



**Theme:** How important are the cereals and dairy product in a balanced diet?

**Age group:** 8/9 years old

**Story:** Today we'll be discovering the Yellow Kingdom (the Kingdom of Cereals) and the White one (the Kingdom of Milk and Dairy). While in the Yellow Kingdom there are yellow meadows where wheat, barley, corn and other types of cereals, which give us the Nutri Power of Energy, in the White Kingdom we come across the perfect combination between Nature and High Technology, which helps to preserve all the right nutrients that empower us with the Nutri Power of Resistance. The White Master will join the Nutri Ventures' Heroes and together they will help the master of the Yellow Kingdom to regain his courage and fight against Ty-Paw and his Tykers' army, who threaten the inhabitants of his Kingdom. In order to have a healthy and balanced diet these two kingdoms must play an important role at our table.

If you want to know more about the Nutri Ventures story click in <http://www.nutri-ventures.com/pais/historia/>

**Activity:** Hanged man Game

**Main Goals:**

- to identify and recognize different types of cereals and diary products;
- to develop concentration and memory skills;
- to develop fine motor skills.

**Time:**

- 30 minutes

**Specific Goals:**

- to recognize the English alphabet;
- to recognize some foods in English and to be able to spell them correctly.

#### STRATEGIES:

##### Introduction

- Hand out the worksheets where the children will work in. Introducing the activity;
- Identify the Nutri Power of Cereals (Energy) and of Dairy products (Resistance) and their importance in a balanced diet.

##### Development

- Watch the episode (colocar link);
- Do the activity (Hang man Game). This activity may be held in pairs or small groups (4 children).

##### End

- Ask the children about what they have learned with the activity: e.g. Well, when we need to have loads of energy to play and run, what should we eat?

**Nutrition Note:** According to the Portuguese Food Wheel, 28% of the daily Nutri-Powers ingested by children should be of the Yellow Kingdom, while 18% should be of the White Kingdom.

This means that a 7 or 8-year-old child should ingest about 1500 kcal a day, of products from the Yellow Kingdom, e.g.:

- 35g of cereals at breakfast (4 table-spoons);
- a slice of bread at break-time;
- 4 table-spoons of rice or pasta cooked for lunch or dinner

and combine their ingestion with some dairy products like:

• 2 glasses of milk, or	• 2 liquid yogurts, or
• 3 solid yogurts, or	• 4 slices of cheese

#### Recursos:

- Computer/Projector;
- Photocopies (Activity);
- Pencil.

**The combination of these Nutri Powers (Energy + Resistance) is very important for children who have an active life and for those who practice physical exercise.**