

Fantasy story (with puppets) Grade R and Grade 1

Message to teachers: the aim of this story is to teach that a variety of foods are needed in a healthy eating plan. Please read the story and then tell it to the class; you may wish to use puppets to make it more interesting. The children can then make finger puppets for an activity, and to re-tell the story.

Do you know what happens in the supermarket at the end of each day?

The manager goes around and checks that everything is locked up for the night, the workers say goodbye and go home, the manager switches off most of the lights, locks the front door and also goes home.

When it is very quiet, the different foods have a chance to chat to one another. On the day our story takes place; three characters are continuing a discussion they have had for a long time. Some of the foods call it an argument, because they do sound very cross at times. The foods are Carol Carrot, Benny Bread and Mike Milk.

As soon as it was quiet and the foods were sure that all the people had left the shop, Carol Carrot said, "I know I am a good food for people to eat. If children do not eat enough carrots and other yellow and green vegetables, they can get sick easily. Do you want the children who live in [*insert name of place where you live*] to be sick?"

"No, Carol Carrot," said Benny Bread, "that is not what I want. I also want children to be healthy and strong, and to be able to play and grow and learn. Bread is very important. Children love to eat bread. In South Africa, bread is extra special because we have extra vitamins and minerals added to us in the factory. That is why we can have this special logo on our packet, which says 'Fortified for Better Health'."

"I come straight from nature. I do not need to be made in a factory. In fact, children can grow me in their gardens, and I am easily available," said Carol Carrot.

Mike Milk realised that this discussion was getting confusing, "Okay," he said, "let me give you my opinion. Carol Carrot, you say that you are important because you help children to be healthy. But how are they going to eat you if their teeth are not strong? They need to drink milk to have strong teeth. They need strong muscles and bones to work in the garden to grow you. How can they do that if they do not drink milk?"

There was silence in the shop. Mike Milk had given some very good information.

"Mmm," said Carol Carrot. "What you say is true. I had not thought of that."

"Mmm," said Benny Bread. "So that makes me the most important food. I have my own logo, and even children with very few teeth can eat bread."

"Yes," said Mike Milk, "but think about the food that children like to have with bread! Cheese is made from milk, and cheese sandwiches are favourites. So the children like both of us."

"Oh, be quiet, all of you!" said the beans.

"Yes, we are tired of your constant arguing," said the soap.

"Think about what you are saying," added the beans. "You are all important foods. Children should eat many different kinds of food to get all the goodness they need. We cannot decide which food is the most important because we are all important."

"And what about me?" asked the soap. "Am I important?"

"Yes, of course," they all replied. "Children must wash their hands with soap before they eat us."

And with that help from the beans and the soap, the foods settled down for the night. "We are glad we have solved this discussion," they said. "We don't like it when we are having an argument. Now we can all sleep well. Goodnight."

Discussion point:

Can food really talk?

Discuss how we can use our imagination when telling stories.

Ask the children to talk about the types of food they think are the most important. Help them realise that food that provides goodness is the type of food they should want to eat most of the time.

