



**Theme:** The importance of having a varied and balanced diet

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

**Story:** The heroes in the story, Theo, Lena, Ben and sweet little Nina, live in a grey city, where there is no food. 30 years ago, Alex Grand, told his G-Squads army to destroy all the existing food and made the population eat only his Genex-100, a caloric compound produced by the Grand Corporation, which is owned by him. But, before Alex Grand had the chance to destroy all the existing food, a wise nutritionist called Neus, trusted seven of his most experienced collaborators with the mission of preserving a food group. In order to do that they had to run away and each one of them founded their own kingdoms. To help them in this important mission each one of them was assigned with a Guga. They have become Nutri Masters and, till today, each one of them live in his/her own kingdom, isolated from the other Nutri Kingdoms, where they are taking care of the food they have been trusted with.

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

**Activity:** Nutri Kingdoms

**Main Goals:**

- to identify and recognize the different Nutri Kingdoms;
- to develop the concentration and memory capacity;
- to develop fine motor skills;

**Time:**

- 30 minutes

**Specific Goals:**

- to identify the colors represented in the Nutri Ventures' Food Wheel in English;
- to recognize the written words which represent those colors and to be able to write them.

#### STRATEGIES:

##### Introduction

- Hand out the worksheets where the children will work in. Introducing the activity: **e.g.** “Today we’ll be learning some colors with the help of the Nutri Ventures’ Heroes”.

##### Development

- Watch the episode (colocar link);
- Do the activity: to color the different slices of the Nutri Ventures' Food Wheel, as well as their matching Nutri Master. To identify the different colors correctly.

##### End

- Question the children on the importance of having a varied and balanced diet.

**Nutrition Note:** The Nutri Ventures' Food Wheel is based in a simple and basic food division, so that each child can easily recognize and learn the Nutri-Power of each food. Each slice represents a kingdom, led by a Nutri-Master. In the Nutri Ventures' Food Wheel there is a Red (Meat) and a Blue Kingdom (Fish). This division does not exist in the traditional Food wheel. This division was made so that the children could understand their importance in a balanced and healthy diet. In order to prevent misleading the children, the 2% of healthy fat in the Food Wheel, were excluded in the Nutri Ventures' Food Wheel.

#### Recursos:

- Computer/Projector;
- Photocopies (Worksheet activity);
- Colored pencils.