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Pishier

THE GOBBLER

A tasty story
about healthy
foods





Ever heard of the Gobbler?
As you can guess by his name,
the Gobbler eats anything and everything.
Every single day, he...

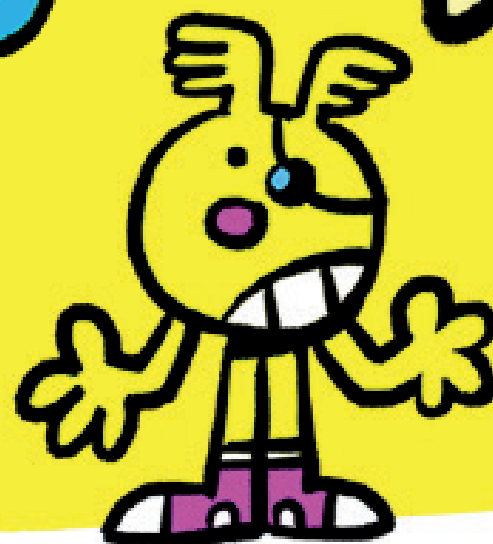
But... what is he eating now???

Crunchy rushes over
to see what's going on.

Gobbler!
If you eat the book,
there won't be
any story.

Gobbler
hungry...
snack
time!

Then follow me.
I have some friends
I want you to meet.



Curious, the Gobbler
decides to follow Crunchy.

Crunchy and the Gobbler arrive at Mika's house, where she's picking vegetables from her garden. The Gobbler is intrigued.



The Gobbler points to the **vegetables** and **fruits** all around him.

Carrots? No, no, not everything is carrots... I also have apples, strawberries, cucumbers and tomatoes. Want to help me pick them for a healthy snack?

Oh, yes!

The Gobbler, Crunchy and Mika fill their basket.

Gobbler want eat now!

Wait!
You need to meet my friend Enzo. He has some tasty foods, too.



The Gobbler, Crunchy and Mika arrive at Enzo's fridge-house. He's busy putting everything away.



Fish over here, cheese and dairy products up top, nut butter down below, chickpeas and lentils here, poultry over there...

The Gobbler announces proudly:

All this, no carrots!

Well done!
Those are all
different protein
foods.

Gobbler want eat
protein, too!

Yum!

Wait!
Don't eat the
wrapper.



Now, I want you to meet Sila, who's going to
join us for a snack! It's much more fun to eat
together! Follow me.

The Gobbler, Crunchy, Mika and Enzo walk over to Sila's field, but they don't see her anywhere.

In his booming voice,
the Gobbler shouts: SILA!!!!

She told me
she'd be here.

We just
need to
call her.

Sila!



Just then, Sila pops out next to them.



Sorry I scared you.
I'm harvesting wheat, corn, oats and lots of
other grains. I use them to make whole grain bread,
cereal and pasta. You can try them all!

In Sila's field, the friends gather
all the food they brought for a delicious snack.

There! Gobbler, now you
can taste a little bit of everything.
Choose whatever you feel like eating,
and take only as much as your
tummy needs.

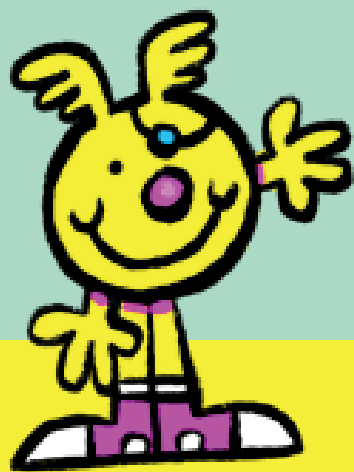


But not the picnic blanket! Gobbler!



The Gobbler
discovered lots of new
foods. What about you?

Do you know the different
food categories that make
up a balanced snack?



Vegetables and fruits

give you fibre, vitamins and
minerals. You can eat them fresh,
frozen, canned or dried. They're
the stars of your plate.



Even if they
can't carry
a tune!

Why this book?

At Bel Canada, our mission is to make
healthier, more sustainable food
accessible to everyone. As a global
food company, we are committed to
encouraging healthy eating habits.

More than 24%* of people in Canada live
in food-insecure households. That's why
we believe nutrition education is vital to
helping Canadian children build healthy
eating habits that support their long-term
health and well-being.

With this goal in mind, we worked with
the nutritionists at Bel Group to create
this educational book and distribute it
through Food Banks Canada's After the
Bell program. More than 30,000 children
across Canada will receive a copy, helping
them learn about nutrition and healthy
eating in a fun and engaging way.

The information in this book is based
on the recommendations in Canada's
Food Guide.

*Statistics Canada



Choose the
wettest water
you can find!

PSSST!

Water is the best
drink of all. You need
to drink water to stay
hydrated!



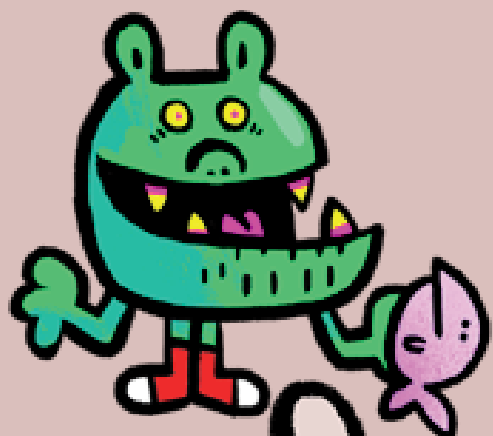
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Only ghosts
don't need
protein



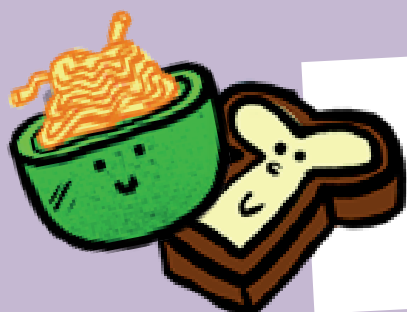
Protein foods

give you protein, vitamins and minerals. They help build strong muscles.

Some dairy products contain calcium, a mineral that helps keep your teeth and bones strong and healthy.



Milk, yogurt and cheese are even healthier when they're lower in fat and sodium and contain no added sugar.

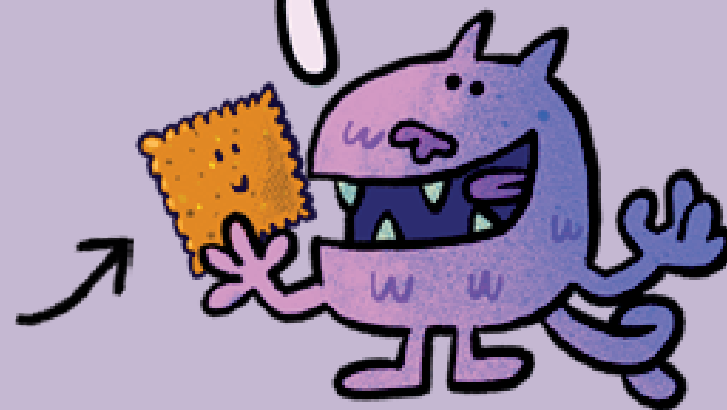


Whole grain foods



give you vitamins, minerals and fibre. Whole grain foods are better for you because they keep all parts of the grain, unlike foods made with refined grains.

Yes! Gobbler
eat these
whole!



Yum!
Yum!

If you're full and can't finish all your food, save it for later or put it in the compost bin instead of the trash. Without the wrapper, of course!

Aide Mange-Tout à trouver des aliments sains et des boissons pour composer une collation ou un repas équilibré pour rejoindre ses amis au pique-nique.



The Gobbler is heading to a picnic with his friends! Help him find healthy foods and drinks to make a balanced snack.

Pense-bête :
tu ne peux
pas revenir
sur tes pas!

Hint:
You can't
retrace
your steps!

