

Food for thought



Written by: Angela Christaki
Illustrated by: Clio Christaki

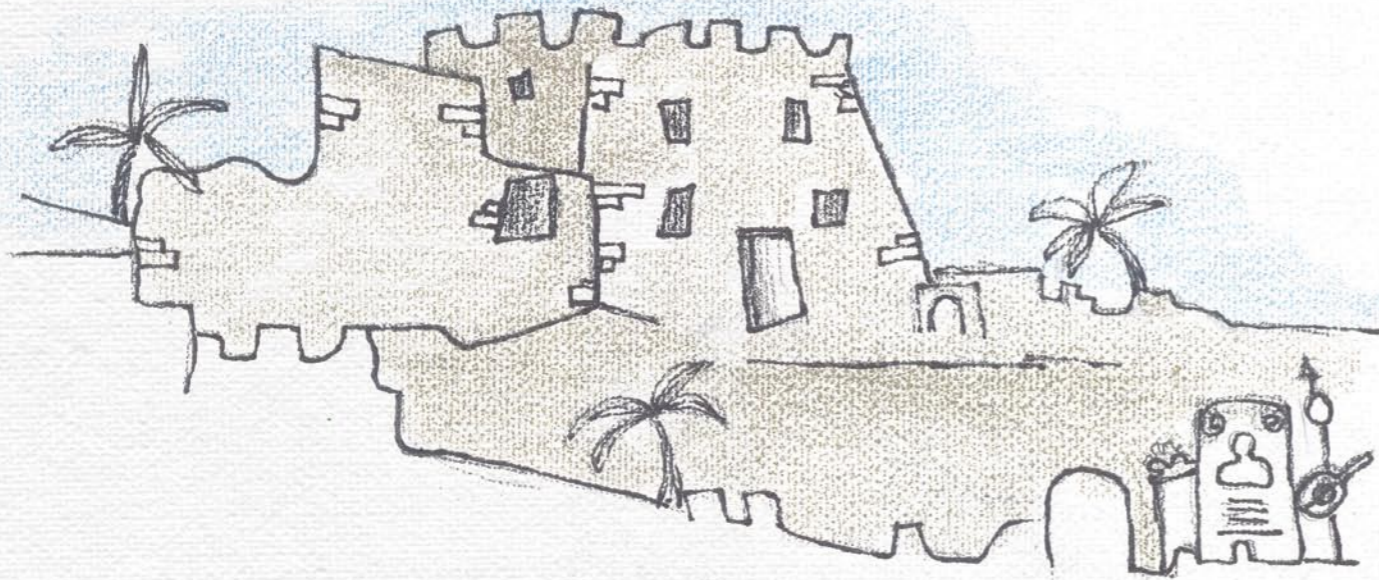
Food for thought



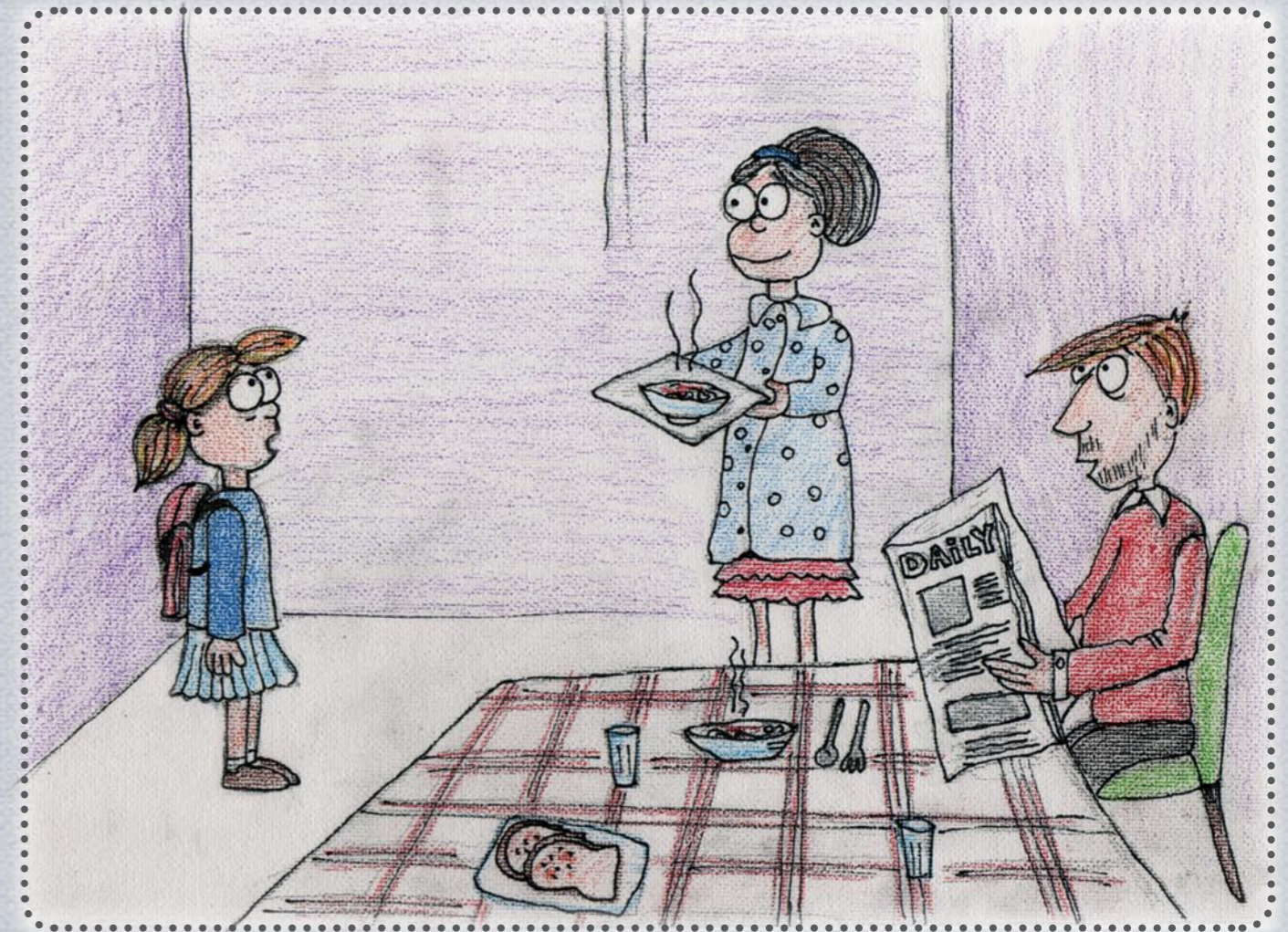
Written by: Angela Christaki
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This book is dedicated to my patient husband Yervant Petrosian, my wonderful sons Johnny and Mario Petrosian and my lovely parents Yiannis and Rena Christaki. Lots of thanks to Eleni Poulla, the school advisor of English teachers, for her inspiration and encouragement.

Mary lives with her parents in Sitia, a seaside town on the island of Crete. Tomorrow it's her birthday. She turns eleven years old and she wants to have a party!!!



Mary: Hello mum, hello dad.
Mother: Hello Mary. How was school today?
Mary: Well, OK.
Father: Is everything all right dear?
Mary: Well, yes.
Mother: Come on now! I can tell something is troubling you!
Father: Yes Mary! Do tell us what's wrong. You know you can tell us everything!!!
Mary: Well, ...yes I suppose.
Mother: Did you do badly in your Maths test?
Mary: No, I did fine in the Maths test.
Father: Did any of your classmates hurt you?
Mary: No, no I was just thinking...
Mother: What dear?
Mary: It's my birthday tomorrow.
Father: And...
Mary: I'd like to have a party.
Mother: Is that all?
Mary: Yes.



Father: Of course you can have a party. It's only once in a lifetime that one turns eleven years old.
Mary: Thank you mum, thank you dad! I'll invite all my friends from school and we'll have some snacks, and we'll dance and...
Mother: OK young lady. We'll do all these things tomorrow, but now you have to go to bed. It's getting late and tomorrow is a big day.
Father: Is there anything special you want me to buy for your party tomorrow?
Mary: Yes of course!!! I want pizza, chips, coke, sweets and a big, chocolate birthday cake of course.
Father: Gosh! Don't you know all these things are unhealthy?
Mother: Yes honey. Let's try to make the menu a little bit healthier, shall we?
Mary: Well, I know you are right but...

Later in the evening...

What kind of snacks
shall I buy for my party?

Father: All right! All right!
Let's all go to bed and
sleep on it.
It's a big day tomorrow.

Mary: Good night daddy,
good night mummy.

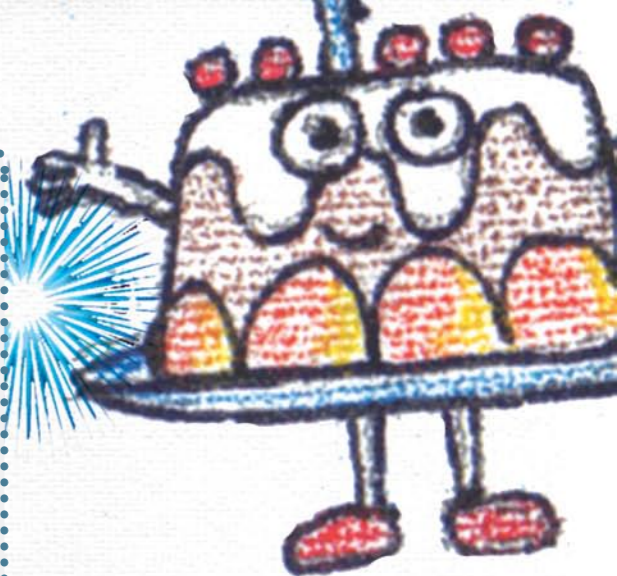
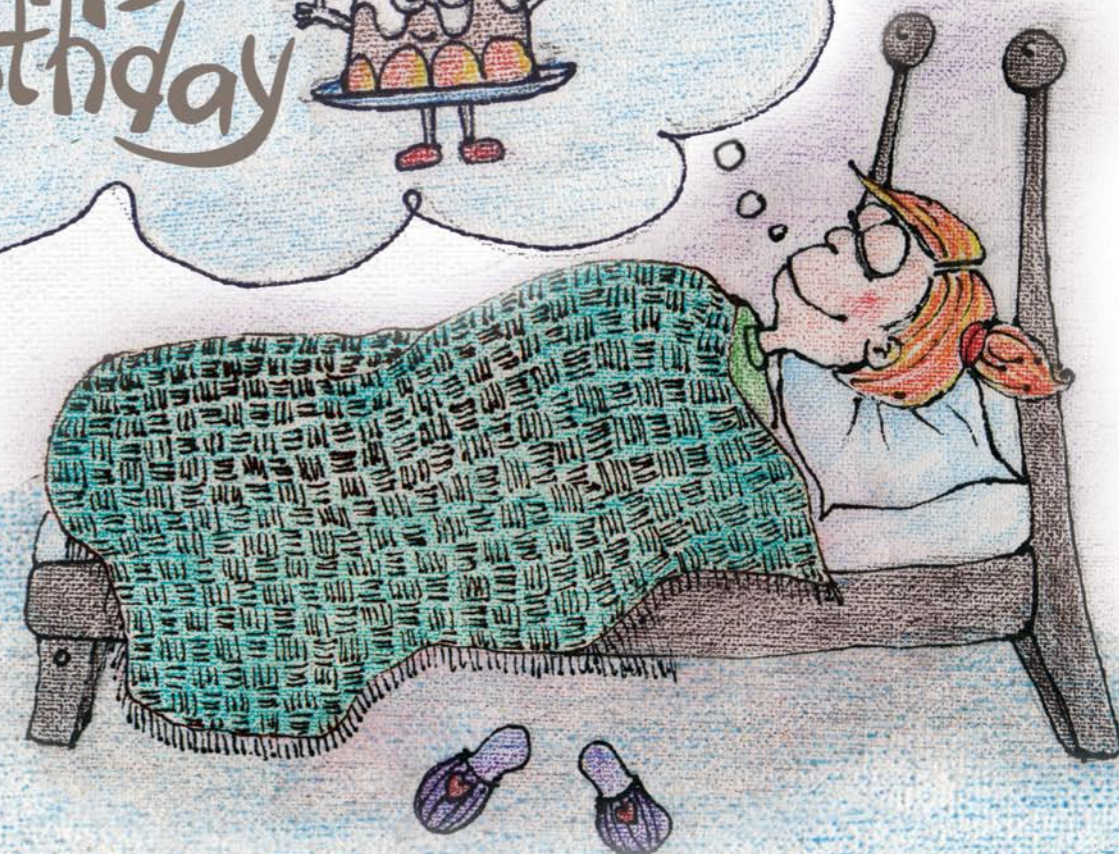
Mother: Good night dear!

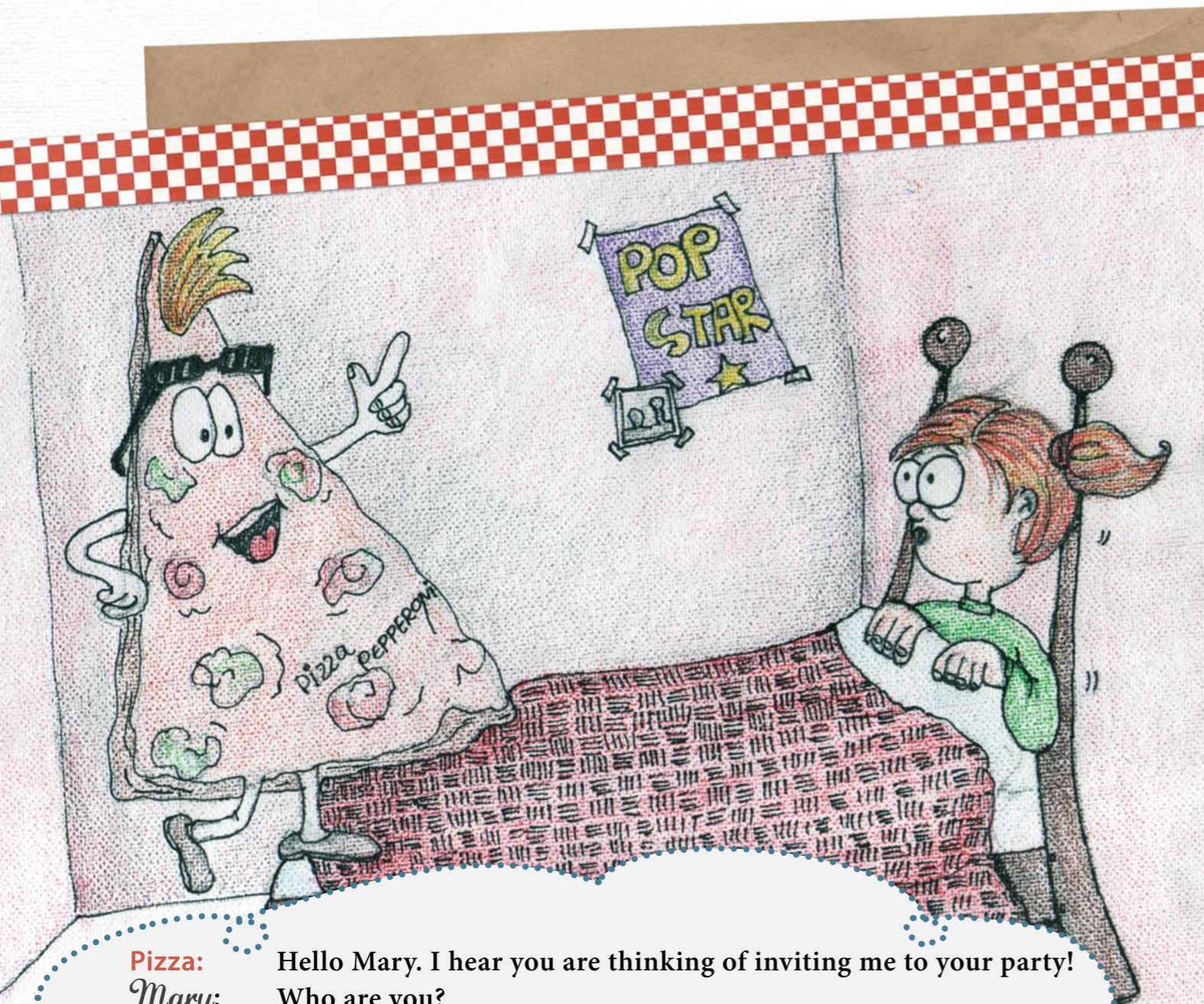


Mary goes to bed.
It takes her some time to sleep
as she's thinking of her party.
What kind of snacks should
she offer to her guests?
(Mary is mumbling "pizza,
chocolate, chips....").
Finally, she falls asleep...

In a while she has a dream.

Happy
Birthday





Pizza: Hello Mary. I hear you are thinking of inviting me to your party!

Mary: Who are you?

Pizza: Well, I am pepperoni pizza, can't you see?

Mary: Oh yes, I see.

Pizza: I'm sure we'll have fun! You know you are lucky to have me at your party!

Mary: Well, maybe.

Pizza: You know I'm tasty. I am delicious, I'm...

Mary: But are you healthy as well?

Pizza: Well, I'm not that healthy! I have saturated fat and a lot of calories.

Mary: I don't think it's a good idea to invite you to my party then!

But who is this?..

Chocolate: Can't you see? I'm the chocolate birthday cake for your party.

Mary: Oh yes, I see.

Chocolate: You know I'm tasty. I am delicious and I provide you with energy.

Mary: Yes. But is that all you have?

Chocolate: Well, the truth is that I also have a lot of sugar and I may also cause tooth decay and destroy your teeth.

Mary: I don't think it's a good idea to invite you to my party then!

Wait a minute. Who are you?



Chips: I'm a bag full of chips, can't you see?

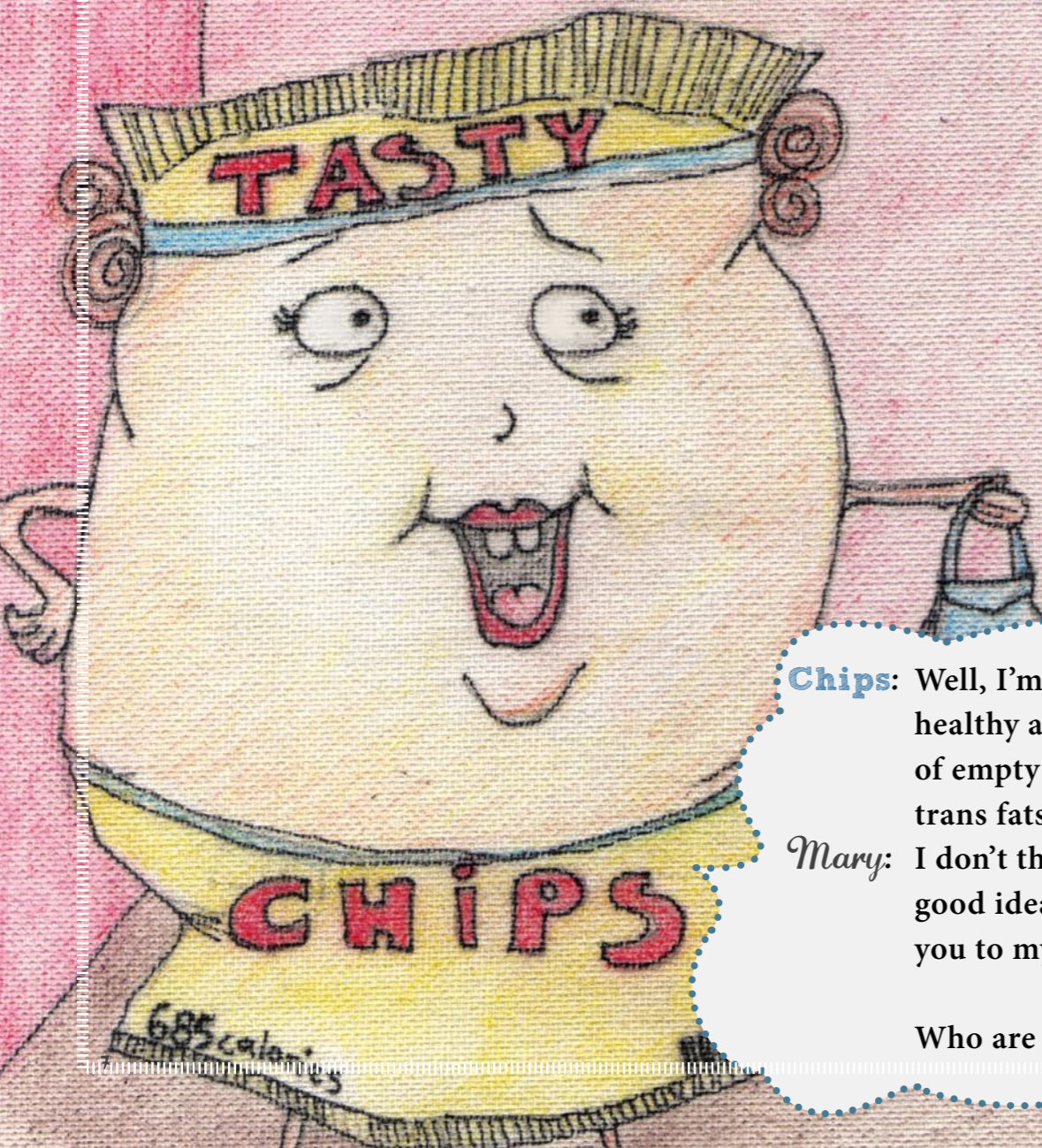
Mary: Oh yes, I see.

Chips: I hear you are thinking of inviting me to your party!

Mary: Yeah, that's true.

Chips: You've made an excellent choice dear! I'm tasty, delicious and...

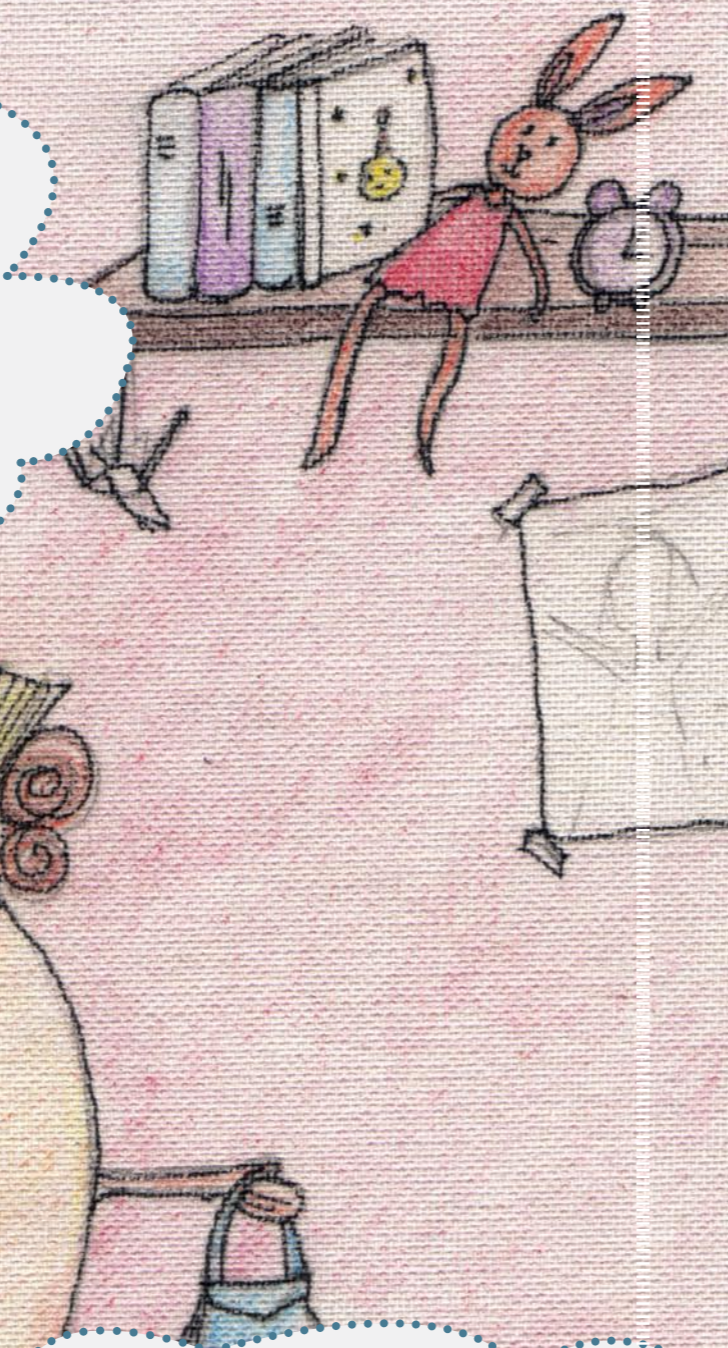
Mary: But are you healthy as well?



Chips: Well, I'm not that healthy as I have a lot of empty calories, fats and trans fats.

Mary: I don't think it's a good idea to invite you to my party then!

Who are you?



Coke: I'm the coke for your party.

Mary: Oh yes, I see.

Coke: You know you are lucky to have me at your party.

Mary: Why is that?

Coke: I'm tasty, delicious, refreshing and...

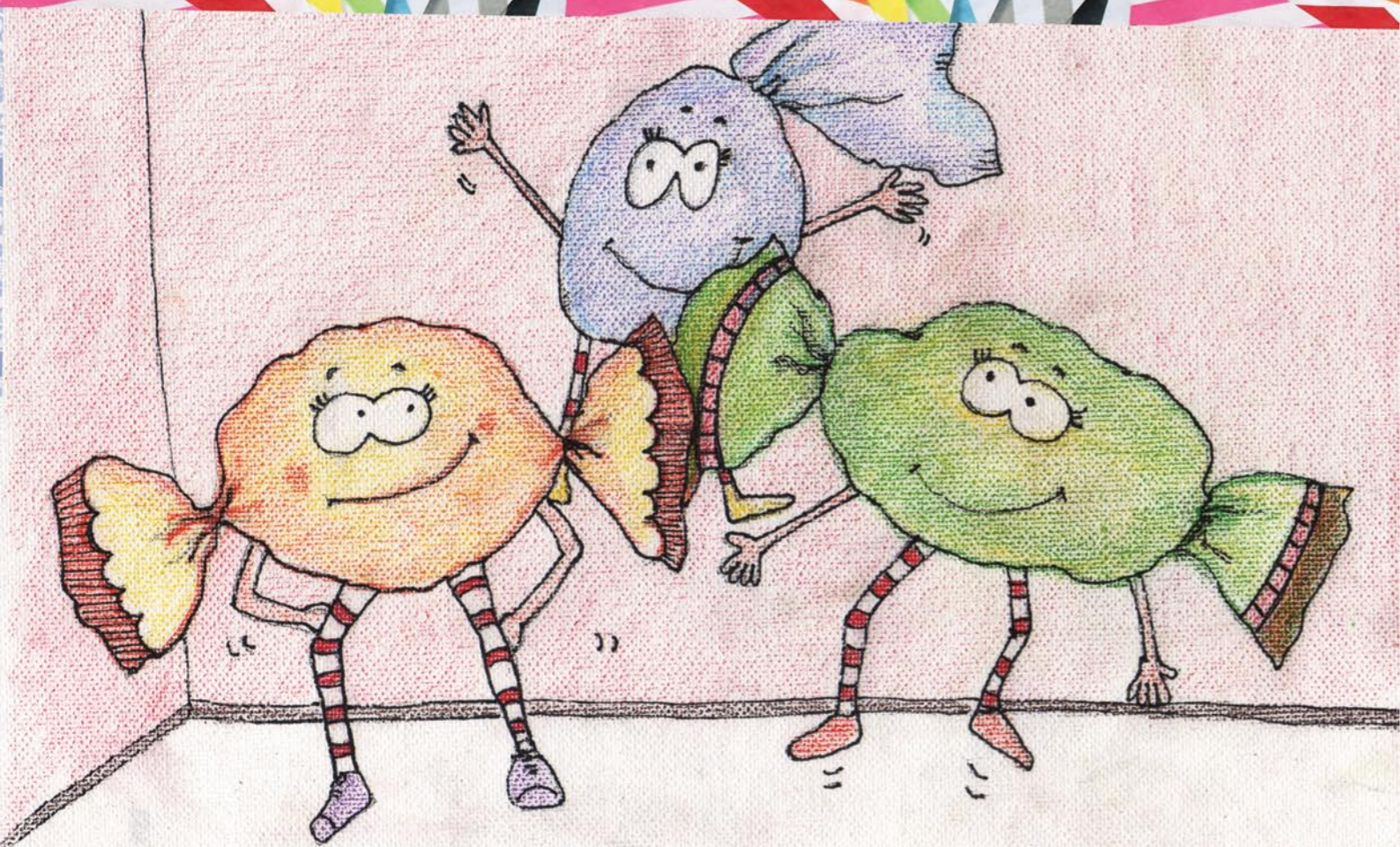
Mary: But are you healthy as well?

Coke: Well, I am not that healthy as I have a lot of sugar, caffeine and empty calories.

Mary: I don't think it's a good idea to invite you to my party then!

What's that?





Sweets: We are the colourful sweets.

Mary: Oh, and what do you want?

Sweets: We want you to invite us to your party.

Mary: And why should I do that?

Sweets: Because sweets are tasty and good for parties.

Mary: Yeah, but I've heard that sweets have unhealthy ingredients as well.

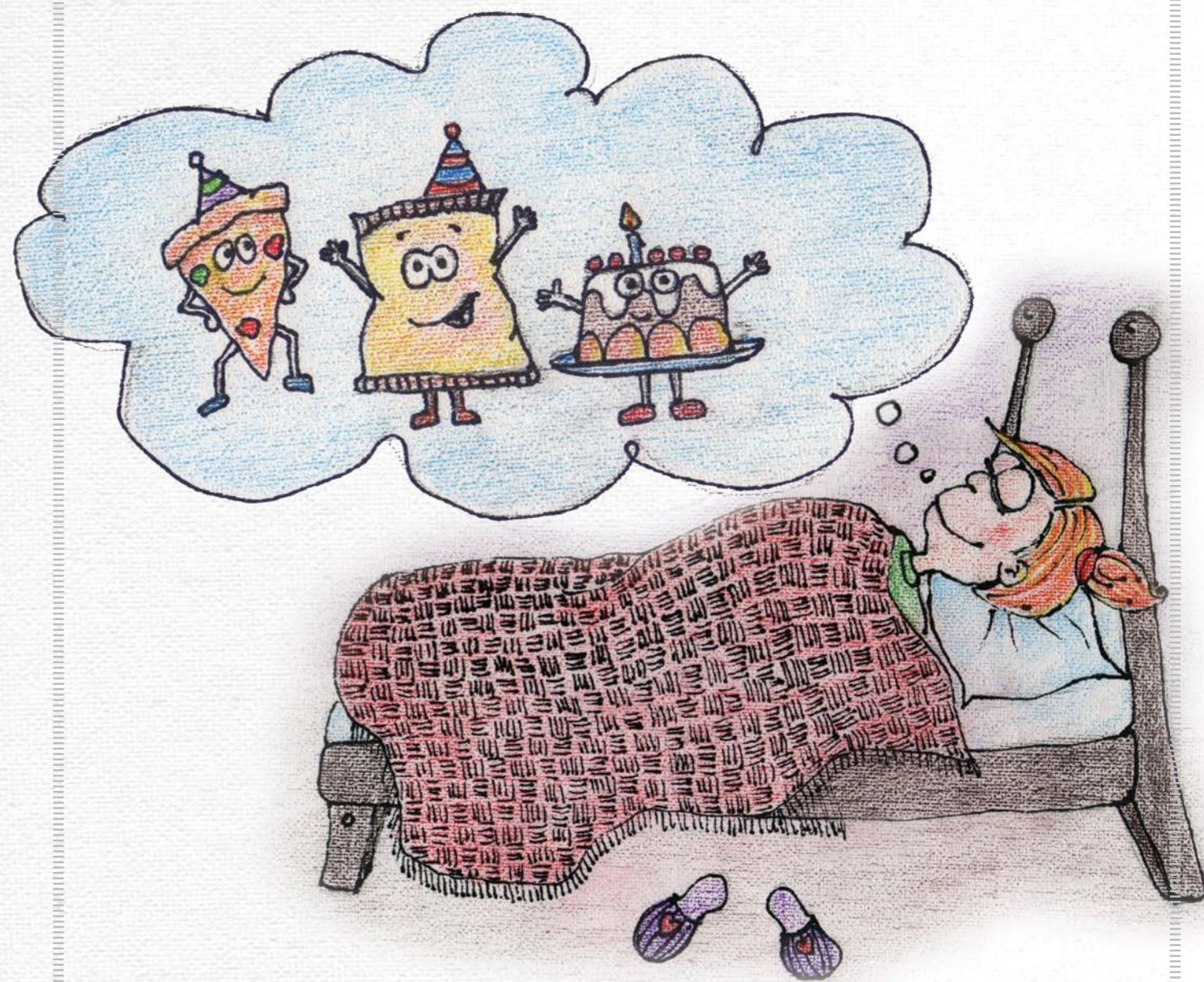
Sweets: Well, that's true. We have a lot of sugar, colourings and E numbers.

Mary: I don't think I'll invite you to my party then!

Mary is still sleeping but she's restless!
All kinds of snacks are visiting her in her dream.
Mary is mumbling "unhealthy snacks, tooth decay"

.....

But who is this?



Mary: Who are you?

Apple: I am the apple. I've just fallen from the apple tree.

Mary: Oh, I see. And what do you want?

Apple: I want you to invite me to your party.

Mary: Really? Why?

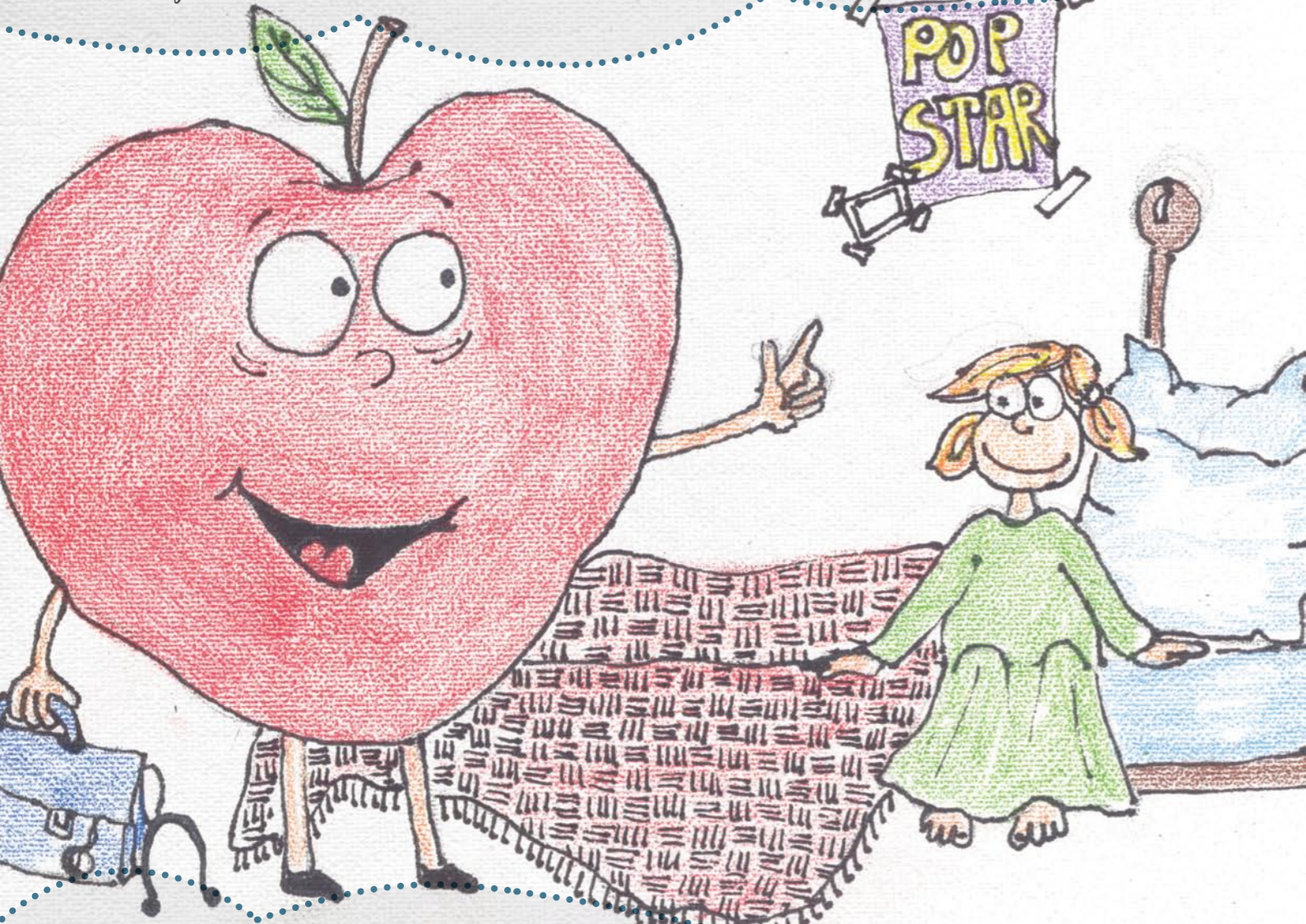
Apple: Have you heard the saying: "An apple a day keeps the doctor away"?

Mary: Yeah, why?

Apple: Because I contain lots of vitamins.

I help your body to be strong and healthy.

Mary: I see, but are you delicious as well?



Apple: Of course I am!

Mary: I think I will invite you to my party.

But who is this?



Strawberry: I am the strawberry.
I'm juicy and nutritious.

Mary: Yes, I see. But what exactly do you offer us?

Strawberry: Well I have vitamin C, vitamin K and magnesium. I also know a way to make me more delicious.

Mary: Really? How?

Strawberry: You can put yoghurt on top of me. I'm even more delicious that way.

Mary: All right. I'll invite you to my party.

But who is this?

Spinach pie: I am the spinach pie.

Mary: Oh, hello there.

Spinach pie: Do you want to invite me to your party?

Mary: Why should I do that?

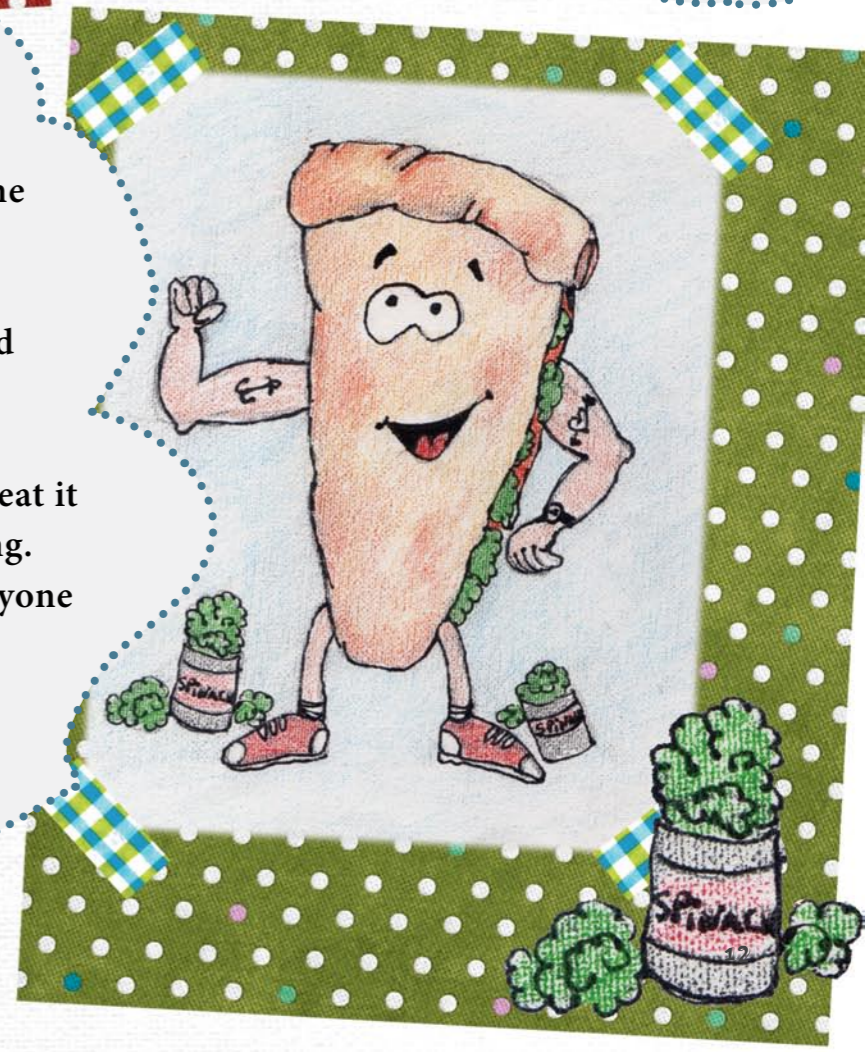
Spinach pie: I'm made of spinach and I contain iron, calcium, vitamins and fibres.

Mary: I know. Popeye used to eat it and he was ve...ry strong.

Spinach pie: Yeah! He could fight anyone and he was very brave.

Mary: I think I will definitely invite you to my party!

But who are you?



GREEK SALAD: I am the Greek salad.

Mary: Really?

GREEK SALAD: Why don't you invite me to your party?

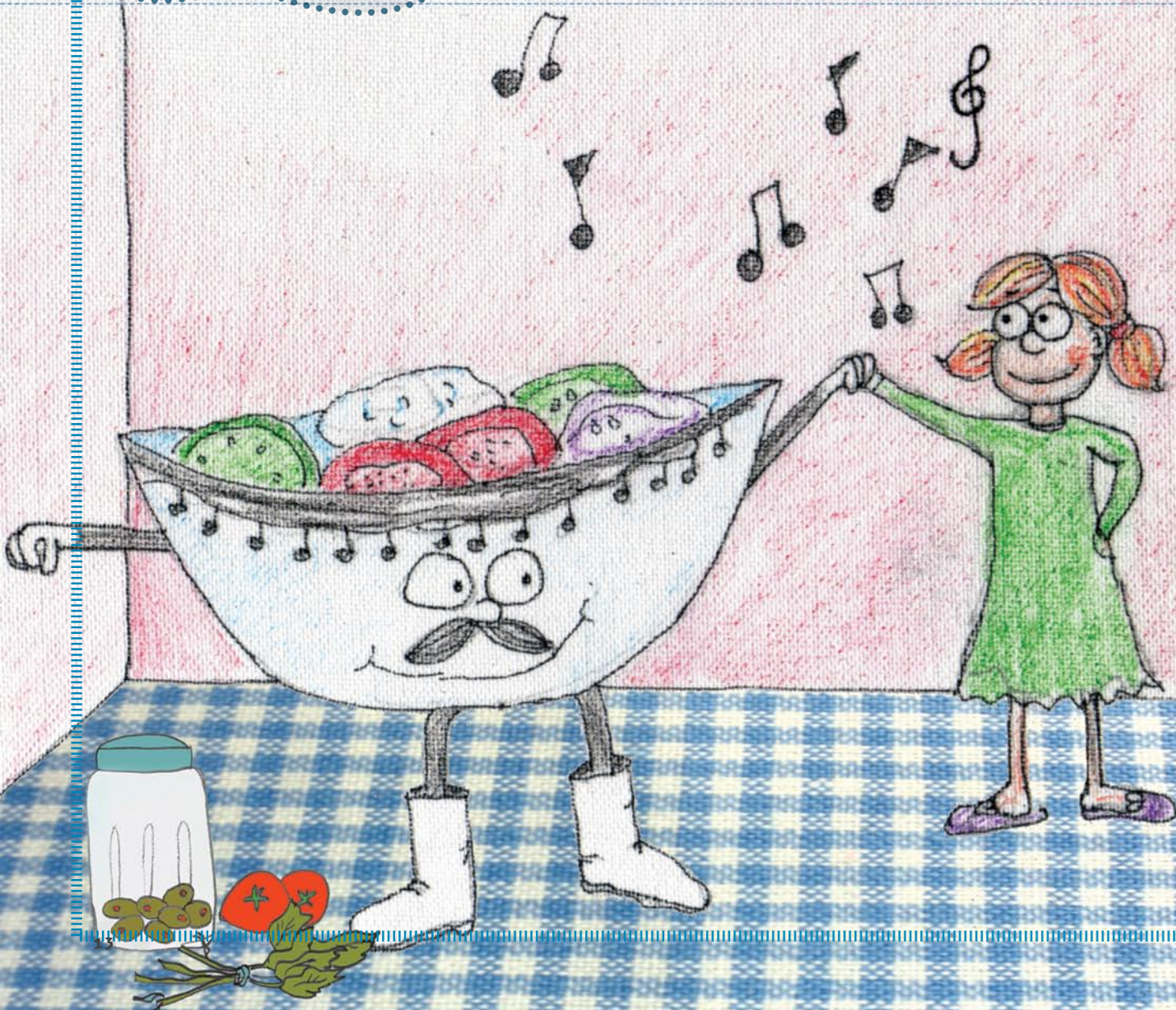
Mary: Why should I invite you?

GREEK SALAD: As you can see, I contain tomatoes, cucumbers, feta cheese, onions and olive oil.

Mary: All these are healthy but can you tell me what exactly you offer us?

GREEK SALAD: Yes, of course. I offer you calcium, proteins, fibres, healthy monosaturated fatty acid and many antioxidants.

Mary: I think it's a good idea to have you at my party!
Who are you?



FISH: I'm coming right from the sea, can't you smell me?

Mary: Yuk!!! I can smell you. You smell awful so I'm definitely not going to invite you to my party. Why don't you have a bath?

FISH: But I have a bath every day, all day.

Mary: Anyway, I can't offer fish to my friends, they'll laugh at me!!!

FISH: They won't laugh at you if I tell them what I have to offer them.

Mary: Really? And what's that?

FISH: Well I have proteins, phosphorus, vitamin A and Omega 3 fatty acids.

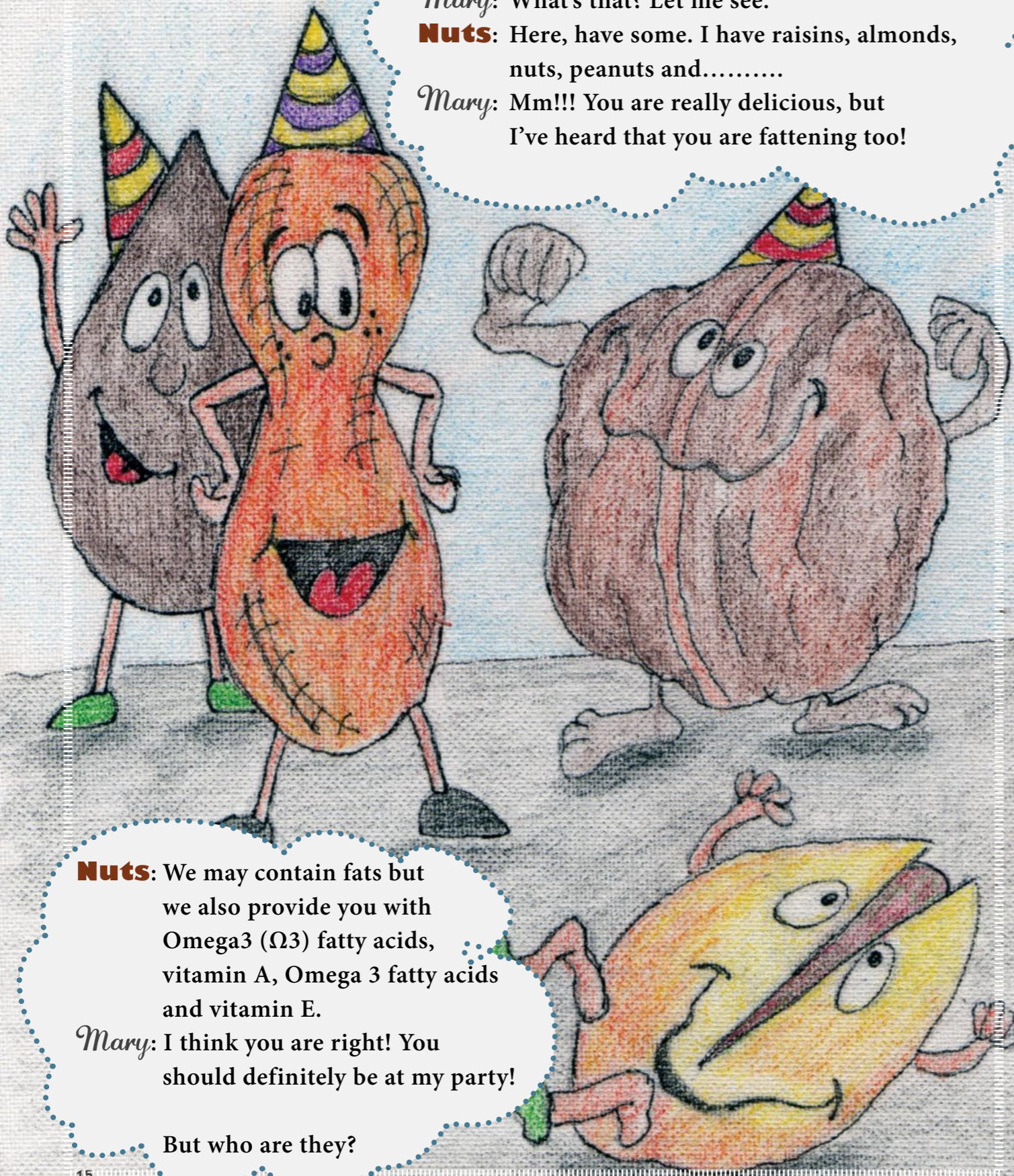
Mary: All these sound quite nutritious but I still can't invite you to my party.

FISH: Yes you can. You can offer fish sticks at your party. You know kids love them.

Mary: Yeah! You are right! Fish sticks are delicious! I think I'll invite you to my party.

But who is this?





Nuts: I'm a bag full of nuts.

Mary: What's that? Let me see.

Nuts: Here, have some. I have raisins, almonds, nuts, peanuts and.....

Mary: Mm!!! You are really delicious, but I've heard that you are fattening too!

Nuts: We may contain fats but we also provide you with Omega3 ($\Omega 3$) fatty acids, vitamin A, Omega 3 fatty acids and vitamin E.

Mary: I think you are right! You should definitely be at my party!

But who are they?

Orange juice and water come together.
Water is running around while orange juice is talking.

Orange juice: I am the orange juice. I think you should invite me to your party.

Mary: And why is that?

Orange juice: Well, I contain vitamin C and I can protect you from getting a cold.

Mary: I think you have a point, but are you delicious as well?

Orange juice: Of course I am. Here, try some.

Mary: You are right. You are really tasty!

Orange juice: And nutritious too as I contain vitamin C and potassium.

Mary: And who is your friend?

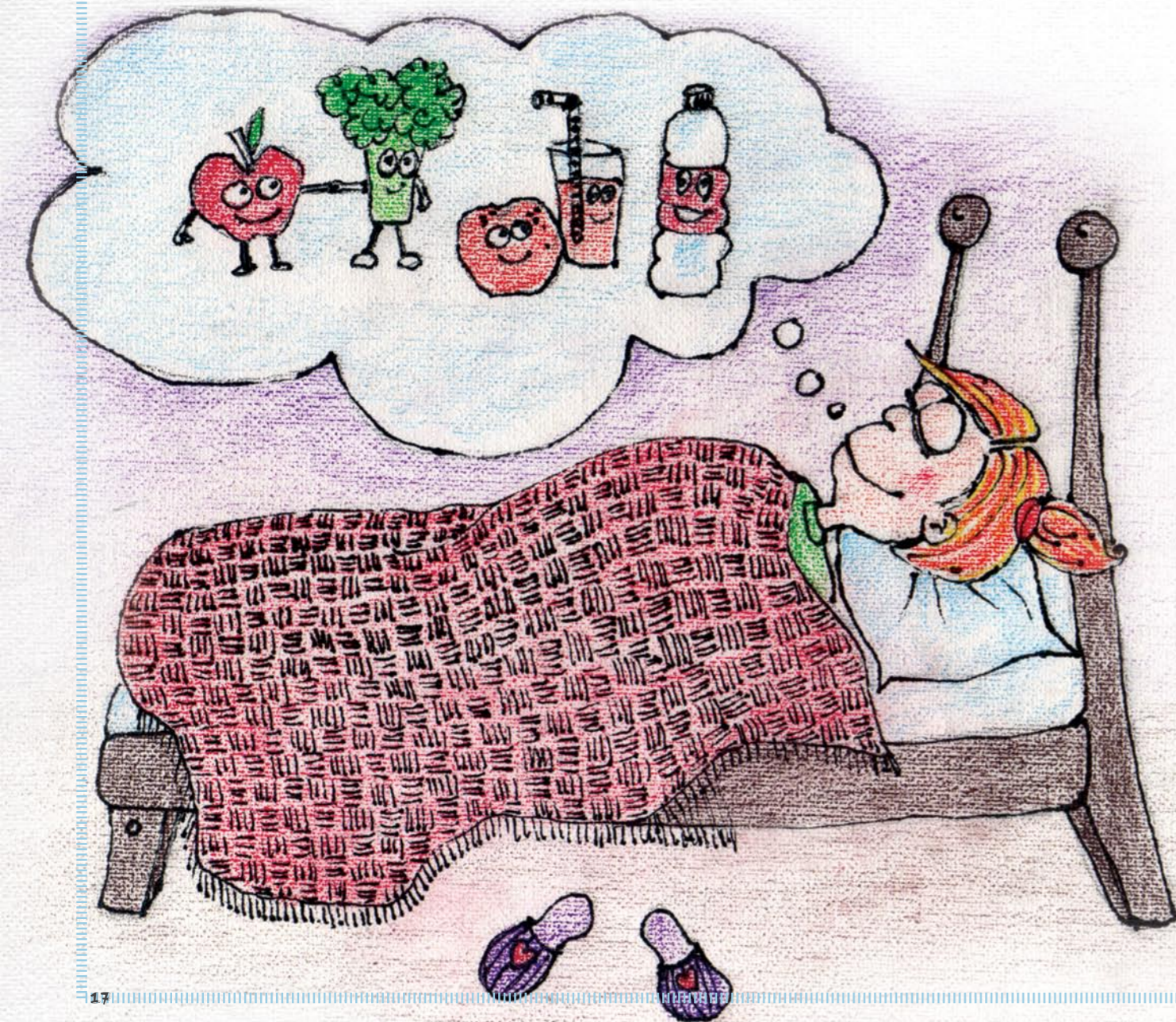
Water: {running} I'm the running water.

Mary: Oh, that's why you are running!

Water: I have a suggestion for your party. Instead of having coke and other drinks with carboacids why don't you have us? Orange juice provides you with vitamin C, while water washes your body both outside and inside. After all, 70% of your body is made up of water. I think you have a point. I'll definitely have the two of you at my party!



Finally, no more visitors in Mary's dream.
She can now fall asleep.....Mary is happily mumbling
"healthy snacks, fruit, vegetables, orange juice, water....."



Next morning

Mother: Our daughter is eleven years old today. I still can't believe it.

Father: Yeah! That's true. Time goes by so fast. It seems like it was only yesterday that Mary was born and now she is eleven!!!

Mary: Good morning mum. Good morning dad.

Mother: Happy birthday honey, "kiss".

Mary: Thank you.

Mother: Did you sleep well?

Mary: No, I didn't. I had a strange dream last night.

Father: Really? What was it about?

Mary: Never mind.

Mother: Come on, have your milk and we can all go shopping for your party.





Father: Have you made the shopping list dear?

Mary: Yes dad, here it is.

Father: Well well, I see you've changed your mind. You've made healthier choices.

Mary: Yeah, that's true daddy. I thought about it carefully and I want just healthy snacks for my party. I want to have fruit, vegetables, orange juice, nuts and...

Father: You don't have to do that honey. For your party we can have both healthy and unhealthy treats. Do you know what ancient Greeks used to say?

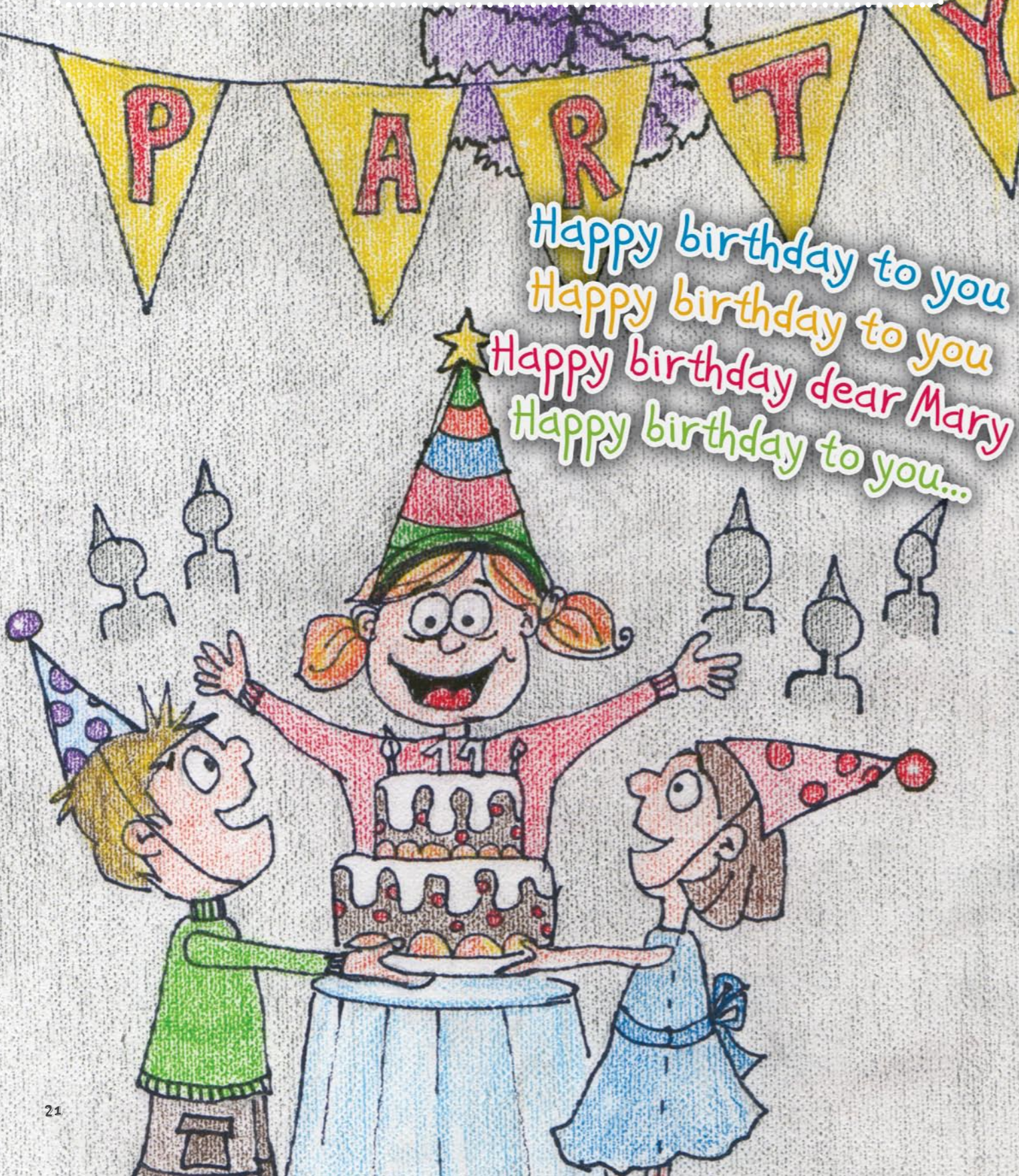
Mary: What daddy?




















Father: "ΜΕΤΡΟΝ ΑΡΙΣΤΟΝ". As long as you eat nutritious food every day, you can have some unhealthy treats every now and then.

Mary and her parents are preparing the treats for the party.
The bell is ringing. Mary opens the door.
The guests are outside.



They come in with a birthday cake and they sing "Happy Birthday"
Everybody dances and gives presents to Mary.





Activities

Pre-Reading

A. Answer the following questions about yourself.

1. When is your birthday?.....
2. How old are you?.....
3. Do you like going to parties?.....
4. What is your favourite snack?.....
5. Which is your favourite fruit?.....
6. "Παν μέτρον άριστον" is a Greek proverb.
Do you know an English one? Write it:
.....
.....
.....

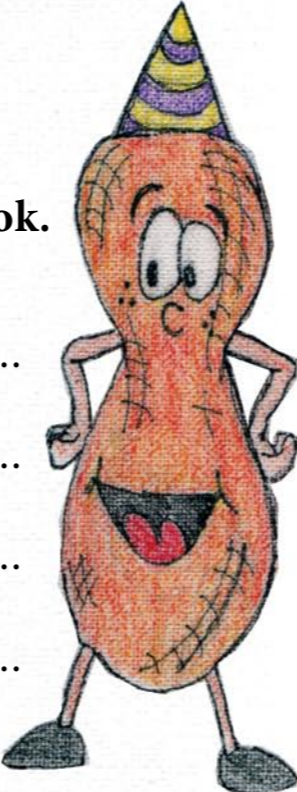
B. Unscramble the letters to make words related to nutrition.

1. Z A Z I P	6. A R E T W
2. H S I P C	7. U E C I J
3. E C O K	8. P N H C A I S
4. S T E S W E	9. R T I U F
5. L I K M	10. A A D L S

Post-Reading

C. Answer the following questions after reading the book.

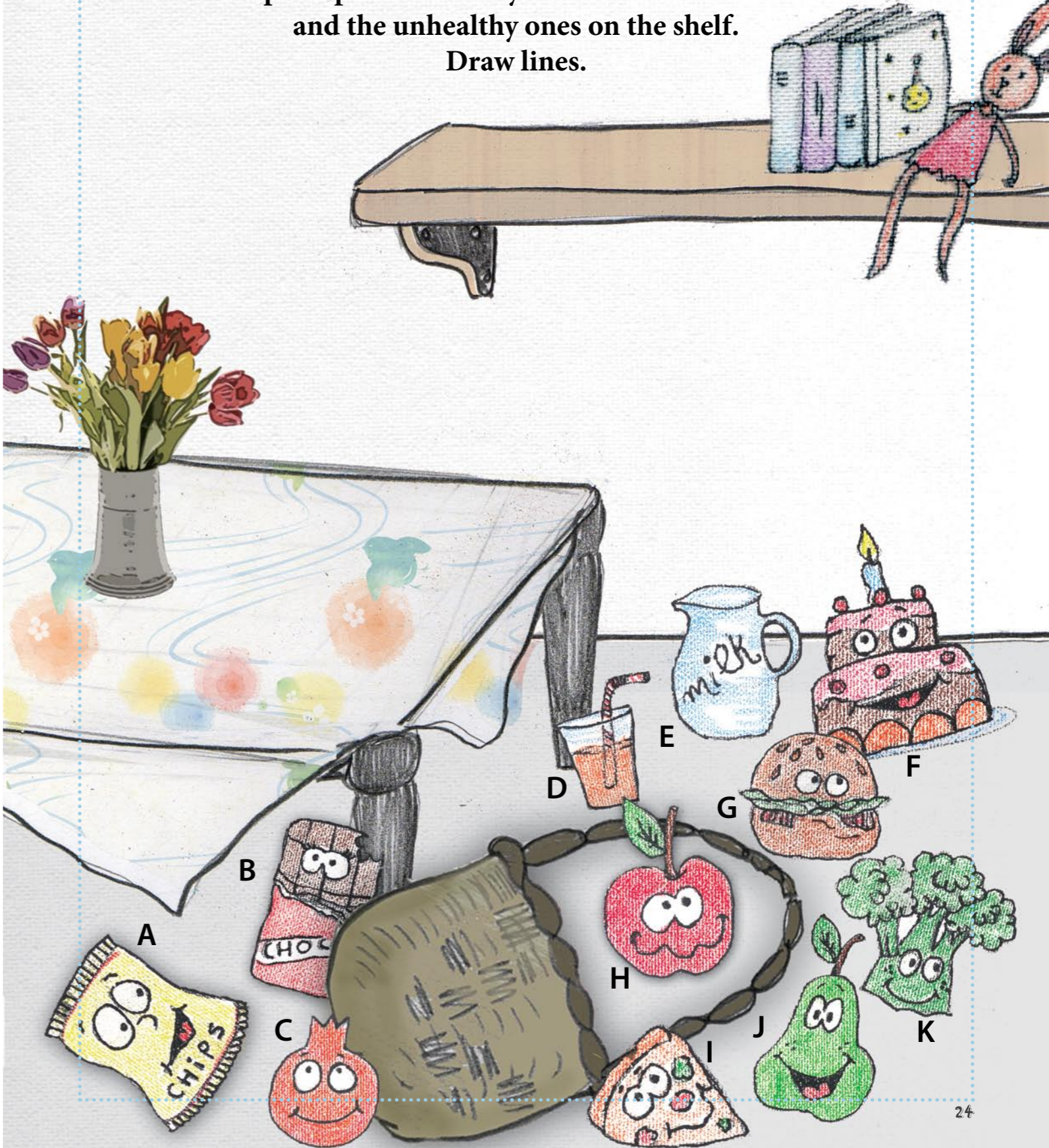
- 1. How can we make strawberries more delicious?
.....
- 2. What can chocolate do to our teeth?
.....
- 3. Why shouldn't we drink coke?
.....
- 4. Who used to eat spinach?
.....
- 5. Write three things we put in a Greek salad.
.....
- 6. How much water is there in our bodies?
.....



D. Circle ten words related to nutrition

S	A	B	O	D	E	U	O	J
P	B	Q	K	W	E	X	F	H
I	F	G	J	A	L	C	I	E
N	W	D	U	T	Q	X	S	A
A	Z	F	R	E	R	A	H	L
C	A	L	O	R	I	E	S	T
H	S	X	X	T	X	N	M	H
O	R	A	N	G	E	G	U	Y
V	C	N	S	A	L	A	D	A
B	D	M	V	D	J	P	M	E
O	W	Y	X	I	G	P	A	G
N	U	T	S	O	G	L	S	K
T	U	R	C	A	K	E	F	L

E. Mary's dog has turned her basket over.
Help her put the healthy food items on the table
and the unhealthy ones on the shelf.
Draw lines.



Teacher/Parent Glossary

AVOID

Caffeine: It could cause irritability, hyperactivity and addiction. Definitely not for children.

Empty calories: Food with lots of calories but no nutrients (deep fried chips, croissant).

E numbers and artificial colourings: Frequent intake could lead to ADHD (Attention Deficit Hyperactivity Disorder), birth defects and even cancer.

Saturated fat: A high intake could cause cardiovascular disease.

Trans fat: the dangerous manufactured ingredient in partially hydrogenated vegetable oils. Rid your diet of Trans fats, they can cause cardiovascular disease.

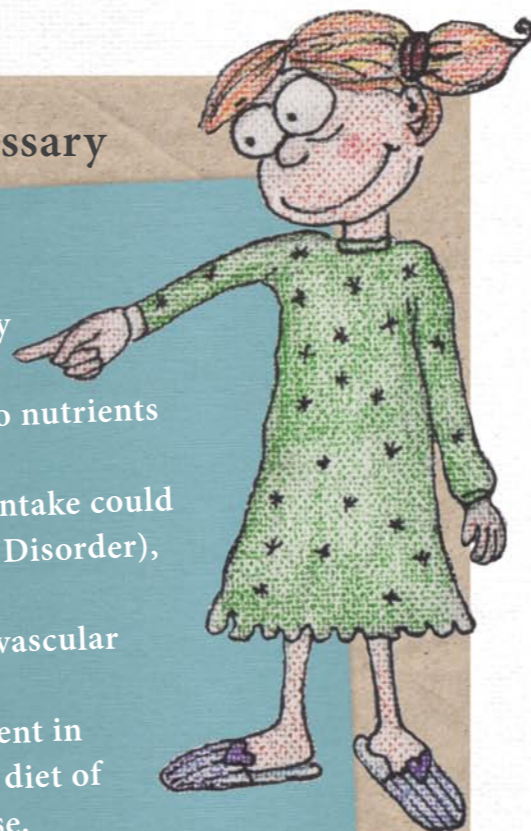
CONSUME

Antioxidants: They are found in fresh fruit and vegetables and can also protect the body's cardiovascular system. Research has shown that they contain anti-aging and anti-cancer activity.

Monosaturated fatty acids: A sensible intake could protect the body's cardiovascular system.

Omega 3 ($\Omega 3$) fatty acids: Well-known to help strengthen the body's immunity system. They may also improve cognitive function and vision.

Potassium: It is a crucial mineral for regulating blood pressure and heart rate.



Food for thought

photocopiable script.

Ideal for end of school

year play.



Narrator: Mary lives with her parents in Sitia, a seaside town on the island of Crete. Tomorrow it's her birthday. She turns eleven years old and she wants to have a party!!!

Mary: Hello mum, hello dad.

Mother: Hello Mary. How was school today?

Mary: Well, OK.

Father: Is everything all right dear?

Mary: Well, yes.

Mother: Come on now! I can tell something is troubling you!

Father: Yes Mary! Do tell us what's wrong.

You know you can tell us everything!!!

Mary: Well, yes I suppose.

Mother: Did you do badly in your Maths test?

Mary: No, I did fine in the Maths test.

Father: Did any of your classmates hurt you?

Mary: No, no I was just thinking....

Mother: What dear?

Mary: It's my birthday tomorrow.

Father: And...

Mary: I'd like to have a party.

Mother: Is that all?

Mary: Yes.

Father: Of course you can have a party. It's only once in a lifetime that one turns eleven years old.

Mary: Thank you mum, thank you dad! I'll invite all my friends from school and we'll have some snacks, and we'll dance and...

Mother: OK young lady. We'll do all these things tomorrow, but now you have to go to bed. It's getting late and tomorrow is a big day.

Father: Is there anything special you want me to buy for your party tomorrow?

Mary: Yes of course!!! I want pizza, chips, coke, sweets and a big, chocolate birthday cake of course.

Father: Gosh! Don't you know all these things are unhealthy?

Mother: Yes honey. Let's try to make the menu a little bit healthier, shall we?

Mary: Well, I know you are right but...

Narrator: Later in the evening...

Mary: What kind of snacks shall I buy for my party?

Father: All right! All right! Let's all go to bed and sleep on it. It's a big day tomorrow.

Mary: Good night daddy, good night mummy.

Mother: Good night dear!

Narrator: Later in the evening...Mary goes to bed. It takes her some time to sleep as she's thinking of her party.

What kind of snacks should she offer to her guests?

(Mary is mumbling "pizza, chocolate, chips....").

Finally, she falls asleep...

In a while she has a dream.

Pizza: Hello Mary. I hear you are thinking of inviting me to your party!

Mary: Who are you?

Pizza: Well, I am pepperoni pizza, can't you see?

Mary: Oh yes, I see.

Pizza: I'm sure we'll have fun! You know you are lucky to have me at your party!

Mary: Well maybe.

Pizza: You know I'm tasty. I am delicious, I'm...

Mary: But are you healthy as well?

Pizza: Well, I'm not that healthy! I have saturated fat and a lot of calories.

Mary: I don't think it's a good idea to invite you to my party then!

But who is this?

Chocolate: Can't you see? I'm the chocolate birthday cake for your party.
 Mary: Oh yes, I see.
 Chocolate: You know I'm tasty. I am delicious and I provide you with energy.
 Mary: Yes. But is that all you have?
 Chocolate: Well, the truth is that I also have a lot of sugar and I may also cause tooth decay and destroy your teeth.
 Mary: I don't think it's a good idea to invite you to my party then!
 Wait a minute. Who are you?

Chips: I'm a bag full of chips, can't you see?
 Mary: Oh yes, I see.
 Chips: I hear you are thinking of inviting me to your party!
 Mary: Yeah, that's true.
 Chips: You've made an excellent choice dear! I'm tasty, delicious and...
 Mary: But are you healthy as well?
 Chips: Well, I'm not that healthy as I have a lot of empty calories, fats and trans fats.
 Mary: I don't think it's a good idea to invite you to my party then!
 Who are you?

Coke : I'm the coke for your party.
 Mary: Oh yes, I see.
 Coke : You know you are lucky to have me at your party.
 Mary: Why is that?
 Coke : I'm tasty, delicious, refreshing and...
 Mary: But are you healthy as well?
 Coke : Well, I am not that healthy as I have a lot of sugar, caffeine and empty calories.
 Mary: I don't think it's a good idea to invite you to my party then!
 What's that?

Sweets: We are the colourful sweets.
 Mary: Oh, and what do you want?
 Sweets: We want you to invite us to your party.
 Mary: And why should I do that?
 Sweets: Because sweets are tasty and good for parties.
 Mary: Yeah, but I've heard that sweets have unhealthy ingredients as well.
 Sweets: Well, that's true. We have a lot of sugar, colourings and E numbers.
 Mary: I don't think I'll invite you to my party then!

Narrator: Mary is still sleeping but she's restless! All kinds of snacks are visiting her in her dream. Mary is mumbling "unhealthy snacks, tooth decay,"
 But who is this?

Mary: Who are you?
 Apple: I am the apple. I've just fallen from the apple tree.
 Mary: Oh, I see. And what do you want?
 Apple: I want you to invite me to your party.
 Mary: Really? Why?
 Apple: Have you heard the saying: "An apple a day keeps the doctor away"?
 Mary: Yeah, why?
 Apple: Because I contain lots of vitamins. I help your body to be strong and healthy.
 Mary: I see, but are you delicious as well?
 Apple: Of course I am!
 Mary: I think I will invite you to my party.
 But who is this?

Strawberry: I am the strawberry. I'm juicy and nutritious.
 Mary: Yes, I see. But what exactly do you offer us?
 Strawberry: Well, I have vitamin C, vitamin K and magnesium. I also know a way to make me more delicious.
 Mary: Really? How?
 Strawberry: You can put yoghurt on top of me. I'm

even more delicious that way.
 Mary: All right. I'll invite you to my party.
 But who is this?
 Spinach pie: I am the spinach pie.
 Mary: Oh, hello there.
 Spinach pie: Do you want to invite me to your party?
 Mary: Why should I do that?
 Spinach pie: I'm made of spinach and I contain iron, calcium, vitamins and fibres.
 Mary: I know. Popeye used to eat it and he was very strong.
 Spinach pie: Yeah! He could fight anyone and he was very brave.
 Mary: I think I will definitely invite you to my party!
 But who are you?

Greek salad: I am the Greek salad.
 Mary: Really?
 Greek salad: Why don't you invite me to your party?
 Mary: Why should I invite you?
 Greek salad: As you can see, I contain tomatoes, cucumbers, feta cheese, onions and olive oil.
 Mary: All these are healthy but can you tell me what exactly you offer us?
 Greek salad: Yes, of course. I offer you calcium, proteins, fibres and healthy monosaturated fatty acid and many antioxidants.
 Mary: I think it's a good idea to have you at my party!
 Who are you?

Fish: I'm coming right from the sea, can't you smell me?
 Mary: Yuk!!! I can smell you. And I'm definitely not going to invite you to my party, you smell awful! Why don't you have a bath?
 Fish: But I have a bath every day, all day.
 Mary: Anyway, I can't offer fish to my friends, they'll laugh at me!!!
 Fish: They won't laugh at you if I tell them what I have to offer them.

Mary: Really? And what's that?
 Fish: Well I have proteins, phosphorus, vitamin A and Omega 3 fatty acids.
 Mary: All these sound quite nutritious but I still can't invite you to my party.
 Fish: Yes you can. You can offer fish sticks at your party. You know kids love them.
 Mary: Yeah! You are right! Fish sticks are delicious! I think I'll invite you to my party.
 But who is this?

Nuts: I'm a bag full of nuts.
 Mary: What's that? Let me see.
 Nuts: Here, have some. I have raisins, almonds, nuts, peanuts and.....
 Mary: Mm!!! You are really delicious, but I've heard that you are fattening too!
 Nuts: We may contain fats but we also provide you with Omega3 (Ω3) fatty acids, vitamin E, and proteins.
 Mary: I think you are right! You should definitely be at my party!
 But who are they?

Narrator: Orange juice and water come together. Water is running around while orange juice is talking.

Orange juice: I am the orange juice. I think you should invite me to your party.
 Mary: And why is that?
 Orange juice: Well, I contain vitamin C and I can protect you from getting a cold.
 Mary: I think you have a point, but are you delicious as well?
 Orange juice: Of course I am. Here, try some.
 Mary: You are right. You are really tasty!
 Orange juice: And nutritious too as I contain vitamin C and potassium.
 Mary: And who is your friend?
 Water {running}: I'm the running water.
 Mary: Oh that's why you are running!
 Water: I have a suggestion for your party. Instead of having coke and other drinks with carboacids why don't you have us? Orange juice provides you

with vitamin C, while water washes your body both outside and inside. After all, 70% of your body is made up of water.
Mary: I think you have a point. I'll definitely have the two of you at my party!

Narrator: Finally, no more visitors in Mary's dream. She can now fall asleep.....Mary is happily mumbling "healthy snacks, fruit, vegetables, orange juice, water....."

Narrator: Mary and her parents are preparing the treats for the party. The bell is ringing. Mary opens the door. The guests are outside. They come in with a birthday cake.

They sing:
Happy Birthday to you,
Happy Birthday to you,
Happy Birthday dear Mary,
Happy Birthday to you...

Everybody dances and gives presents to Mary.

The End

Next morning

Mother: Our daughter is eleven years old today. I still can't believe it.
Father: Yeah! That's true. Time goes by so fast. It seems like it was only yesterday that Mary was born and now she is eleven!!!
Mary: Good morning mum. Good morning dad.
Mother+father: Happy birthday honey, "kiss".
Mary: Thank you.
Mother: Did you sleep well?
Mary: No, I didn't. I had a strange dream last night.
Father: Really? What was it about?
Mary: Never mind.
Mother: Come on, have your milk and we can all go shopping for your party.
Father: Have you made the shopping list dear?
Mary: Yes dad, here it is.
Father: Well well, I see you've changed your mind. You've made healthier choices.
Mary: Yeah, that's true daddy. I thought about it carefully and I want just healthy snacks for my party. I want to have fruits, vegetables, orange juice, nuts and...
Father: You don't have to do that honey. For your party we can have both healthy and "unhealthy" treats. Do you know what ancient Greeks used to say?
Mary: What daddy?
Father: "Μέτρον ἄριστον". As long as you eat nutritious food every day, you can have some unhealthy treats every now and then.



Party Invitation!

I invite you to my party that will take place at:

.....

Date:

Time:





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Glossary

Pre-Reading and
Post-Reading activities
included.



Mary is a little girl who wants to have a party. What kind of snacks should she offer her guests? All kinds of snacks enter her dream. Which ones will Mary choose? What will her parents say?



A reader for in-class teaching,
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