:

"Wheat! It is the most important food for my people. From wheat we make bread, which gives us the energy needed for work."

Camal repeats slowly, in a serious voice: "Wheat... A strange name for me."

Andra, amused, adds:

"Camal, it's not hard to remember! Wheat is used worldwide to make bread, pasta, and many other foods!"

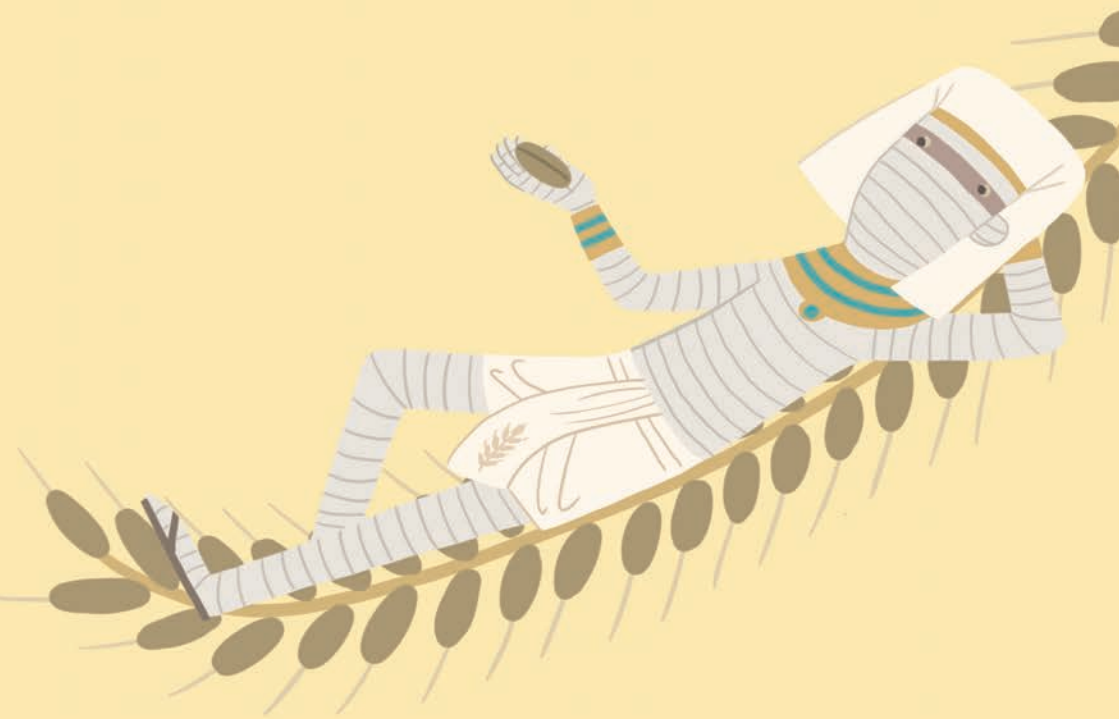


Camal smiles and turns to Kamut: "Just as wheat feeds you, corn feeds us! It is our gift from the Corn God. Without it, my people could not live."

"Each people has their basic cereal. I would be curious to learn more about corn!" says Kamut with joy.

Camal takes out a bright yellow corn cob from her sack and hands it to Kamut.





Kamut examines it carefully, weighing it in his palms and marveling. "Interesting! Big, yellow, and heavy grains... Can you make bread from it?" "Not quite," responds Camal with pride. "But we make delicious tortillas from corn flour. And porridge..." "Mmm, polenta with cheese..." says Radu dreamily, swallowing.

"Without wheat, I cannot feed my people! Wheat is the supreme food!" Kamut shakes his head. "Corn is much more valuable! It can be cooked in so many ways!" responds Camal, laughing.

"I see you both have interesting arguments," Adina gently intervenes. "What do you say to a debate? Each of you will lead a team to argue which cereal is more valuable: wheat or corn."

Excited, the children quickly divide into two teams: Nati and Radu are on Camal's team, and Horia and Andra on Kamut's team.

"Each team will present arguments for the cereal they support. You must use correct information and respond to the objections of the opposing team. Let the debate begin!"



"Corn is the most important! Even my name means 'Corn Tortilla'. Without corn, the Mayans would not have survived," Camal says first.

"My name means 'Wheat'!" counters Kamut.

"Without the nourishing grains of wheat, the pyramids of Egypt would never have risen!"



Nati takes the floor to support the "Corn" team. "The corn plant is a true treasure! Each plant can feed a family for an entire day!"

Horia responds immediately, for the "Wheat" team: "Wheat is cultivated in many corners of the world, being an important source of fiber and carbohydrates. It is a universal food, consumed by many people."



"Bread is a symbol of hospitality! In many cultures, guests are welcomed with bread and salt.

This shows how important wheat is to people!"

continues Andra.

"Corn is the most cultivated cereal in the world! Plus, it also contains starch, an important carbohydrate.

Reaching the body, starch transforms into glucose.

Glucose molecules provide the necessary energy for muscles and the brain, in fact, for the entire body,"

says Nati.





Horia smiles with satisfaction:

"You've thrown me a softball, Nati. Know that wheat also contains starch. But, the main minerals our body needs are calcium, potassium, magnesium, iron, and iodine. Whole wheat flour has them all."

"Corn is rich in B vitamins, contains a large amount of vitamin E, which helps skin and eye health. And it has a unique quality: it can support other plants! So we have more abundant harvests!" continues Radu





"From wheat, you can make more things: bread, biscuits, pasta, even cakes. I haven't heard of corn cakes!" says Horia confidently.

"I know a corn dessert, sweet cornbread!" Nati doesn't give up. "And many doughs have corn starch in their composition. Corn can be eaten boiled, grilled, as flakes or popcorn. Popcorn, if prepared without fat, is actually healthy!"

Adina signals them to stop the debate: "I think we've heard enough arguments! Both teams have presented very good points of view."

"After listening to both sides, I've decided that... you are all winners! Both wheat and corn, along with other cereals, are important for a balanced diet. And, remember: whole grains get the best results when working as a team with other foods. Just as you obtained good results when you collaborated in the debate."

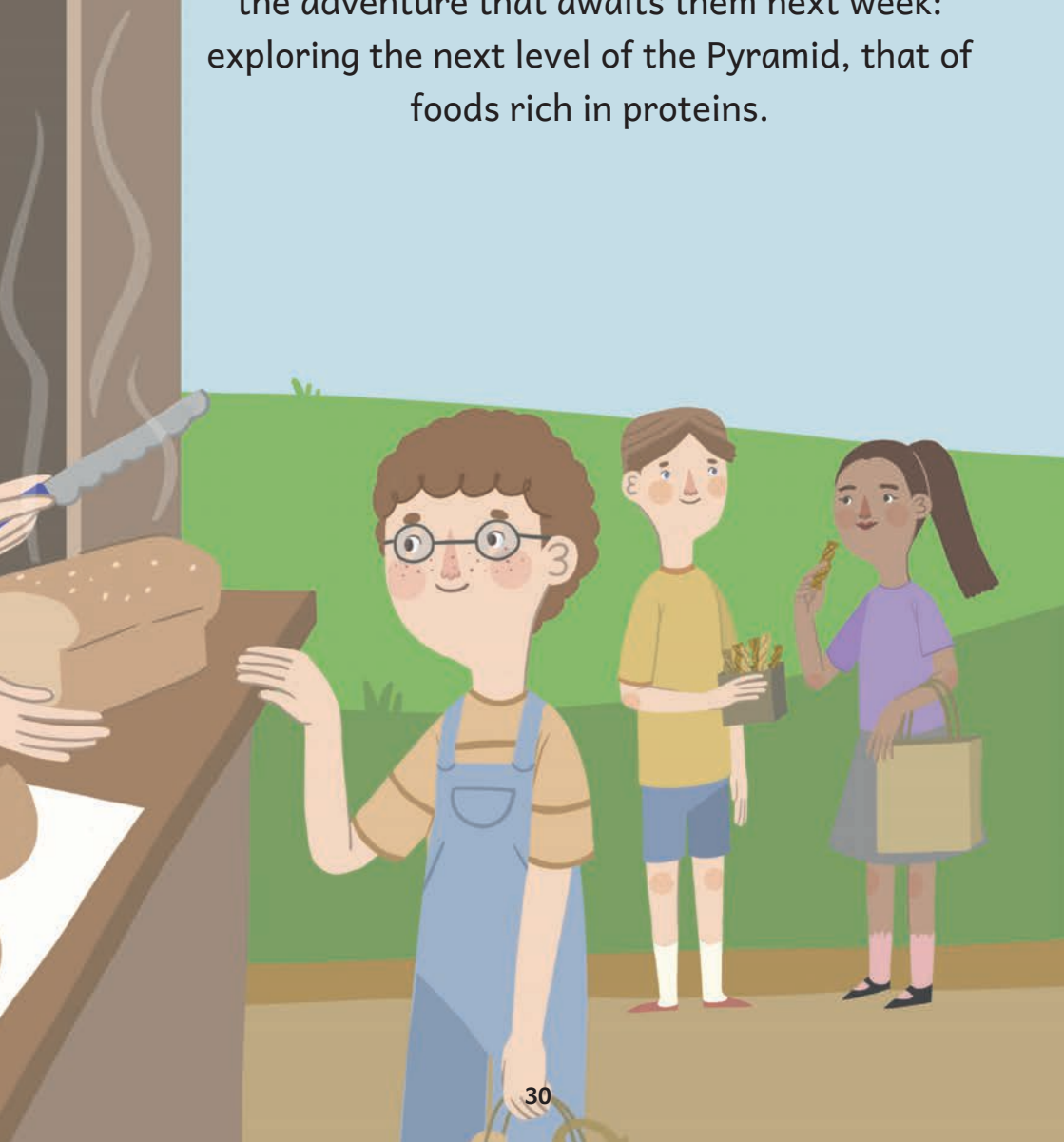




The children hug each other happily, and Adina continues: "You learned a valuable lesson today: there is no perfect food. Our food must be varied and balanced!"

In the end, Kamut and Camal exchange wheat and corn grains, promising to try each other's recipes. Then they disappear, as it seems customary for the characters in the Pyramid.

On the way out, the children enjoy a fair full of whole grain products: pretzels, flatbreads, fresh buns. They munch happily, discussing the adventure that awaits them next week: exploring the next level of the Pyramid, that of foods rich in proteins.







ACTIVITIES

ACTIVITY 1

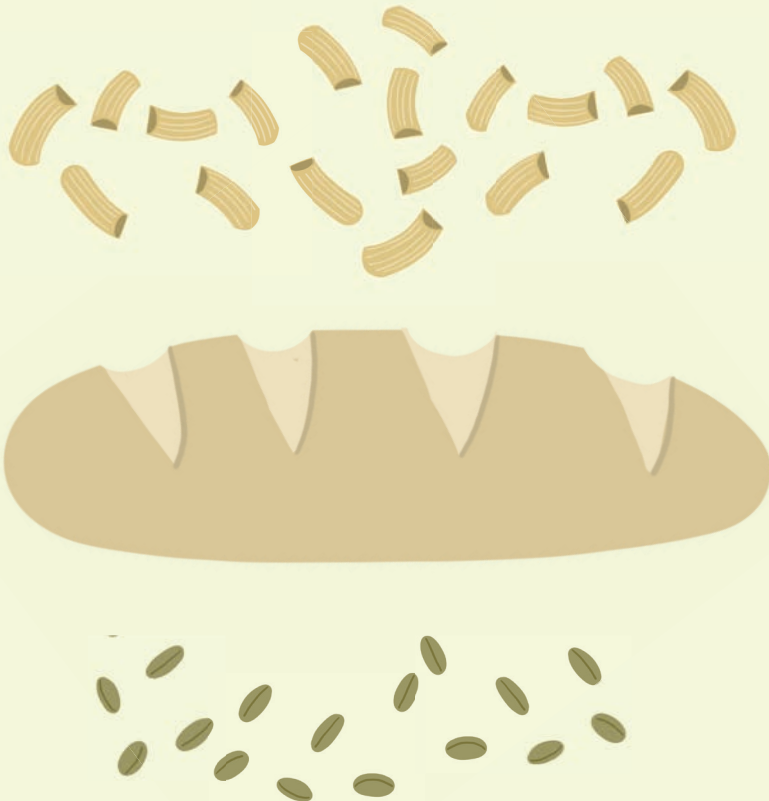
Organize a poster competition in class, through which to present the benefits of whole grains. Divide into teams and work together. At the end, make an exhibition with your posters.



ACTIVITY 2

Organize a debate in class with the theme "What kind of cereals do we eat?". You will form two teams, the *Whole Grains* team and the *Processed Cereals* team.

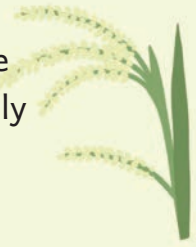
Each team will present arguments for the category they support. Use the information presented in the text or research from other sources (books, internet). You must use correct information and respond to the objections of the opposing team.



ACTIVITY 3

Horia and his colleagues challenge you to find the hidden words. Read the given statements carefully and discover the words. If you don't remember them, reread the story.

You can find them horizontally, vertically or even diagonally.



Here's an example:

PZ**W**HOLESEED**D**XBKJ
RFIBERLQMYGFADC
OTORTILLASVBZWE
CMAGNESIUMEXFQS
EGLUCOSEJPDHRTS
SIKPNHVXCLZYMUE
SDBQGXOWFTJAEYD
EFMREGKCSNZLWIX
DPEHXUABDMQKPOV
YRQWJZTSCFLXBNQ

CEREALS

PZWHOLESEEDXBKJ

RFIBERLQMYGFADC

OTORTILLASVBZWE

CMAGNESIUMEXFQS

EGLUCOSEJPDHRTS

SIKPNHVXCLZYMUE

SDBQGXOWFTJAEYD

EFMREGKCSNZLWIX

DPEHXUABDMQKPOV

YRQWJZTSCFLXBNQ

DEFINITIONS

1. Tiny bud found in every seed. (4 letters)
2. Healthy cereal. (9 letters)
3. Flour that contains few vitamins and almost zero fiber. (9 letters)
4. Inside the body, starch transforms into... (7 letters)
5. Camal prepares them from corn flour. (9 letters)
6. Nutritional elements that help with digestion. (5 letters)
7. Important mineral for health. (9 letters)



ANSWERS:

1. GERM
2. WHOLESEED
3. PROCESSED
4. GLUCOSE
5. TORTILLAS
6. FIBER
7. MAGNESIUM

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