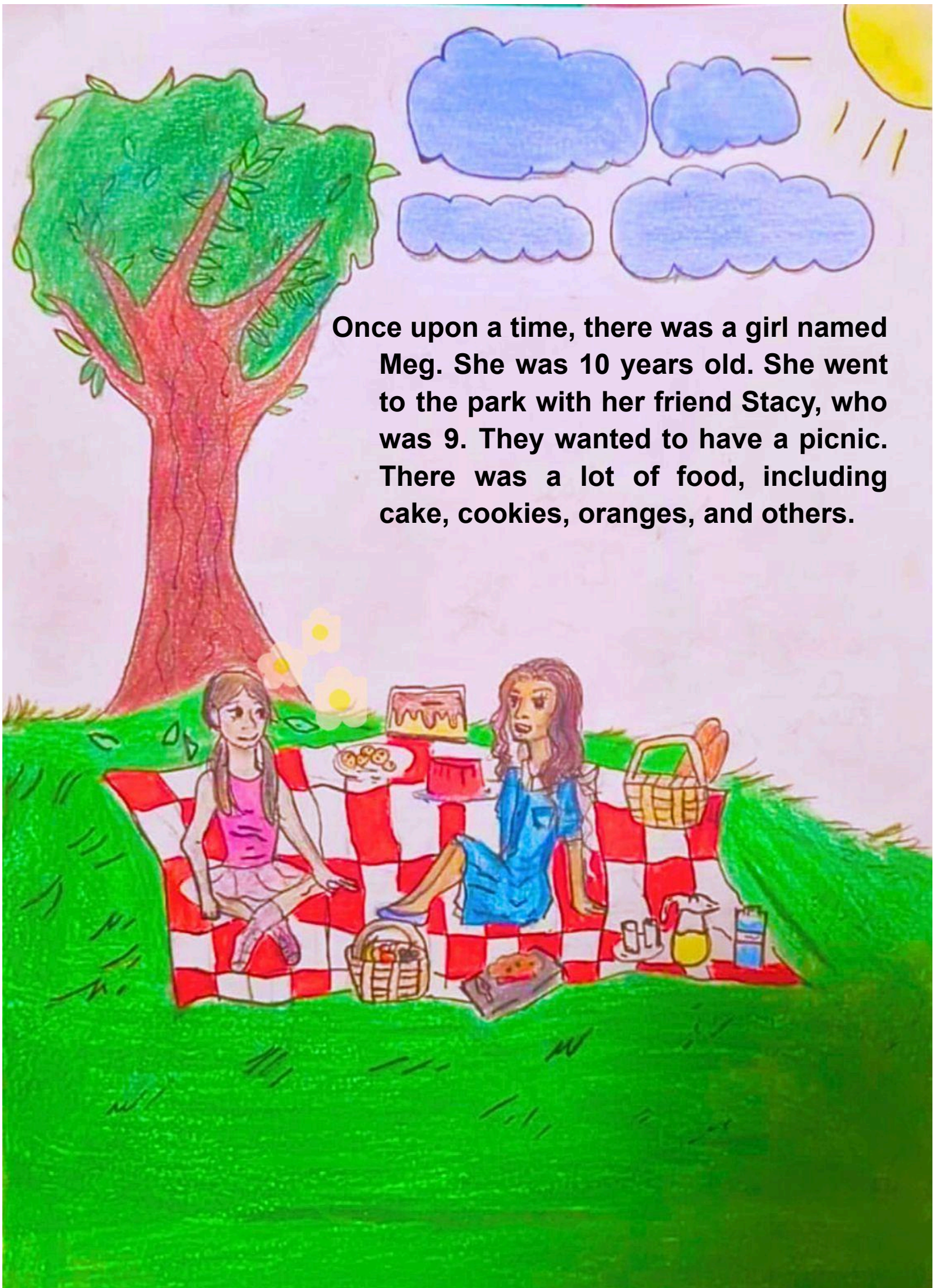


THE FOOD LESSON



ACKNOWLEDGMENTS

All of us from the 7th-grade afternoon class would like to thank our teachers, coordinators, families, God, and everyone reading this book. Without your support, none of this would have been possible.

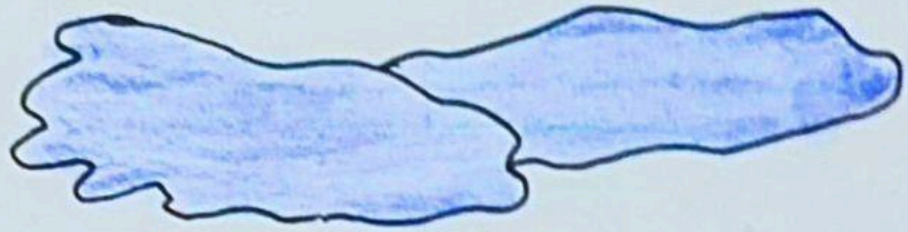
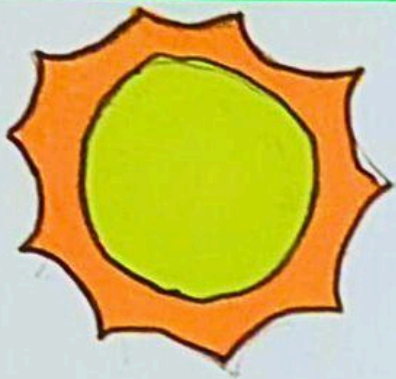


Once upon a time, there was a girl named Meg. She was 10 years old. She went to the park with her friend Stacy, who was 9. They wanted to have a picnic. There was a lot of food, including cake, cookies, oranges, and others.

While they were talking about dolls, they heard a voice saying: "Hi, girls! Do you want to know more about me and my friends' food and drinks?"

"Of course!" they replied.



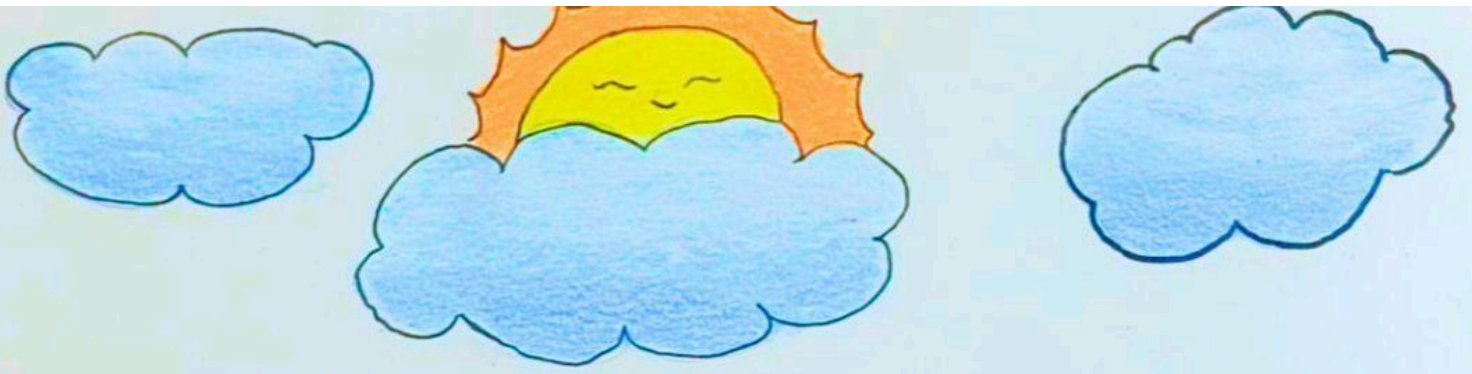


So, the orange started talking:

"Hello, I am Orange! I am a really tasty food and my juice is great! I have a lot of vitamin C, and I am a good option for dessert."

"This is amazing, Orange! It's good to know this! Nice to meet you!" they both said

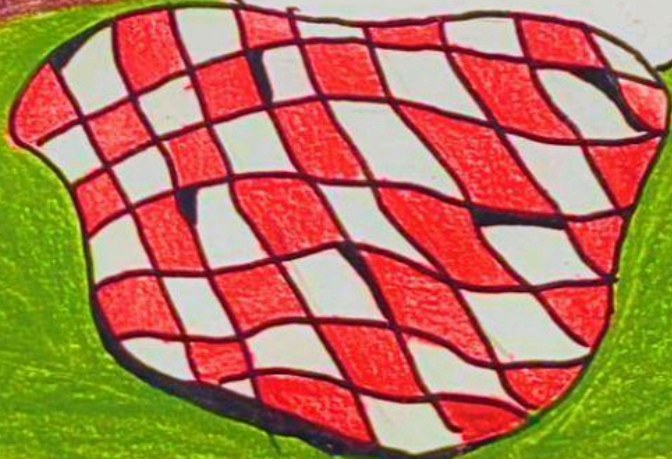
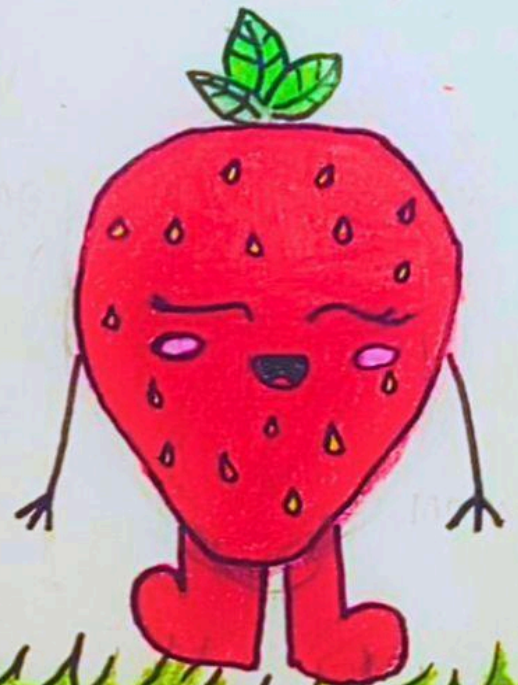
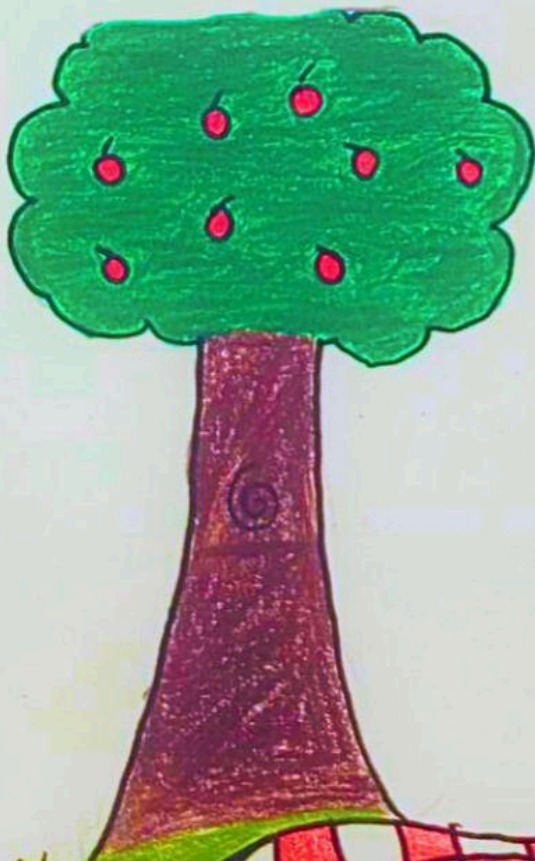


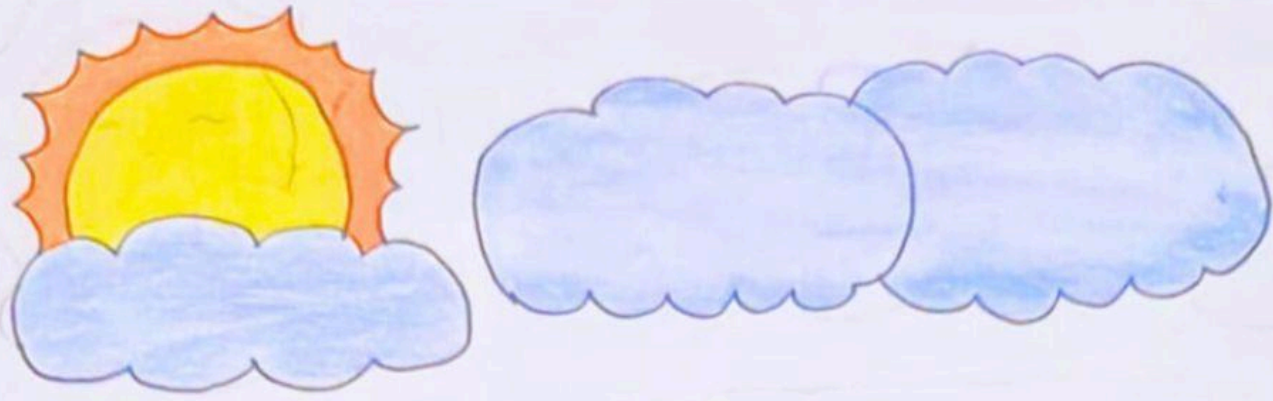


Then, the strawberry continued:

"Hey kids, I am Strawberry! My juice and vitamins are really nice. I have a lot of vitamins C and A. My flavor in medicines and candies is the best."

"We really like you, Strawberry! You look tasty and delicious," said Stacy



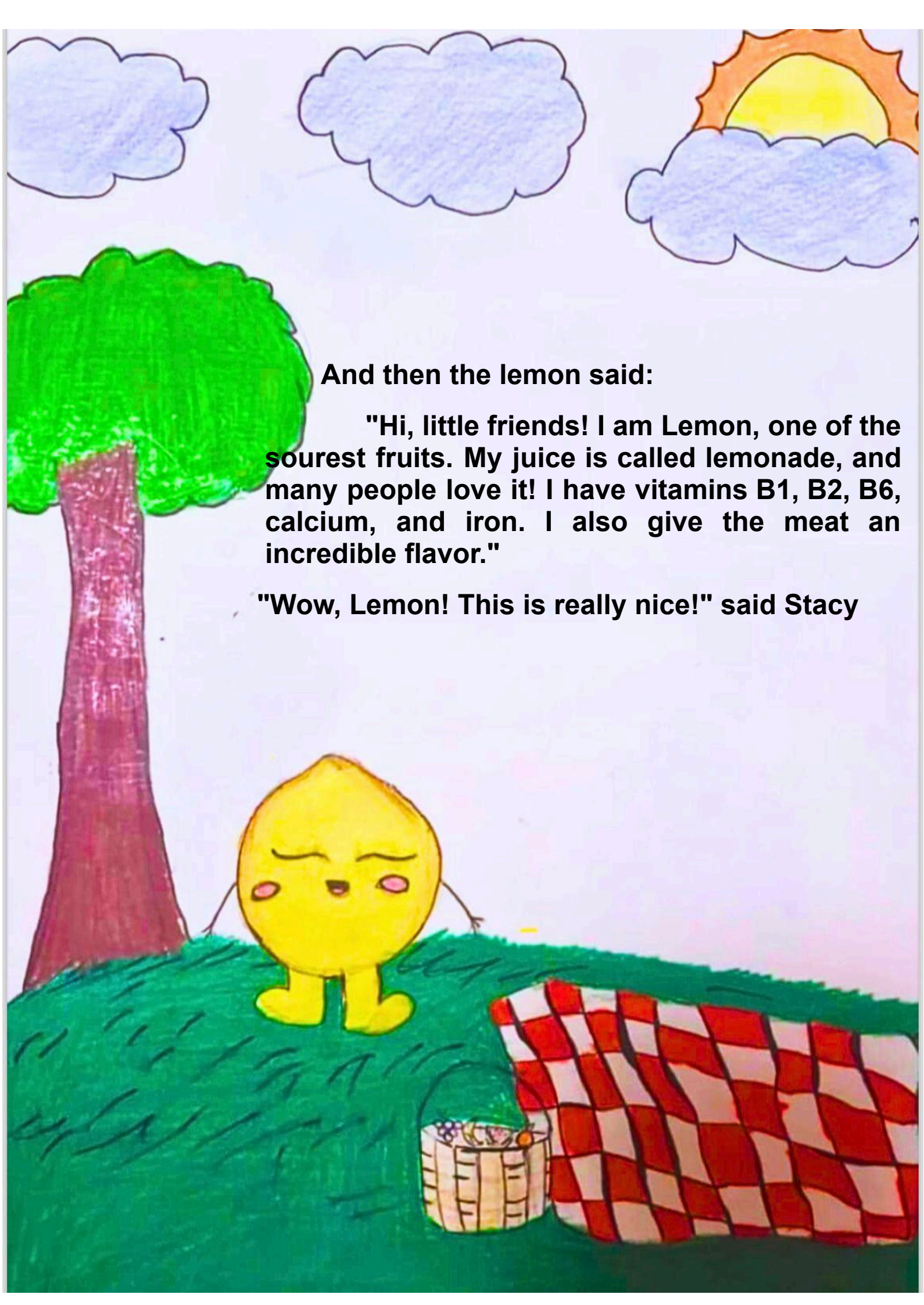


Now it is Mango's turn:

"Hiiii! I am Mango! I'm rich in vitamins C and A. I am really healthy and yummy, and many people like me for desserts and smoothies."

"This is incredible, Mango!" said Meg.

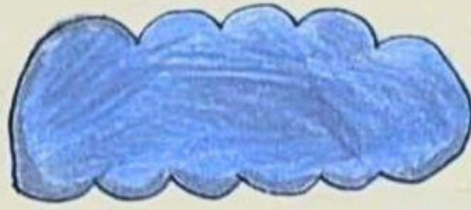
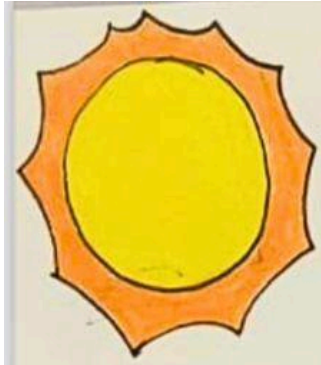




And then the lemon said:

"Hi, little friends! I am Lemon, one of the sourest fruits. My juice is called lemonade, and many people love it! I have vitamins B1, B2, B6, calcium, and iron. I also give the meat an incredible flavor."

"Wow, Lemon! This is really nice!" said Stacy



After this, Cake introduced itself:

"Hello, I am Cake! I can have a lot of flavors, like chocolate, for example. I have a lot of proteins and carbohydrates.

I am mostly present at celebrations and birthdays. I am really delicious, but I'm not healthy! So, don't eat me in excess because I can cause diabetes, and I am one of the most caloric foods!"

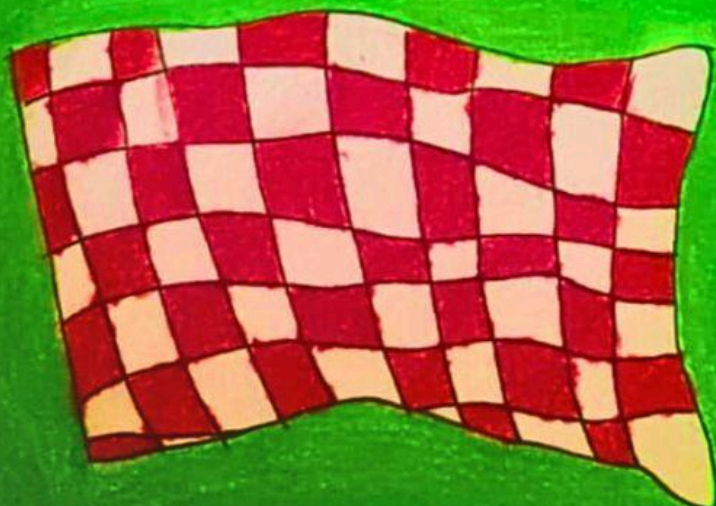
"It's great to get all this information, Cake!" said Meg

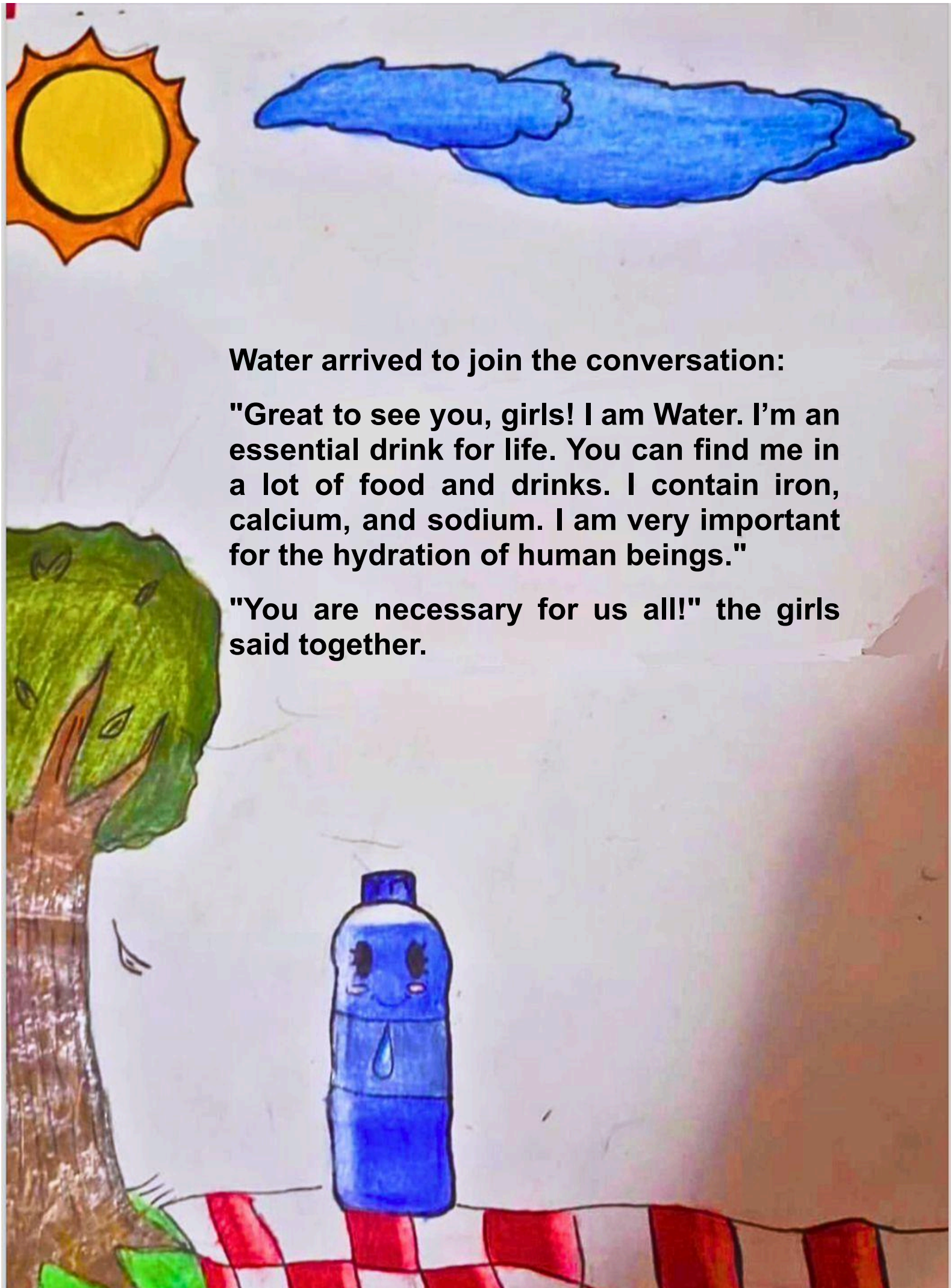




Then, Cookie said to the girls: Hey, people! I am Cookie, and I come in a lot of flavors and shapes. I am mostly composed of vitamins B6 and B3. I am a good option for a snack."

"So cool! We usually have cookies for snacks at school!" Stacy said





Water arrived to join the conversation:

"Great to see you, girls! I am Water. I'm an essential drink for life. You can find me in a lot of food and drinks. I contain iron, calcium, and sodium. I am very important for the hydration of human beings."

"You are necessary for us all!" the girls said together.

After, the food, and drinks, Stacy and Meg decided to play with dolls. They had a lot of fun together!



And what about you? What food do you like most?

CLASS BIOGRAPHY



Hi! We are from the 7th grade afternoon at Christus Sul. We spent several months working hard to create the best book for you, so you can have a really good reading experience!

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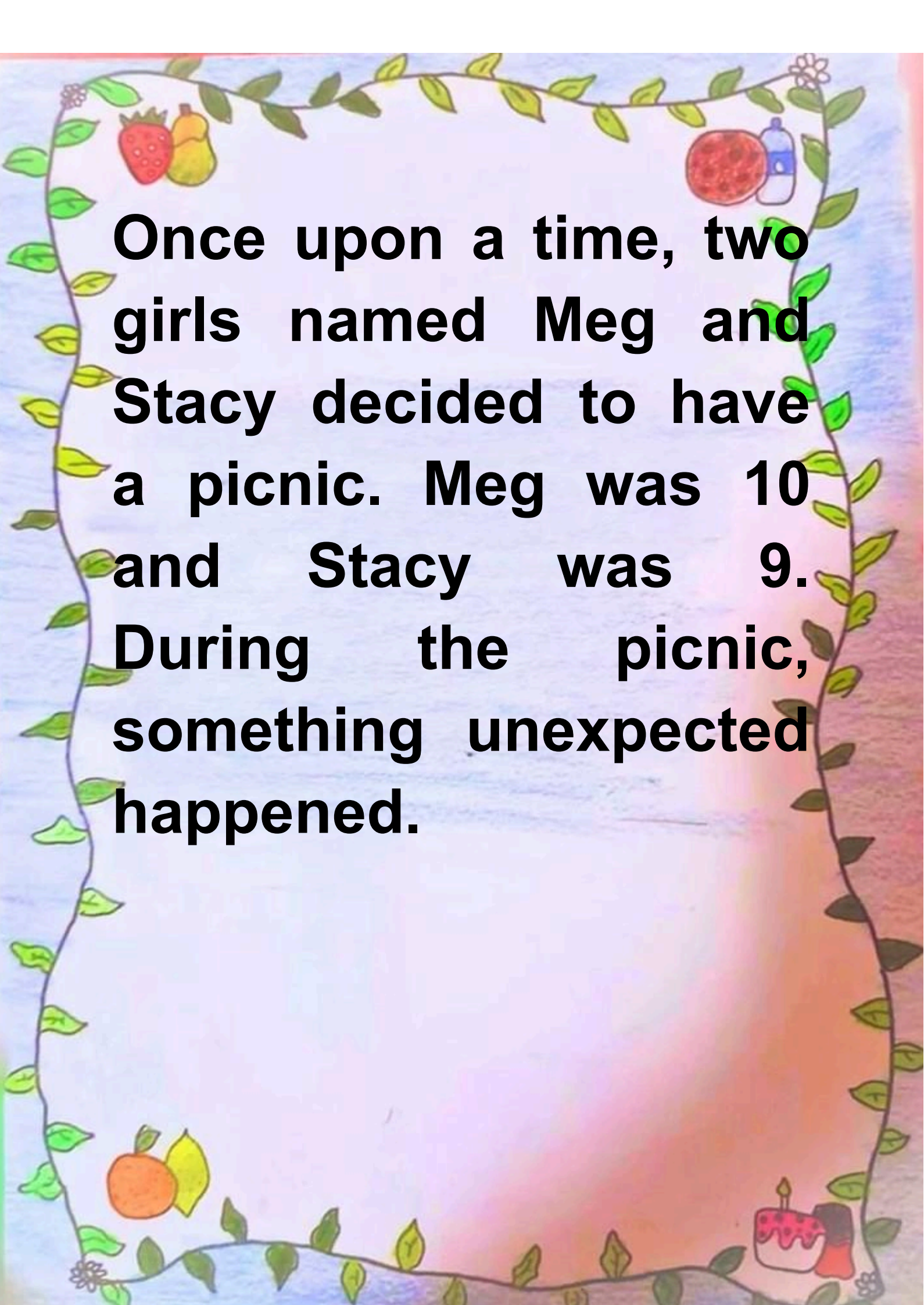
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Once upon a time, two girls named Meg and Stacy decided to have a picnic. Meg was 10 and Stacy was 9. During the picnic, something unexpected happened.