



Theodore, Sydney and Ava  
Get Ready for Food and Cultures Day and  
**Explore the Mediterranean!**



A Story With Healthy  
Eating and Lifestyle Messages  
Brought To You By Chartwells



Meet Theodore EAT, Sydney C. LEARN, and Ava LIVE. Theodore, Sydney, and Ava are in the same class at school and they are very good friends. The pals do just about EVERYTHING together! They eat healthy meals and snacks together, they study and do homework together, they play outside together, or just hang out and have fun.

Theodore, Sydney, and Ava are very excited about Food and Cultures Day at school. On this day, they will learn about different countries and how people live in different parts of the world. They also will get a chance to try new foods.



Theodore, Sydney, and Ava must think of an idea for their Food and Cultures Day class project. Their teacher, Ms. Johnson, asked everyone to pick a country or a part of the world and tell the class about the foods people like to eat there, and what makes their way of life special. As usual, the pals will work together on their project!



Theodore, Sydney, and Ava visit their friend Chef Presto in the school cafeteria to get some ideas for their project. Then they go to the library to check out some books about different countries.

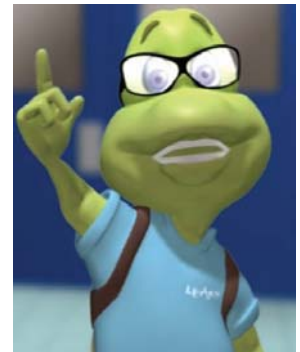
Once they decide on their project, the pals get right to work after school.



Finally it's Food and Cultures Day! The students take turns talking about food and cultures in the countries they studied. When the pals get their turn, Sydney tells the class they learned about countries bordering the Mediterranean Sea.



He uses a world map to show that the Mediterranean Sea is very far away from the United States!



Then Sydney shows everyone a small map of the Mediterranean Sea and names some of the countries the pals are talking about. He points to Morocco, Spain, France, Italy, Greece, Turkey, and Egypt.

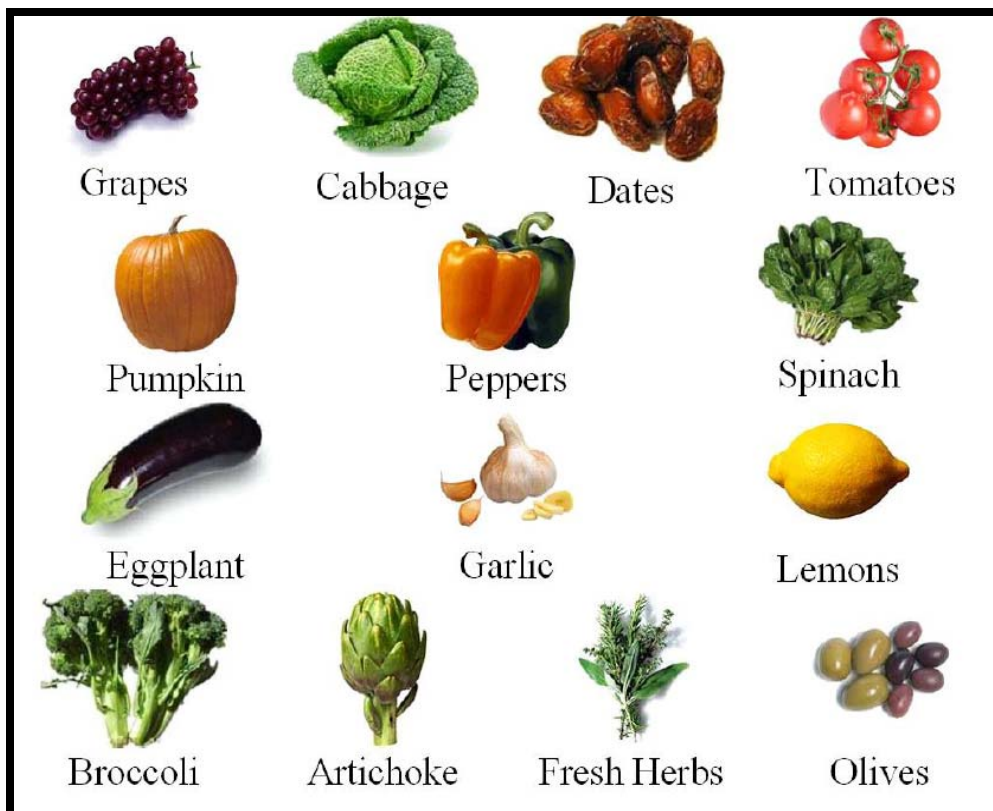


Ms. Johnson tells the pals, “Please start by telling us about the foods people in those countries eat.” Naturally, Theodore EAT steps right up to answer.

“The first thing we learned,” Theodore says, “is people living near the Mediterranean Sea eat LOTS of healthy fruits and vegetables.” He shows off his colorful poster with pictures of some of those foods. “This stuff is DELICIOUS and full of vitamins, minerals, and fiber, too!”



Theodore names all the foods on the poster:



He tells the class, “People in the Mediterranean region don’t just EAT olives. They squeeze and press them to make olive oil for cooking and salads. It tastes great and it’s a healthy kind of fat.”

*Have YOU tried any of these foods?*



One of the kids in the class asks what kinds of meat people in the Mediterranean region like to eat. Sydney says, “I’m glad you asked that! People living near the Mediterranean Sea eat a little red meat like beef, and poultry like chicken, but they don’t eat as much of them as most people do here in the United States.”

“Compared to Americans, Mediterranean folks get a lot of the muscle building protein they need by eating beans, legumes, nuts, and seeds. These foods are good to eat because they have protein, and they are high in fiber, too!” Theodore names all the foods on his second poster:



*Have YOU tried any of these foods?*



Sydney chimes in and says, “They also eat a lot more fish compared to most Americans. That makes sense since they live near the Mediterranean Sea. I read in one of the books that the oils in the fish are good for your heart.”

Sydney also explains that yogurt and small amounts of very flavorful cheeses provide protein and calcium to build strong bones and teeth.

Sydney tells the class one last interesting Mediterranean diet fact. “People in the Mediterranean countries eat a lot of whole grains. Those foods give you ENERGY plus other great things. They eat whole grain bread, and some other interesting foods, like the ones on Theodore’s last poster.”



Bulgur



Cracked Wheat



Quinoa  
(pronounced KEEN-wah)



Semolina



Polenta

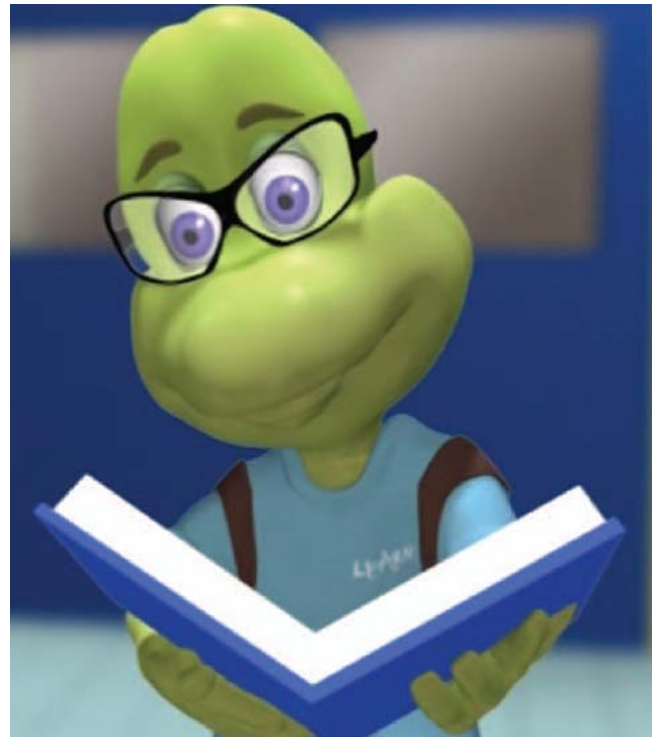


Brown Rice

*Have YOU ever tried any of these foods?*

Ms. Johnson has some questions for the pals. She asks, “Besides learning about all the healthy foods people in the Mediterranean countries eat, what else did you learn about the Mediterranean culture?”

Sydney can’t wait to report some facts. “This book says people in Mediterranean countries take plenty of time to enjoy meals with family and friends. In other words, they don’t rush though mealtime.”



Ava has more to tell the class. “There’s something else besides nutritious foods that keep people in the Mediterranean part of the world healthy,” she says. “People there get plenty of physical activity, too. You know what I mean- exercise!”





“Being active every day keeps your body strong and feeling and looking good!” Ava explains. “It also helps you keep a healthy weight. Kids should try and get outside and play for at least one hour every day. Running games like tag, playing ball, jumping rope, or whatever you like to do that keeps your body MOVING are all good ideas!”

Ms. Johnson adds, “Ava is right. Exercise is VERY important. Before we take our lunch break, why don’t you show the class one of your indoor exercises, Ava?”

Ava is so excited to show the class one of her easy indoor workouts. She tells everyone in the class to stand up and stretch out their arms so they have enough room, just like this:



Ava shows the class how to do the activity with a song, and then they all do it together. Why don’t YOU try it, too?!



“Come on, guys, do your best!” Ava says.

*Ava’s indoor physical activity is done to the tune of the well-known song, “The Wheels on the Bus.”  
Students will act out the words of the song while they sing along:*

To keep our bodies healthy we twist and turn, twist and turn, twist and turn;  
To keep our bodies healthy we twist and turn;  
Each and every day!

*(children should stretch their arms out to their sides like in the picture on the previous page and then twist and turn at the waist)*

To keep our bodies healthy we reach and stretch, reach and stretch, reach and stretch;  
To keep our bodies healthy we reach and stretch;  
Each and every day!

*(children should reach up and stretch their arms as high as they can over their heads)*

To keep our bodies healthy we touch our toes, touch our toes, touch our toes;  
To keep our bodies healthy we touch our toes;  
Each and every day!

*(children should bend forward and touch their toes while trying not to bend their knees)*

To keep our bodies healthy we run and play, run and play, run and play;  
To keep our bodies healthy we run and play;  
Each and every day!

*(children should run in place)*

*(praise students and tell them they did a great job exercising)*

Everyone sits back down, and Ms. Johnson says, “You three did a **WONDERFUL** job on your project! I want everyone to think about how **YOU** could eat and live healthy like the Mediterranean people.” She encourages everyone to eat more fruits, vegetables, beans, nuts, seeds, fish, and whole grains. And she reminds them to exercise every day.

Ms. Johnson says, “Now it’s time for our Food and Cultures lunch. I can’t **WAIT** to try all the interesting foods you’ve brought to school!” Ava’s Mediterranean snack of fresh veggies, whole grain pita bread, and a tasty dip called hummus is a big hit.

All the students are eager to try new foods from different countries- and you can, too!

**THE END**



## Dear Classroom Teachers,

The Chartwells team of Registered Dietitians has developed **10-Minute Nutrition Lessons** for teachers looking for a practical way to incorporate more nutrition education into their classrooms. The lessons are fun, age appropriate, and easy to teach without special props. Each lesson includes a suggested teacher-guided EAT cafeteria connection, a scripted LEARN 10-minute classroom lesson, and a LIVE home activity.

The lessons are available for you to download for free at:  
<http://www.eatlearnlive.com/teacherresources>

Or, you may ask your Food Service Director for more information.

Sincerely,  
**Theodore EAT, Sydney C. LEARN and Ava LIVE**

