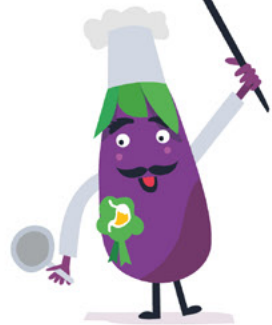


# MEET THE CHARACTERS...

## Great Groceries

Each character has a job which is based upon its nutritional value. For example: Beetroot contains folic acid (folate) which promotes good brain health. Bella Beetroot is therefore a Brain Surgeon as she is the cleverest in Veggie-valley. Cheese is high in calcium which keeps your bones nice and strong, so Charley Cheese is a weight lifter because he simply cannot break a bone. Each character has a different story and encourages children to look at food in a different way. I use these characters to encourage children to eat more of a balanced diet, but I also use them to encourage them to write a short story each month to help develop literacy skills.



AUBREY AUBERGINE  
CHEF



POLLY PEPPER  
RETIRED



DR BROCCOLI  
DOCTOR



CARLA CARROT  
CHIEF INSPECTOR



MINI MUSHROOM  
ARTIST



BELLA BEETROOT  
BRAIN SURGEON



BELINDA BANANA  
ELECTRICIAN



SAMMY SPINACH  
MATCH MAKER



TITO TOMATO  
POLICEMAN



GANAK GINGER  
TASTE TESTER



BAILEY BREAD  
PLUMBER



DETECTIVE SWEET POTATO  
DETECTIVE



PEDRO POTATO  
COMEDIEN



PIA PASTA  
MARATHON RUNNER



YOLANDA YOGURT  
DENTIST



CHARLEY CHEESE  
WEIGHT LIFTER



GURDEEP GHEE  
AIR TRAFFIC CONTROLLER



MALI MILK  
RUGBY PLAYER



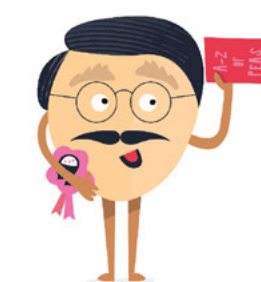
ELLIE EGG  
DENTAL NURSE



LOU LENTIL  
LIFEGUARD



BENNIE BLACK BEAN  
MATHS TEACHER



CHAD CHICKPEA  
ENGLISH TEACHER



LARA LENTIL  
SCIENCE TEACHER



CERI COOKIE



CHELSEA CHOCOLATE



POLLY PRETZEL



KRIPA CRISPS





# Great Groceries



High in Potassium

Passes electricity around the body. Helps nerve and muscle function



High in Vitamin C

Good for healthy looking skin



High in Vitamin E

Helps to keep your body healthy



High in Vitamin B5

Keeps you feeling happy and positive



A good source of Zinc

Helps to heighten your taste buds



High in Vitamin A

Great for your eyes



High in Vitamin E

Keeps your heart healthy



Good source of Fibre

Good for your digestive system

Each of our Great Groceries characters wears a little badge which tell you how it helps the human body. They are chategorised by fruit and vegetables, protein, dairy and carbohydrates, with colour being used to differentiate each one. By giving each character a badge, it not only enables children (and adults) to remember nutritional benefits, it consitently reminds them that food is important and we need a variety of each food group in order to stay healthy to encourage healthy eating habits.



High in Vitamin B6

Helps with memory and brain function



Good source of Riboflavin

Helps with light sensitivity



Good source of Phosphorous

Helps to absorb calcium



High in Calcium

Keeps your bones strong



High in Butyric Acid

Great for your digestive system



High in Calcium

Keeps your teeth strong



High in Vitamin A

Good for your eyes and night vision



Good source of Fibre

Keeps digestive system moving



High in Potassium

Helps to elevate your mood