


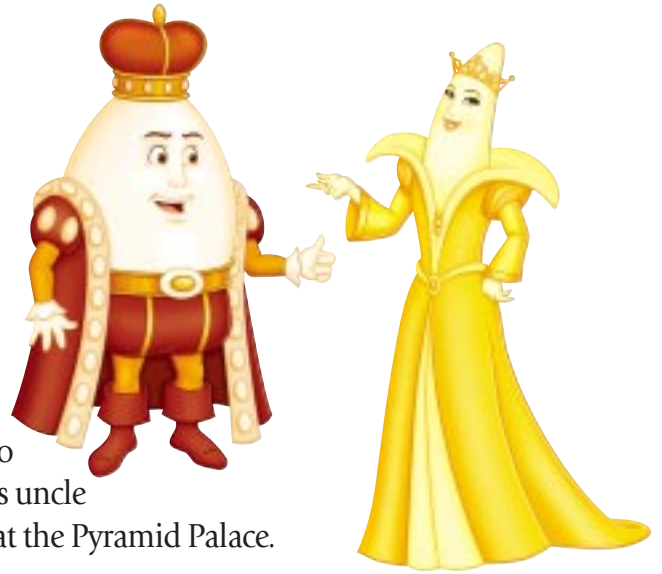





THE ROYAL FOOD FAMILY TO THE RESCUE



TEACHER KEY

-  = Point to your stomach
(Have students say: "Ow, ow, ooh, aah, ooh!")
-  = Point to your mouth
(Have students say: "Mmm, good!")
-  = Gesture to entire class
(Have students listen for action word and act it out.)




Once upon a time in a palace far, far away lived King Henry the Egg and Queen Anna Banana. The King and Queen had two healthy children, Princess Peapod and Prince Waffle. The King's uncle and favorite advisor, Sir Milkford the Scholar, lived with them at the Pyramid Palace. Together they were known as the Royal Food Family.

One day, the Royal Food Family was playing out in the courtyard. King Henry the Egg was  **shooting baskets**. Princess Peapod was  **skating**. Prince Waffle was  **jumping rope**. And Queen Anna Banana was  **swimming laps** in the royal swimming pool.

All of a sudden, they heard a strange and terrible sound.  "Ow, ow, ooh, aah, ooh!" The noise was dreadful. King Henry the Egg missed a clear shot with his basketball. Princess Peapod's skates spun out of control. Prince Waffle tripped on his rope. Queen Anna Banana climbed out of the royal swimming pool. People from all over the kingdom heard this horrible noise and became frightened. The villagers  **hurried** to the Pyramid Palace to seek advice from the King. King Henry the Egg did not know what was making the sound but he knew exactly what to do. He must find his uncle, Sir Milkford, right away. "Surely Sir Milkford will recognize this frightful noise," thought a worried King Henry.

 "Ow, ow, ooh, aah, ooh!"

King Henry the Egg found Sir Milkford in his study. "Uncle Milkford," cried the King, "what is that awful sound?"

"I don't know, your Highness," replied Sir Milkford. "It sounds like it is coming from up in the mountains. It's a good thing we ate a hearty breakfast. We will need the energy to  **hike** up the mountain and see what's causing that racket."

With that, the entire Royal Food Family set out to find what was causing the monstrous noise.

 "Ow, ow, ooh, aah, ooh!"

As they  **climbed** higher, the noise grew louder.  "Ow, ow, ooh, aah, ooh!"

"Hey!" Prince Waffle shouted. "It's coming from that cave."

They  **crept** silently to the cave's entrance,  **drawing their swords** as they  **tiptoed** toward the opening. Suddenly they saw a lot of garbage.

"What a mess," cried Princess Peapod. The floor of cave was littered with empty soft drink cans, empty potato chip bags, candy wrappers, cookie crumbs, and a half-eaten cake.

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 "Ow, ow, ooh, aah, ooh!"

"Who's there?" asked Sir Milkford as he lifted his lantern.

 "Run!" shouted King Henry the Egg. "It's a..."

Stop Reading.

Teacher Note:

- Before proceeding, ask students to predict: "What do you think is making this noise?"
Accept all reasonable answers.

Continue:

 "Run!" shouted King Henry the Egg. "It's a dragon!"

"Please!" moaned the dragon. "Help me! I am very sick, and my body hurts all over – especially my tummy." The dragon put his head down and lay very still.

"Put away your swords," yelled King Henry the Egg. "He couldn't hurt us if he tried. He is much too weak."

Stop Reading.

Teacher Note:

- Before proceeding, ask students to predict: "Why do you think the dragon was so sick?"
Accept all reasonable answers.

Continue:

"Can we help him?" asked Princess Peapod.

"Of course," said Sir Milkford. "We're the Royal Food Family. We represent the Five Food Groups. That's what this little dragon needs to get healthy and stay healthy."


Sir Milkford began to draw some pictures on the wall of the cave to show the dragon what he needed to eat. The dragon began to cry.

"Why are you crying?" asked Sir Milkford.

"I can't see what you're writing," the dragon replied. "It's too dark in here."

"Poor night vision," Sir Milkford sighed. "Princess Peapod, give this poor dragon what he will need to help him see in the dark." Princess Peapod searched her knapsack, found some nice crunchy carrots, and handed them to the dragon.

"Here," cried Princess Peapod, "eat these carrots." The dragon looked at the carrots for a moment almost afraid to eat them. Then he gave them a try.

 "Mmm, good!" replied the dragon, crunching his carrots. As he crunched away, he asked if his vision would really get better.



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"Of course," replied Princess Peapod. "Everyone knows that carrots and other vegetables help your eyes see in the dark."

"I never ate carrots before," sighed the dragon.

The Princess was shocked. "Never ate carrots!" she exclaimed. "Well, it's about time."

Sir Milkford placed his lantern next to the dragon. The dragon looked terrible. He was too weak to hold his head up, his teeth were in poor shape, and his skin was full of cuts and bruises.

Sir Milkford stepped closer to the little dragon and smiled. "We're going to help you, little guy," he said. Then he reached into his pack.

"Do you like milk?" Sir Milkford asked.

"I don't know," answered the dragon. "I've never tried it."

"Never tried milk?" Sir Milkford was very surprised. "Next you're going to tell me that you didn't know that milk and other Milk Group foods help build strong bones and teeth."

"They do?" said the dragon in amazement.

"Yes, they do. Here, take a taste," said Sir Milkford, handing the dragon a bottle of milk he pulled out of his pack.

 "Mmm, good! This tastes delicious," said the dragon.

"Have another," said Sir Milkford, handing the dragon another bottle of milk.

"If you start eating foods from the Milk Group, your bones and teeth will get stronger and stay healthier."

Next Queen Anna Banana gave the little dragon her mirror. He gasped at the sight of himself.

"Oh my dear, you're filled with fear," said Queen Anna Banana.

"Of course I am," exclaimed the dragon. "My skin is all black and blue. I've fallen a lot lately and I'm cut and bruised. I can't see any of my beautiful scales. How can I get my color back?"

Queen Anna Banana reached into a pocket in her robe and handed the dragon a large orange.

"If you want to heal
A cut or a bruise,
Please pay attention
To the food you choose.

"Foods from the Fruit Group
Will help your skin heal.
Just eat this orange,
Then see how you feel!"



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The dragon ate it up. 🍷 “Mmm, good! These oranges taste good and they’re good for me too!” exclaimed the little dragon. Queen Anna reached into another pocket and gave the dragon another orange.

As the dragon finished the oranges, he heard laughing and shouting outside his cave. “What’s that noise?”

“It’s just some of the children 🏈 playing soccer,” said the King.

Prince Waffle asked the dragon if he wanted to join the game.

“I’ve never played soccer,” replied the dragon. Prince Waffle told the dragon he would teach him. They all went out into the fresh mountain air and 🏈 began to play soccer. Things were going okay until it was the dragon’s turn 🏈 to kick. The muscles in his legs were weak so he had no power behind his kick.

King Henry the Egg explained to the dragon that he needed strong muscles to play sports. “Meat Group foods are important to help you build strong muscles.” King Henry shared his hamburger with the dragon. “Try this,” said the King.

“I like this meat,” said the dragon. “This tastes great! 🍷 Mmm, good!”

“Excellent,” said King Henry. “Not only do you need to eat a variety of foods, you also need to stay active every day to keep your body and muscles strong and healthy.”

“But I don’t know how,” said the little dragon.

“You just did,” replied the Prince Waffle. 🏈 “Playing soccer is great exercise.”

“So is 🛼 Rollerblading®” added the Princess.

“I like 🏊 to swim,” said the Queen. “It keeps me trim.”

“I think I would like to do all of those things, but I’m still so tired,” said the dragon. “I have no energy.”

Seeing the little dragon so sad, Prince Waffle said he could help him gain more energy.

“Dragon,” said the Prince. “This is my specialty. If you want more energy, you have to eat foods from the Grain Group every day. Try this waffle. It’s my favorite.”

The dragon didn’t know what grains were, but he ate the whole waffle.

🍷 “Mmm, good!” said the little dragon.

By this time the little dragon was feeling better.

King Henry the Egg looked at him and said, “I think it’s time for us to go home.”

“Wait,” said the dragon. “I feel so much better now that you’ve given me some foods from each of the food groups. But what am I going to do tomorrow? How will I ever remember what foods to eat to help me stay healthy?”



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"Oh, little dragon," said Princess Peapod, "why don't you come home with us? We can all teach you about the food groups and staying healthy!"

"Oh, little dragon," said Prince Waffle, "it would be awesome for you to come to the Pyramid Palace."

"Could I?" asked the dragon looking at Sir Milkford, King Henry and Queen Anna Banana.

They all smiled. "Of course," they said in unison.

"By the way, little fellow," said King Henry, "what is your name?"

"I don't have a name," said the dragon.

"Then we shall call you 'Little D,'" said the King, "because you are a little dragon."

And henceforth this little dragon was known throughout the kingdom as Little D.

