

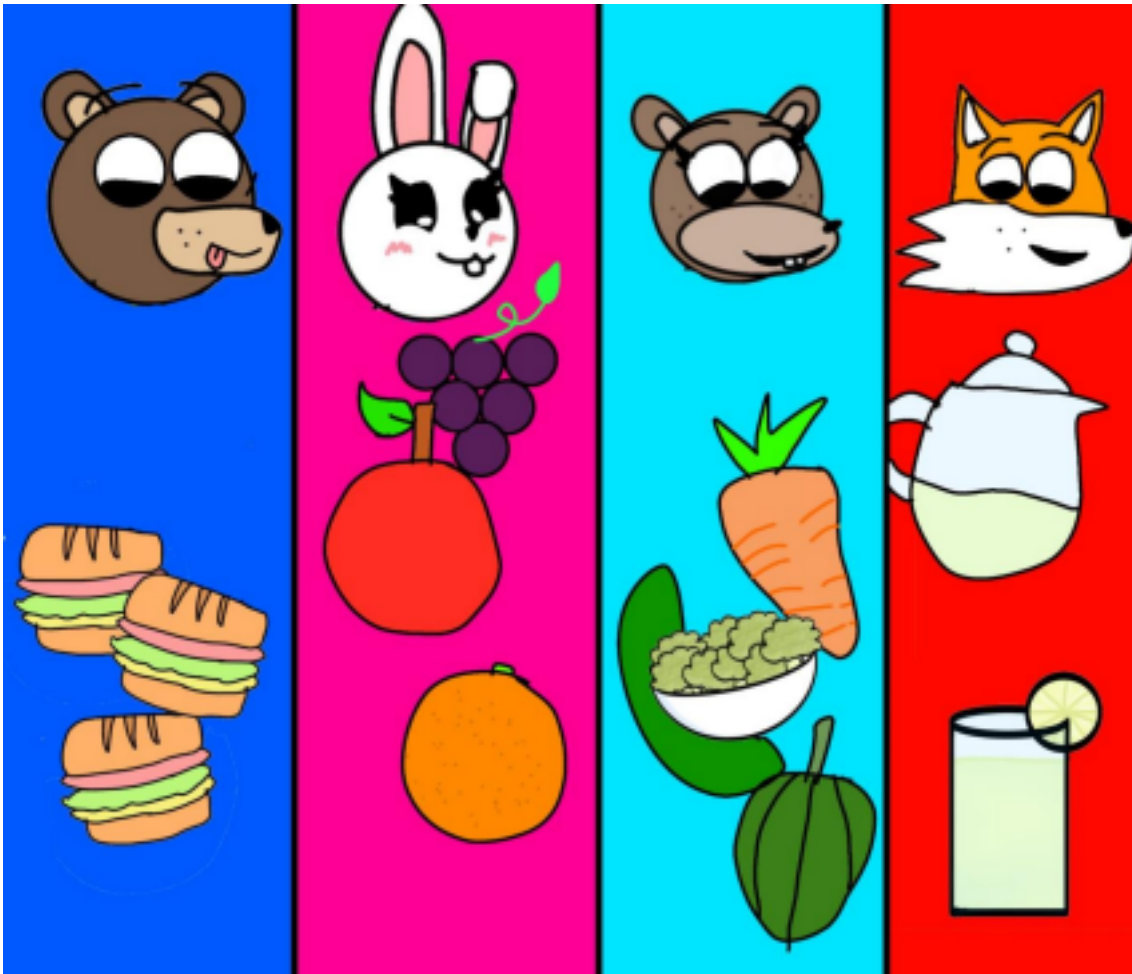


The Enchanted Picnic

7º ano A



Once upon a time, a group of animal friends lived in a faraway land and loved going on adventures. One sunny day, Timmy the Bear, Emily the Rabbit, Lily the Squirrel, and Oliver the Fox embarked on a magical journey to a special place called the Enchanted Picnic.



Timmy made tasty sandwiches with ham, cheese, and lettuce. Emily brought juicy fruits like apples, oranges, and grapes. Lily gathered crunchy vegetables such as carrots, cucumbers, and bell peppers. Oliver prepared a refreshing jug of homemade lemonade.



On their way, they met Mr. Oak, a wise tree who told stories, and Flutter, a colorful butterfly who helped them in the forest. They also encountered Nutty, a playful squirrel who loved playing hide-and-seek.



They followed a path through the forest and encountered Sparkle, a friendly hummingbird who sang beautiful songs. They even crossed paths with Snuffles, a funny hedgehog who rolled around and made them laugh.



Finally, they arrived at a special place with a sparkly picnic blanket. When they laid out their food on the blanket, something magical happened! The sandwiches started dancing, the fruits transformed into juggling balls, and the drinks bubbled excitedly. They all laughed and had a wonderful time.



While enjoying their magical picnic, Mr. Oak shared stories about the benefits of eating healthy food. He explained how fruits and vegetables contain vitamins and minerals that keep their bodies strong. Flutter taught them about the wonders of nature and how fruits and vegetables grow from the earth, nourished by the sun and rain.



With his playful nature, Nutty entertained everyone with funny tricks, showing them how much fun healthy foods can be.



The friends learned the importance of sharing. They discovered that by sharing different foods, they could enjoy a variety of flavors and have a balanced meal together.



After a day of fun and learning, they thanked the Enchanted Picnic and bid farewell to their new friends. They waved to the talking trees, Flutter, Nutty, Sparkle, and Snuffles.



On their way back home, they couldn't contain their excitement. They couldn't wait to tell their other animal friends about the fantastic adventure and the delicious foods they had enjoyed. Inspired by their magical picnic, they encouraged their friends to try new fruits, vegetables, and dishes from around the world.



From that day forward, Timmy, Emily, Lily, and Oliver became food explorers, always eager to discover new flavors and learn about healthy eating. They organized picnics in their backyard, inviting friends to enjoy the fun. They packed baskets filled with a rainbow of fruits, crunchy vegetables, and refreshing drinks. Together, they celebrated the joy of healthy eating, knowing each meal could be a magical and nourishing experience.



And so, the animal friends lived happily ever after, spreading their love for food, friendship, and healthy living wherever they went. The Enchanted Picnic had not only given them a magical experience but also taught them valuable lessons about the wonders of food, the joy of sharing, and the power of adventurous eating.

CLASS BIOGRAPHY

In the year 2023, in the seventh year of class A at Barão de Studart in the morning shift, we developed great work together with the help of Professor Jairo César and our coordinators Alana and Letícia, between speeches and laughter, learning and jokes. We came together to create this book and show readers a little of our class. The book's development was done with great care by all the students. We hope you like it.

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In a faraway land, a group of friends visited a special place, the Enchanted Picnic. To take them on the ride, Timmy made sandwiches, Emily fruits, Lily vegetables, and Oliver, a pitcher of lemonade. On the way found, Mr. Oak Nutty, Sparkle, and Sunffles. When they arrived at the place, something magical happened: the sandwiches inspired dancing, the drinks were bubbling with excitement and many other things, and everyone was having a great time. Our health and we have it because we eat well. From that day forward, the animal friends became foodie explorers, influencing all their other friends to eat well.