

**AIM:** To develop the children’s understanding of the role of food and especially that of fruit and vegetables in maintaining a healthy body.

**LET’S DO IT**

In advance of this lesson, ask the children to bring in empty food containers of any kind and pictures to include milk, meat, fish, fruit, vegetables, cereals, bread, etc. as shown in the Food Pyramid poster.

**DEVELOPMENT OF THE LESSON (STORY)**

## Mother Nature and the Jelly Baby!

You have heard of the Gingerbread Man who came to life, but do you know the story of the Jelly Baby who wanted to grow up? ‘Grow up! Grow up! But you cannot grow up,’ said the other Jelly Babies in the bag. ‘Jelly Babies don’t grow up’. ‘I am tired of being a baby and I’m tired of being jelly. I am going to grow up to be a proper six year old,’ this Jelly Baby insisted. It hopped out of its bag and tried to run off. But its jelly legs were not much good for running.

‘What you need is some strong healthy bones that will carry your body wherever it wants to go’. The Jelly Baby looked up to see a funny old woman holding a glass in her hand. ‘My name is Mother Nature,’ she said. ‘I am in charge of everything that grows. Here, drink this milk; it is good for babies; it helps them grow strong healthy bones,’ she ordered.

The Jelly Baby gulped down the milk and immediately jumped up and ran off with all its new bones. But the day was hot and the sun shone down and soon the Jelly Baby had to stop again. ‘Oh no!’ it cried. ‘I have strong bones but the rest of me is going all soft and sticky. What shall I do?’ ‘Here, eat this’. It was Mother Nature again. ‘You have bones but your muscles are still jelly. Here is some meat and some fish’. The Jelly Baby gobbled the meat and fish. It grew strong healthy muscles which made the bones in its arms and legs run very fast, so fast in fact that it tripped over itself and fell like Jack and Jill headlong down the hill. Now the Jelly Baby bawled ‘Boo hoo hoo’ at the top of its voice.

‘Dear me,’ said Mother Nature. She wiped Jelly Baby’s knees and nose which were bleeding. ‘My good body,’ Jelly Baby cried. ‘Now it’s ruined’. ‘Don’t cry,’ Mother Nature said. ‘Proper bodies are as good as magic – when a bone gets broken or skin gets cut or a tummy gets sick, it will heal itself to be as good as new – provided that person has been eating plenty of fruit and vegetables’. ‘Here,’ she said holding a bowl of fruit in one hand and a basket of vegetables in the other. ‘Eat as much as you like’. The Jelly Baby took a carrot and an apple and gobbled them up. ‘Yum,’ it said. ‘Look,’ Mother Nature smiled. ‘Your knees and your nose have stopped bleeding!’

The Jelly Baby was so happy that it jumped up and ran round and round – until it ran right out of energy and had to stop like a car that had run out of petrol. ‘Oh no! What’s wrong with me now – why have I stopped?’ ‘Six year old children need lots and lots of energy,’ Mother Nature said. ‘Here, have some bread or some potatoes or some cereal’. The Jelly Baby chose two slices of brown bread which it gobbled and was about to run off again.

‘Before you go,’ Mother Nature said, ‘I have something to show you’. She reached Jelly Baby a mirror. It looked in the mirror. ‘Who’s that?’ it asked. ‘That is you,’ Mother Nature replied. ‘A fine, tall six year old child with curly red hair and a big smile’. ‘Wow!’ exclaimed Jelly Baby smiling. ‘And look! I have teeth and I have hair. I have always wanted teeth and hair. Now I am not a jelly baby anymore’. ‘Now I have something to give you, something all children love,’ said Mother Nature and she held out a sweet – a red jelly baby.



**DISCUSS THE STORY**

**DISCUSS THE FOOD PYRAMID (SEE POSTER)**

Invite the children to finish the picture below of the Jelly Baby by adding in the following: bones, skeleton, muscles (perhaps using dotted black lines), teeth, eyes, hair.

**HELP ME GROW UP**

