

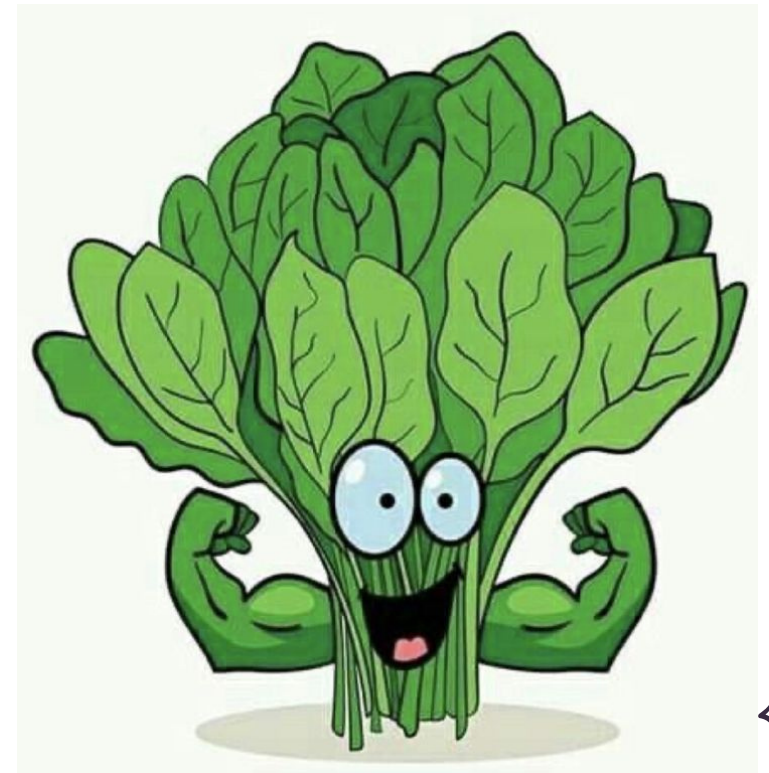


ONCE UPON A TIME, IN A LAND NOT TOO FAR AWAY, THERE WAS A
MAGICAL KINGDOM FILLED WITH DELICIOUS DISHES.
YOU SEE, EVERY DISH IN THIS KINGDOM WAS MADE UP OF SPECIAL
INGREDIENTS. THESE INGREDIENTS CAME FROM THE PLANTS AND
ANIMALS THAT LIVED IN THE KINGDOM. BUT WHAT MADE THESE
INGREDIENTS SO SPECIAL WERE THE TINY, INVISIBLE TREASURES
THEY HELD - NUTRIENTS! THESE NUTRIENTS WERE LIKE LITTLE
HELPERS FOR OUR BODIES.



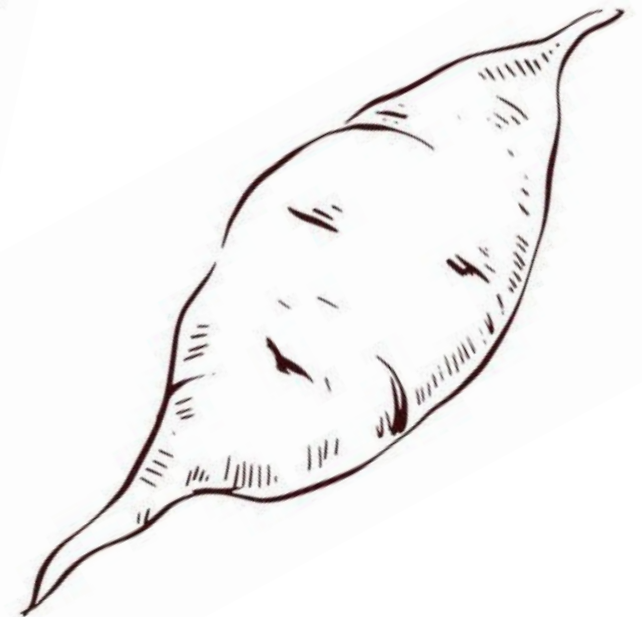
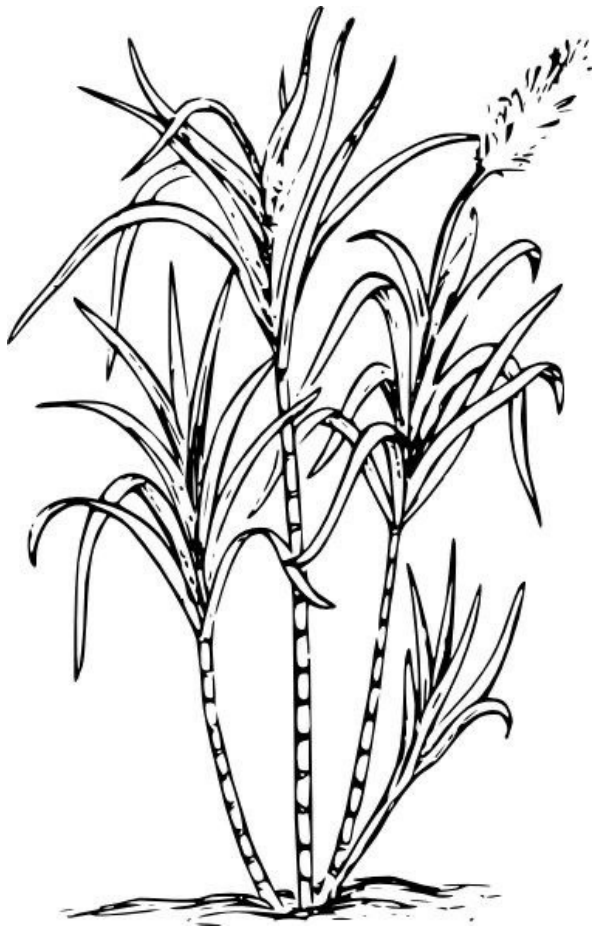


Our brave heroes, Timmy the Tomato and Sally the Spinach, decided to embark on an exciting adventure to discover the secrets of these nutrients and what they did for their kingdom.





One sunny morning, Timmy and Sally gathered their friends and set out on a journey. As they marched through fields of sweet potatoes, sugarcane, and waving wheat, Timmy explained:



NOW, LET ME INTRODUCE YOU TO THE STARS OF OUR STORY -CARBOHYDRATES

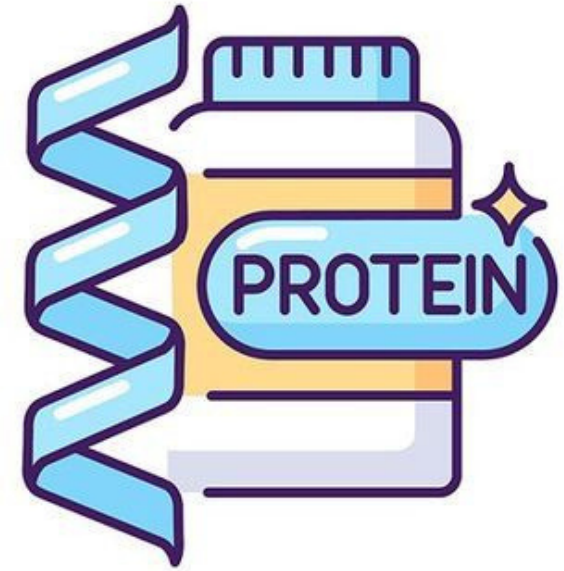


carbohydrates, which were like the kingdom's energy boosters. They gave you the power to run, jump, and play all day long

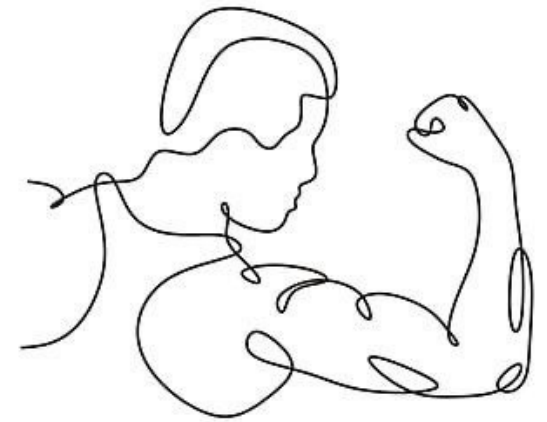


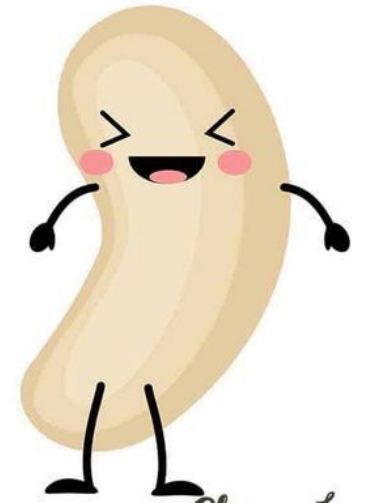
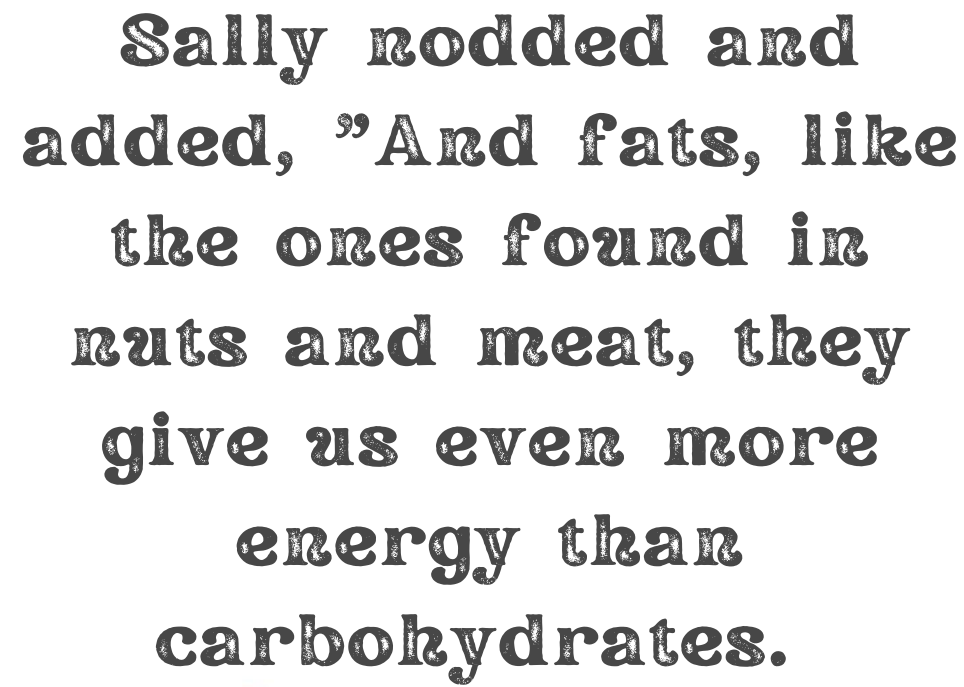


**the proteins, the
strong and mighty
guardians of your
body.**



**They helped you
grow big and
strong, just like
the brave knights
in the kingdom.**

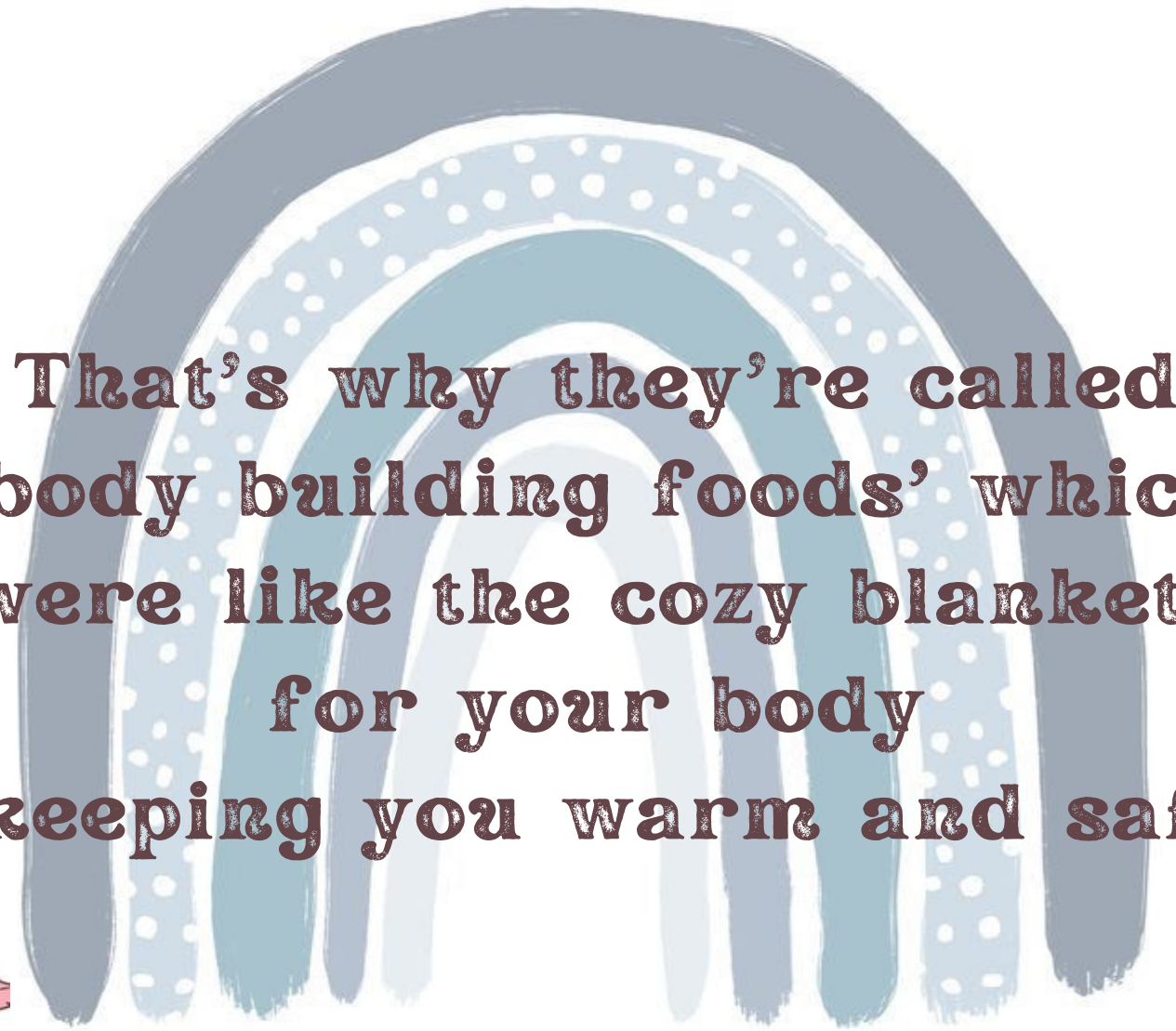




Skip TO MY Lou



**That's why they're called
'body building foods' which
were like the cozy blankets
for your body
keeping you warm and safe**





Their adventure led them to a lush orchard filled with mangoes and papayas. Timmy pointed excitedly, "Look, those fruits are packed with vitamins! Vitamins are like the kingdom's protectors. They keep our eyes, bones, teeth, and gums healthy."



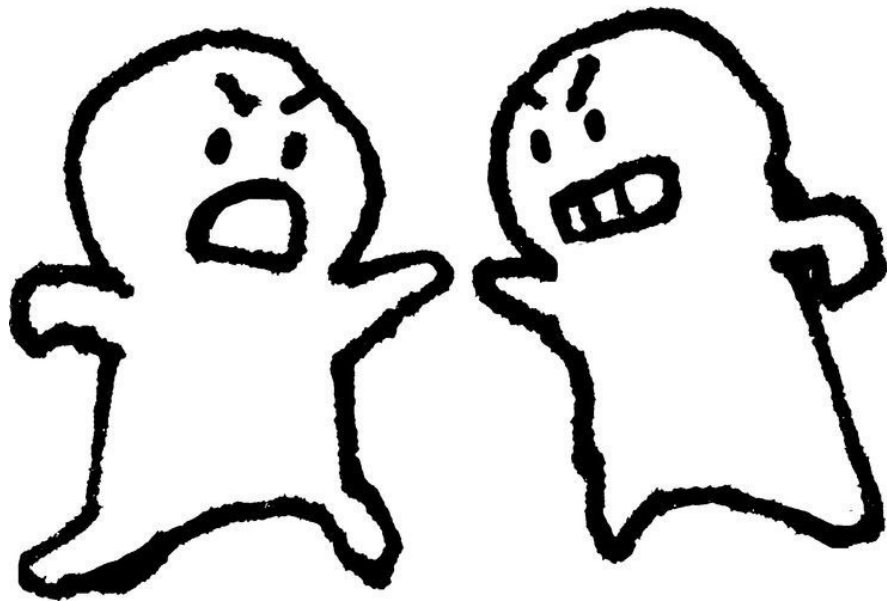


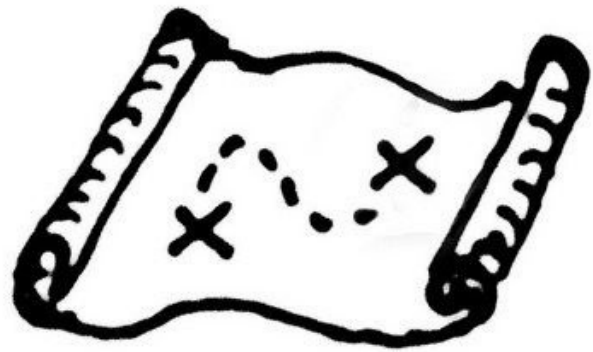
let's not forget
that vitamins and
minerals were
like the magical
wizards, making
sure your body
worked properly
and stayed
healthy



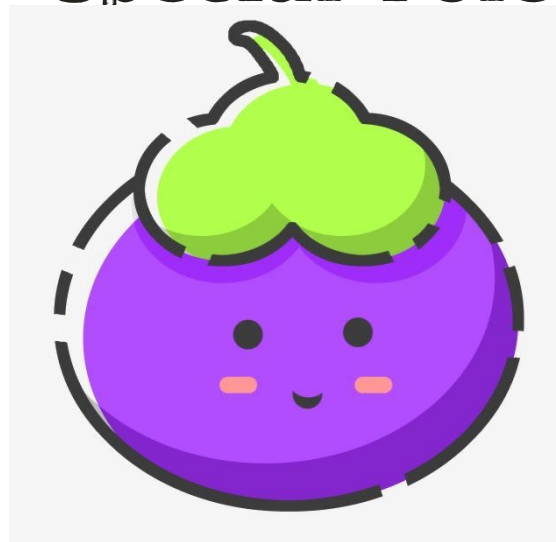


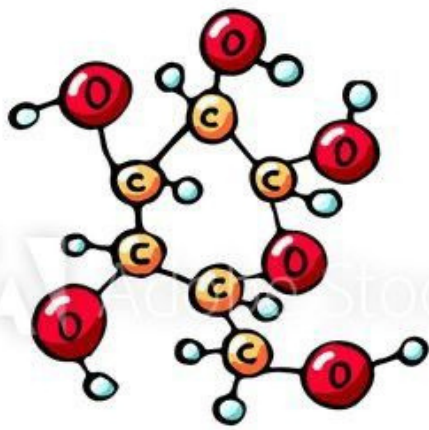
Sally chimed in, "Yes, and we need different kinds of vitamins, like Vitamin A, Vitamin C, and others. Vitamin A keeps our skin and eyes healthy, while Vitamin C helps us fight against many diseases."





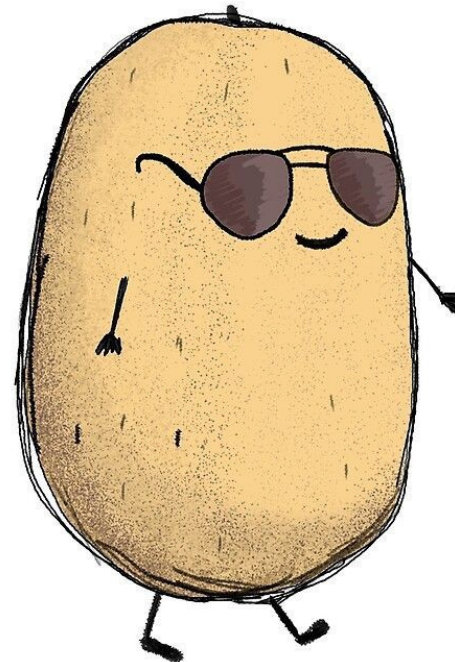
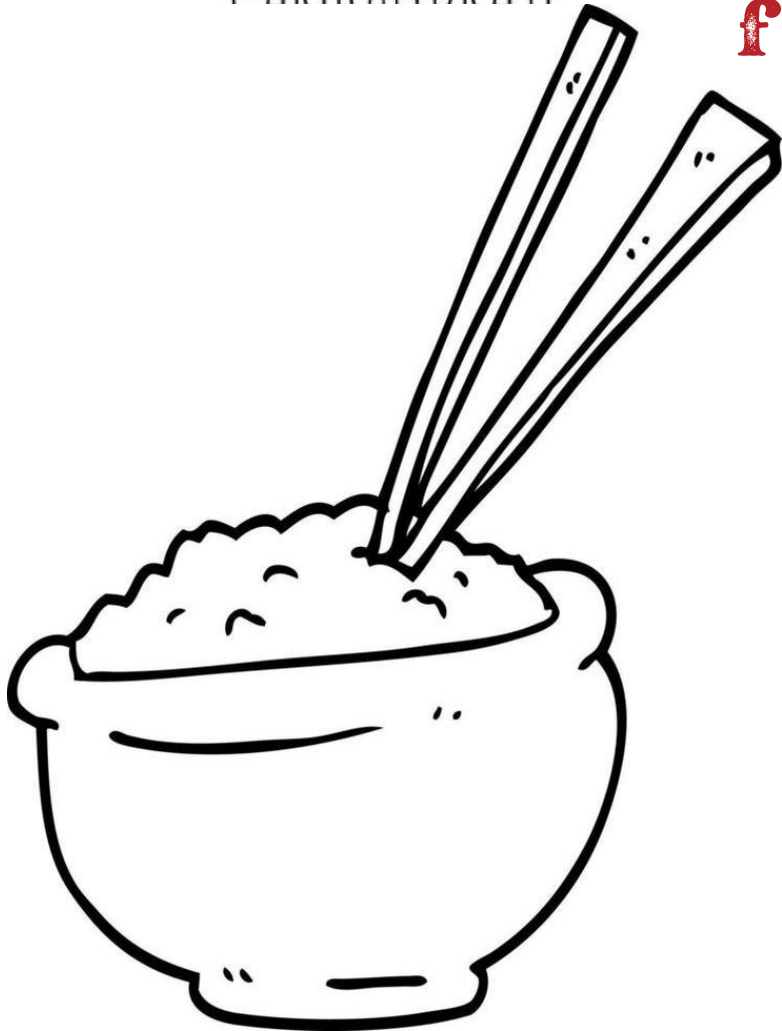
As they continued their journey, they reached a sparkling river, where they met Larry the Lemon and Emma the Eggplant. Larry said, "Minerals are vital for our growth and health. They're like the kingdom's hidden treasures." Emma nodded, "Our body needs them in small amounts, and each one plays a special role."





CARBOHYDRATE

They found a vast field of rice and potatoes, and Timmy exclaimed, "See, rice is a 'carbohydrate-rich' source of food, just like our adventures are rich in knowledge!"



POTATOES GONNA POTATE



Dietary fibers were like the kingdom's cleaners, helping to keep your tummy happy and your digestion running smoothly.



water, well, water was like the kingdom's best friend, keeping you refreshed and hydrated throughout the day.



Timmy, Sally, and their friends were learning so much on their adventure. But there was still more to discover.

