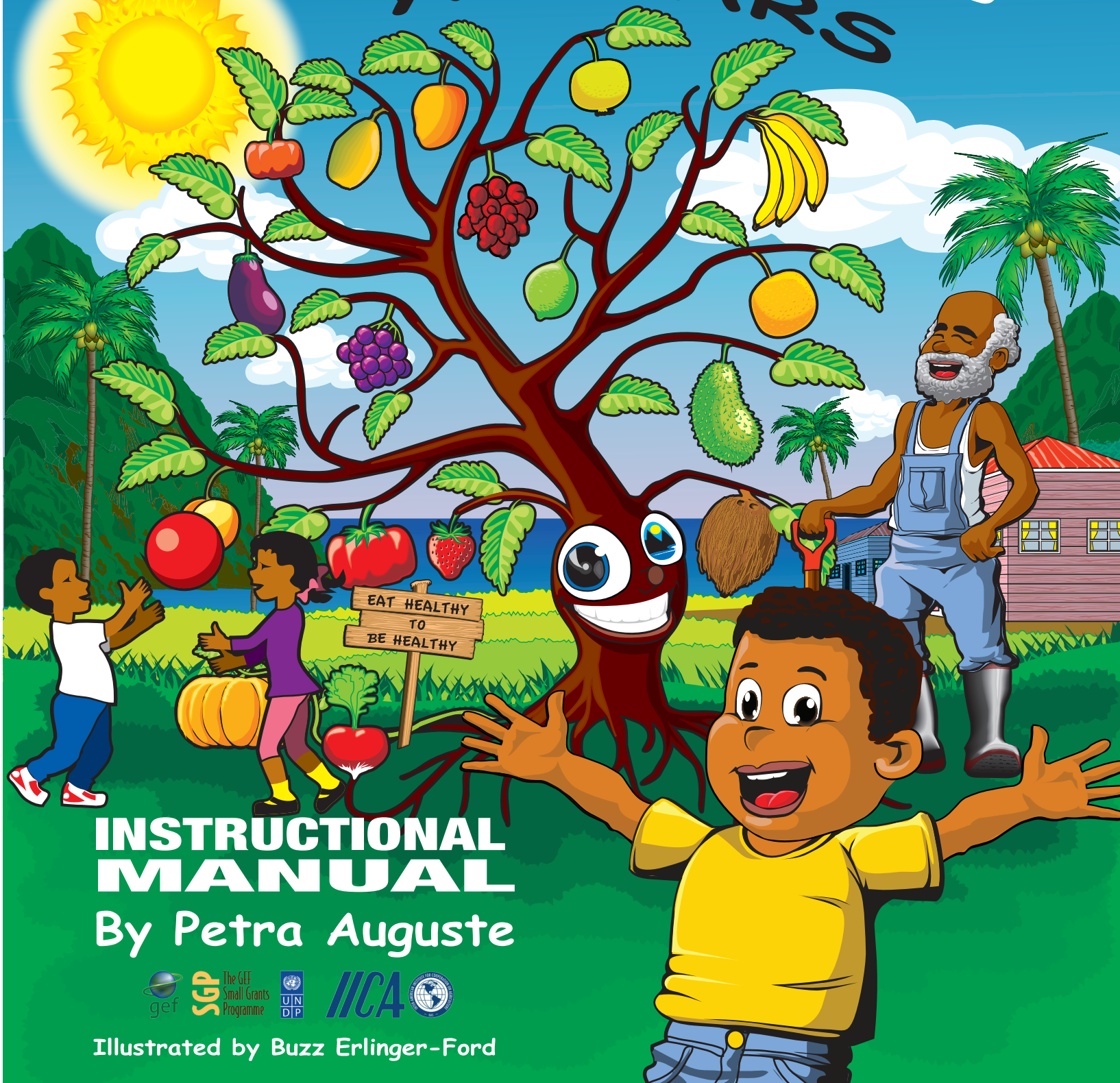


# IDEA AREA APPEARS



## INSTRUCTIONAL MANUAL

By Petra Auguste



Illustrated by Buzz Erlinger-Ford



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## *Preface*

Petra Auguste and the Saint Lucia Network of Rural Women Producers must be complimented for this initiative for three reasons. First, the book focuses our attention on the health of the most precious jewels in our life, i.e., our children. Second, it directs attention to the quality of food our children eat and their health; and third, it creates a strong link between Food Quality and Environmental Quality.

We endorse this publication for learning by our children and hope it contributes to the revolution we need in our food production chain - from the soil to the table.

A healthy environment ensures the highest food quality for present and future generations.

GEF SGP UNDP

Saint Lucia

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Dear Parents, Guardians/ Teachers,

Congratulations. Your child is taking an important step on an exciting journey to lifelong health and wellness.

The Destination: Early Healthy lifestyle, Healthy life.

The increasing number of cases of non communicable diseases which are now plaguing our society and indeed the rest of the world has made it necessary for the development and implementation of an early intervention program.

“Chief Tree Appears” is part one in a series of books which seeks to help your child develop and maintain healthy lifestyle practices which are integral to wellness and longevity. This book offers reading, coloring and learning opportunities which will assist in teaching the young child the following.

- The importance and benefits of eating healthy foods
- Foods that are grown locally
- Foods that are imported but are also beneficial to healthy lifestyles
- The importance of the farm, farmer and farming
- Food preparation, taste, textures and benefits
- Vocabulary, short sentences
- Development of gross and fine motor skills ( age appropriate coloring)
- Learning through role play and drama
- Importance of caring and sharing
- Importance of family meal times
- Food security and sustainability
- Care of the environment

By asking questions in an age appropriate manner and explaining the concepts using language and activities which the child can relate to, the use of this book as a teaching tool will sensitize and motivate the child to identify with the message of the Chief Tree character. It is our intention that you and your child spend wonderful and productive time together engaging in a subject which is critical to our very survival as individuals, society and world.

Here are some questions and suggested activities which are pertinent to understanding the message of the Chief Tree character. As this manual is a guide to some of the subjects which can be discussed, please encourage your child to come up with as many solutions and concepts which may be relevant to the topic.

Page 1

After this page has been read, either by the adult or child, you may ask,  
What is the Farmer’s name?  
What is he carrying?  
How does the farmer use his shovel? Why?  
Why does he have a sack on his shoulder?  
Can you see the sun?  
Why is the sun important in the growth of fruits and vegetables?

Color the page

Page 2

What is the Farmer doing?  
What does “tending” mean?  
What does “harvesting “mean?

Color the page

Page 3

What has happened on the farm?  
Demonstrate how you look when you are surprised  
What does Farmer Floyd do with his shovel and sack?

Color the page

# Page 4

Speak to a friend in a kind voice  
What did Chief Tree come to do on Farmer Floyd’s Farm?  
How did farmer Floyd respond to what he saw?

*Color the page*

# Page 5

Name some of Chief Tree’s family members  
What is your favorite fruit and vegetable?  
What color is your favorite fruit and vegetable?  
How does your favorite fruit taste? (Sweet, sour, creamy etc)  
How does your favorite vegetable taste?  
Which of your favorite fruit and vegetable has seeds?  
How does it grow? (From a seed, on a branch, under the ground, above the ground)  
Bring your favorite fruit/vegetable to school tomorrow

*Color the page*

# Page 6

What does ‘delicious” mean?  
How can you prepare delicious food using fruits and vegetables?  
Do you help to prepare food at home?  
Let’s prepare some healthy food at school for ourselves and our friends

*Color the page*

# Page 7

Discuss the importance and benefits of eating together as a family unit  
What does “sumptuous” mean?  
Bring a bottle of coconut water to school tomorrow.

*Color the page*

# Page 8

How do you feel after you eat a healthy meal?  
How does healthy food benefit your body?  
What foods are good for your bones, teeth, sight, brain, muscles, energy level etc?

*Color the page*

# Page 9

Who should eat healthy?  
Why do you want your parents, teachers, friends and family to be healthy?  
What do the fruits and vegetables need to help then grow?  
Name some sources of water.(rain, reservoir, rivers etc)  
What does sunlight do for the plants?  
What is clean air?  
What is the importance of clean air?  
How can we care for our environment?  
What can be done with unused cooked food?  
How can we use peels of fruits and vegetables to benefit the environment? (Composting , feed for animals etc)

*Color the page*

# Page 10

Role play the scenario

*Color the page*

# Page 11

Name some fruits and vegetable which you can take to school in your lunch kits  
Where are they sold?  
How do they get to the markets and supermarkets?  
Why are farms important?  
What does “Agriculture” mean?

*Color the page*

Page 12

How often should we eat healthy?  
What would you like your parents to do to help you eat healthy?  
*Color the page.*

Page 13

Let us make the CHIEF TREE promise.

Page 14

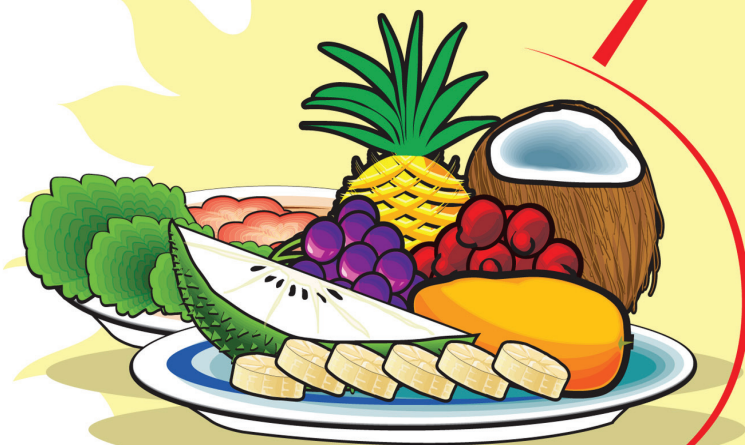
Ask your parents the question  
Write down their answer  
Remind them of their answer.



ENJOY YOUR CHIEF TREE  
EXPERIENCE AND YOUR  
HEALTHIER LIFE.



Eating  
healthy  
makes you



HAPPIER



and



# About the Book

Saint Lucia has had the unfortunate reputation of having very high incidence of diabetes and other non-communicable, diet and lifestyle related disorders.

In an effort to mitigate these occurrences, the author felt that a sustainable way of addressing this issue is to empower our population with knowledge, beginning with our youngest and most vulnerable.

## Vision

To this end the character “Chief Tree” was created to sensitize, teach, encourage and motivate our children to eat healthy. It is our hope that beginning today with our youngest citizens, a nation of healthier and more productive men and women will emerge in the future.

Happy reading ...

## Mission

Eat healthy to  
be healthy

