

## Story Outline - Food & Nutrition

Setting: Home, Kitchen, Food market

Characters:

- Fred (12 years old):  
**Description:** Fred is passionate about food and wants to be a chef. He loves exploring new flavours and experimenting with different recipes. He is resourceful, creative, and dedicated to his dream of becoming a renowned chef.  
**Role:** Fred is the main character and he's on a journey to learn more about food to create delicious and healthy meal options for his friends and family.
- Abby (9 years old):  
**Description:** Abby is Fred's sister who loves to eat food and is Fred's dedicated taster when he experiments while cooking. She is outgoing, and adventurous and always loves to taste new food.  
**Role:** Abby is Fred's partner in exploring meals. Together, they try out new recipes and learn about the importance of nutrition.
- Sam (8 years old):  
**Description:** Sam is Fred & Abby's younger brother and loves to take part in activities his siblings are engaged in, which is exploring food. Sam is attentive, curious, and loves to try out recipes Fred makes.  
**Role:** Sam stays alongside his Siblings, Fred & Abby to interact with them and also learn about Food & Nutrition.
- Karen (adult):  
**Description:** Karen is Fred and Abby's favourite aunt and is a nutrition expert. She is patient, knowledgeable, and passionate about talking about food. Karen has expertise in food and nutrition and always enjoys teaching her nephews and niece.  
**Role:** Karen plays an important role in teaching Fred, Abby & Sam about Food and Nutrition. She serves as their guide on everything Food.

## Lesson 1: Food and Food Groups

Setting: Home, Kitchen

Fred, Abby and Sam were filled with joy to hear their Aunt, Karen was coming over to their house. Fred was particularly excited because he got to learn a new delicious dish from his Aunt and also that she came bearing gifts. Karen finally arrived and they were all excited about their cooking session, she asked them to sort several ingredients into their food groups and they realised they needed to gain knowledge of various food groups. Fred asked for guidance from his Aunt and Karen explained Food & its various food groups and their importance to create a healthy diet. With this new knowledge, Fred realized he could create more nutritious meals for

his family and friends to enjoy and be healthy. This experience enriched their learning and strengthened their bond as siblings.

## **Lesson 2: Nutrition & Nutrients**

Settings: Food market

Some days went by and their Aunt, Karen told them they needed to get some food items and ingredients from the market to make their next dish. Fred was excited to follow his aunt to the market and Sam wanted to tag along to spend time with his brother. Abby said she would wait for them at home and be the chief taster of the food that would be made.

As they walked through the market, Sam kept pointing at fruits, vegetables, wheat, eggs and others, then Fred saw a man who looked strong and said he wanted to be like that when he grew up.

Karen said he had to make sure he added proteins to his diet because it is a nutrient that helps with building strong muscles. Fred got confused about what proteins were and his Aunt explained Nutrition & all the nutrients and their importance in a healthy meal for a healthy body. Sam then pointed to bread and asked if it would make his muscles strong too and Miss Williams explained that bread is a carbohydrate; and that it gives them energy to play, jump and run all day.

With their Aunt's guidance, they learn about how carbohydrates are energy-giving angels, how proteins help build strong muscles, and how all other nutrients support overall health and well-being. After shopping for various food items, they started their journey back home while Fred kept thinking of ways to incorporate this knowledge when experimenting with recipes.

## **Lesson 3: Malnutrition & its causes**

Setting: Home

After making the delicious dish, Abby was very excited to taste the meal. Fred told her to go find something for them to watch on TV while he and their Aunt set their meals on the dining table. While she was checking for something to watch, she stumbled on a video where a child had very thin arms & legs with a swollen head and tummy.

Confused, the siblings asked their Aunt, Karen what it was.

Their Aunt explained that it was Malnutrition, she then took them on a journey of malnutrition, its symptoms, causes and ways to prevent and treat it.

Fred & his siblings learnt a lot and realized the importance of community-wide education on healthy eating habits to prevent malnutrition.

## **Lesson 4: Balanced diet**

Setting: Home, Kitchen

Some days after, Fred & his siblings are feeling a bit down because their favourite aunt will be going back to her house. They said they would all miss her and she says she'll go on one last food adventure before she leaves. Karen taught them all about a balanced diet and how to plan a balanced diet to grow strong and be healthy.

Inspired by all this knowledge, Fred and his siblings start making informed food choices so that they can enjoy food while staying healthy.