







HEALTHFULLY EVER AFTER





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.)




It had been a long time since Little D came to live in the Pyramid Palace. The dragon had grown a whole foot and was now co-captain of the Pyramid soccer team along with Prince Waffle.

Little D was happy with his new life. In the old days he spent the whole day in his cave moaning and feeling tired . "Ow, ow, ooh, aah, ooh!" Now he spent his days  playing tag and  bike riding with his friends.

Little D knew why he was feeling so much better these days. He ate a good breakfast every morning . "Mmm, good!" He ate a healthy lunch at noon . "Mmm, good!" And in the evening he ate a healthy dinner . "Mmm, good!" Each day he ate foods from all Five Food Groups . "Mmm, good!" Little D understood: He needed foods from all Five Food Groups because each food group helped him stay healthy in a different way. In fact, Little D had learned so much about the Five Food Groups that a beautiful picture of each food group had appeared on his chest.

Little D was also physically active. He knew that being active was very important for staying healthy.

Little D liked the way he felt. He was no longer tired and out of energy. He was doing well in school, thinking more clearly, and getting good grades. And, he didn't have any of those  "Ow, ow, ooh, aah, ooh!" stomachaches anymore.

One day in the autumn, Little D went down to breakfast. Everyone was there – Sir Milkford, King Henry, Queen Anna Banana, Princess Peapod, Prince Waffle, and even Lady Holly the Cow.

"I think it's time for me to return to my cave," said Little D.

Everyone looked at him in absolute shock. Then Sir Milkford asked, "Little D, are you really ready to return?"

"I AM," said Little D. "I know all about the Five Food Groups and being physically active. I am sure I can take care of myself."

"Well, young dragon," said King Henry, "before you can leave, you'll have to meet three challenges. If you can solve the three problems we give you, then you'll prove to us that you're ready to be on your own."

Little D took a deep breath. He thought, "I AM ready to meet these three challenges."



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Queen Anna Banana stepped forward and spoke in her usual rhyme:

“Challenge One
Requires the knack
For you to select
A very Smart Snack.
Please be clever,
Don’t be mean.
The snack you choose
Must please a Queen!”

Little D nodded.

Queen Anna Banana continued:

“One food from the Milk Group,
One food from the Fruit,
Tell me a Smart Snack
That we all can salute.”



Little D put his paws on his head and closed his eyes. “Think,” he said to himself. “Think.”

Stop Reading.

Teacher Note:

- Review Challenge 1 on the student worksheet. Then allow time for students to use words or drawings to identify a Smart Snack to meet Challenge 1. Before you continue reading, ask several students to share their answers with the class.

Continue:

Little D thought and thought and thought. All of a sudden, his paws flew off his head and he exclaimed, “I’ve got it! You’ve asked me for a Smart Snack that includes a food from the Milk Group and from the Fruit Group. That’s easy: A glass of chocolate milk and... a banana!”

Queen Anna Banana beamed.

“An excellent choice!
You’ve met Challenge One.
Move on Little D,
You’re not quite done.”

Next, Princess Peapod stood up and walked over to the dragon. “Challenge Two will be a little more difficult, Little D,” said the Princess. “We must be sure that you know the food groups inside and out.”

Little D looked at her, “Princess Peapod, I know them all – Milk, Meat, Vegetable, Fruit, and Grain.”

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“Okay, Little D,” said the Princess. “Here is a picture of a dinner. Challenge Two is to figure out what food group is missing from this meal. Then you must think of a food from the missing food group that would complete this meal.” She handed him a photograph.

Little D looked at the picture. He recognized peas, a pork chop, applesauce, and a single serve bottle of milk. He touched his paw to his mouth: What was missing?

Stop Reading.

Teacher Note:

- Ask students to read the directions for Challenge 2 on their worksheets. Allow time for them to complete Challenge 2. Before you begin reading again, have all students whisper their answers to both questions. Ask a few students to share their answers out loud with the entire class.

Continue:

Little D thought and thought and thought. “Milk is in the Milk Group,” he said. Applesauce is in the Fruit Group. Peas – well those are a vegetable so that’s the Vegetable Group. A pork chop. Mmmm – Meat Group. Milk Group, Meat Group, Vegetable Group, Fruit Group. What’s missing?

Suddenly Little D got a sparkle in his eye. “The Grain Group is missing,” he said confidently.

“So far, so good,” said Princess Peapod. “Now name a food from that food group that would go with this meal.”

Little D smiled and clapped, “That’s an easy one. Add a roll to this meal and we have a Grain Group food.”

Princess Peapod smiled. So did the rest of the Royal Food Family. “Little D,” she said, “you’ve met Challenge Two. Congratulations. And good luck.”

“I’m doing well,” thought Little D.

“Well my dragon friend,” said Prince Waffle. “Are you ready for Challenge Three?”

“I am,” said Little D.

“For Challenge Three, you need to plan a lunch that includes one food from each of the Five Food Groups. At least one food must be hot. And at least one food must be cold. If you can solve this challenge, you are ready to go back to your cave.”

Little D put his paw under his chin and thought as hard as he could.

Stop Reading.

Teacher Note:

- Ask students to review the directions for Challenge 3 on their worksheet. Have them complete the challenge. Then ask several students to share the meal they planned.



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Continue and Finish Reading:

Little D thought and thought and thought. Challenge Three was really tough. He looked up for a moment and saw Lady Holly the Cow. She smiled at him. Then she lifted a hoof and touched her chest with it.

"How odd," thought Little D. And then he realized. He had the Five Food Groups on his chest. All he needed to do was look down. There was the answer.

He jumped up and down with excitement.

"I have figured out a wonderful lunch. I will have hot roast beef on whole wheat bread with a sliced tomato 🍷. "Mmm, good!" The beef is from the Meat Group and it is the food served hot. The bread is from the Grain Group. The tomato is from the Vegetable Group. From the Fruit Group, I'll have some purple grapes 🍇. "Mmm, good!" And my cold food will be from the Milk Group – a nice cold glass of milk 🥛." "Mmm, good!"

Everyone in the palace roared with delight and applauded Little D.

Sir Milkford stepped up to him. "Congratulations, Little D. You're ready to go home."

Little D looked at each of them – Sir Milkford, Lady Holly the Cow, King Henry the Egg, Queen Anna Banana, Princess Peapod, and Prince Waffle. The dragon was smiling, but he also had a tear running down his cheek.

"I'm so happy that I've become a smart, healthy dragon. You've all taught me so much and I am very grateful. I'm also happy to be going back to my cave, because that's really where a dragon like me belongs."

"But I'm also sad, because I will miss you. You are such good friends," said Little D.

The Royal Food Family all ran over and gave Little D dragon-sized hugs.

"Little D," said King Henry, "do you remember the day I gave you your name?"

"Of course, Your Highness. It was the beginning of my life as a healthy dragon."

"You have worked hard and learned so much, Little D," said King Henry. "To acknowledge all the changes you have made, I think it is only appropriate that I give you a new name."



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Everyone in the Royal Food Family became very still. Little D held his breath.

"Henceforth," said King Henry the Egg, "you will be known as Little D, the Five-Food-Group Dragon."

"Thank you, Your Highness," said Little D. "I am so honored."

Queen Anna Banana looked at him with love.

"As long as I
Can recite a poem,
Let Pyramid Palace,
Be your second home."

"You're our favorite dragon of all time," said Prince Waffle.

"Promise you'll come back next year," said Princess Peapod.

"Stay for the summer," said Sir Milkford.

"I will," said Little D, the Five-Food-Group Dragon. "Thank you, every one of you."

