



Theme: The importance of having a varied and balanced diet

Age group: 6/7 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: Identify the Nutri-Ventures Heroes

Main Goals:

- to develop the concentration and memory capacity;
- to be able to listen and communicate;

Specific Goals:

- to recognize ways of personal introduction;
- to be able to introduce him/herself in English;

Time:
- 30 minutes

STRATEGIES:

Introduction

- Hand out the worksheets where the children will work in. Introducing the activity: **e.g.** Do you know the Nutri Ventures' heroes? Today we will get to know them a bit more.

Development

- Watch the episode (colocar link);
- Do the activity: to write the name of the Nutri Ventures' heroes in the correct gap.
- The activity may proceed by leading the children to introduce themselves.

End

- Talk to the children about the benefits 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);
- Pencil.