



Smith AND THE HEALTHY METER

A STORY ABOUT HEALTHY FOOD THAT'S GOOD FOR THE EARTH

FOR CHILDREN AGED 5-7

This delightful storybook introduces Smith, one of WWF's 'Green Ambassadors' who looks remarkably like an apple! Smith knows everything about food – what's good for us AND for the planet. But Smith feels he is missing something – he wants a meter to help him and his friends find out how healthy different foods are. So Smith and his friends embark on a mission to create a 'healthy food meter'. But they find something surprising – the answer was right under their noses!

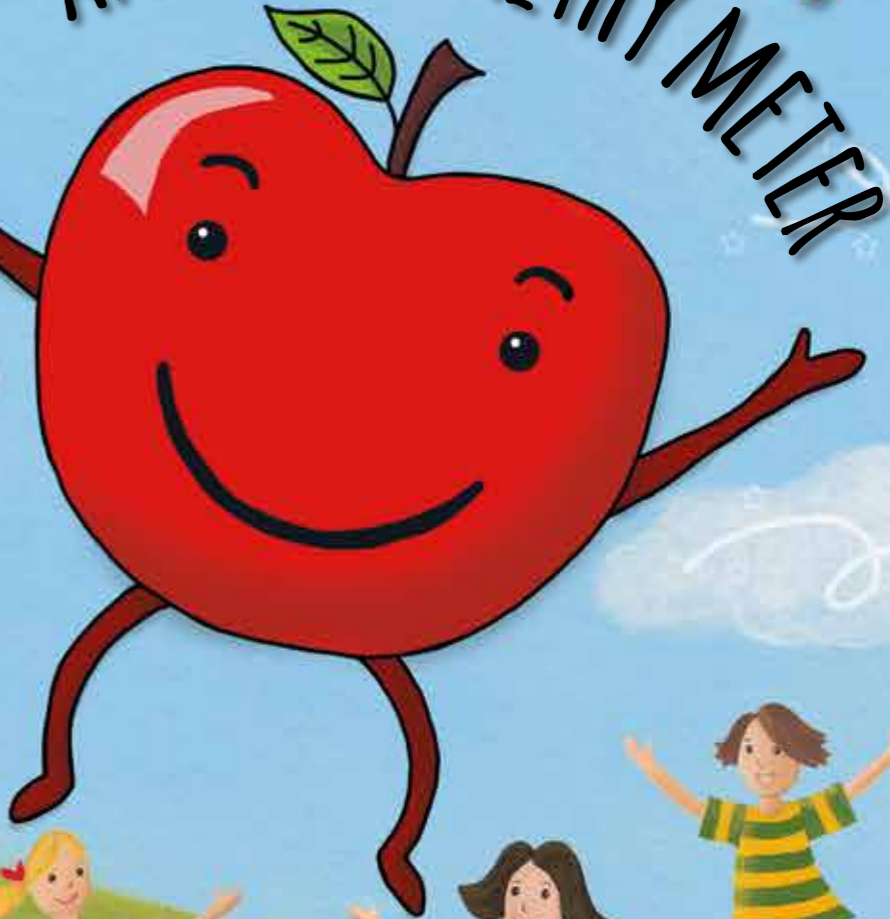
With age appropriate text, stunning illustrations, a glossary and activity ideas to do at home and school, this simple story encourages young children to think about the natural world and what they can do to protect our beautiful planet.



Why we are here
To stop the degradation of the planet's natural environment and to build a future in which humans live in harmony with nature.
www.wwf.org.uk



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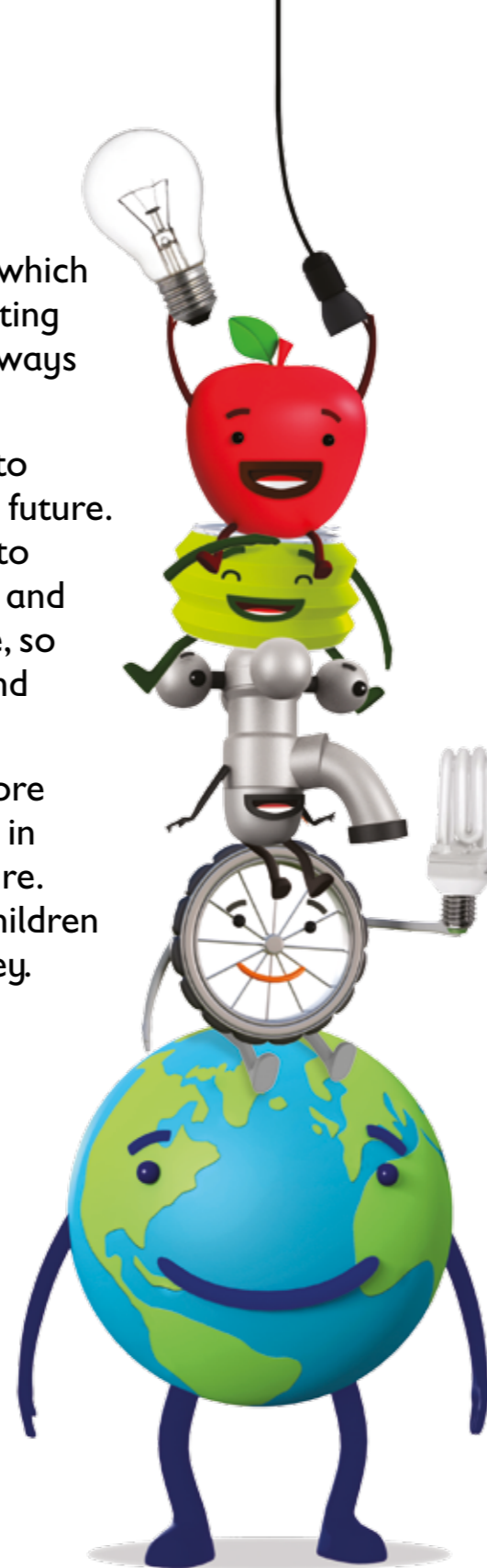
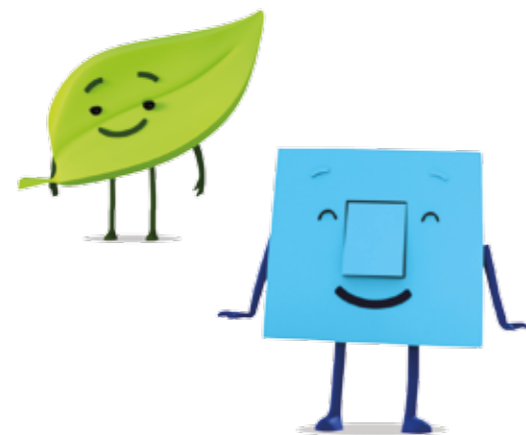
About WWF

WWF's mission is to help build a world in which people live in harmony with nature, respecting and valuing the natural world and finding ways to share the Earth's resources fairly.

Young people are so important in helping to achieve this mission – both now and in the future. It's important that we all do what we can to help them build their knowledge and skills, and explore their own connections with nature, so they feel inspired and equipped to enjoy and care for our beautiful planet.

Our Green Ambassadors scheme is therefore all about putting children at the heart and in the lead of sustainability and care for nature. We hope this storybook will help young children make some important steps on that journey.

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Long words used in this story

- Energy** – is what makes things go: lights, machines and even people.
- Excited** – how you feel when you are doing something really fun.
- Healthy** – when something is good for you it is healthy, like exercising or eating fresh food.
- Important** – a thing you really need to do is important.
- Meter** – a gadget or device for measuring things.
- Measuring** – finding out long a thing is, how much you are using, how fast you are going.
- Vegetable** – carrots, cucumbers and broccoli are all kinds of vegetables.
- Workshop** – a place where things are made and work is done.
- ZING!!** – is not a long word, it's not a real word. I made it up to say how good fresh food makes me feel.



"Hi, Earth here.
Yes, *the* Earth!"

"I want to tell you a story
about four children – and
my friend Smith."



Dot



Zam



Mox



Sula



"Hi there,
I'm Smith."

Smith

One day, we were on our way to meet Smith.
Smith had said it was really important.
The children hadn't met Smith before.
"What's Smith like?" they asked me.



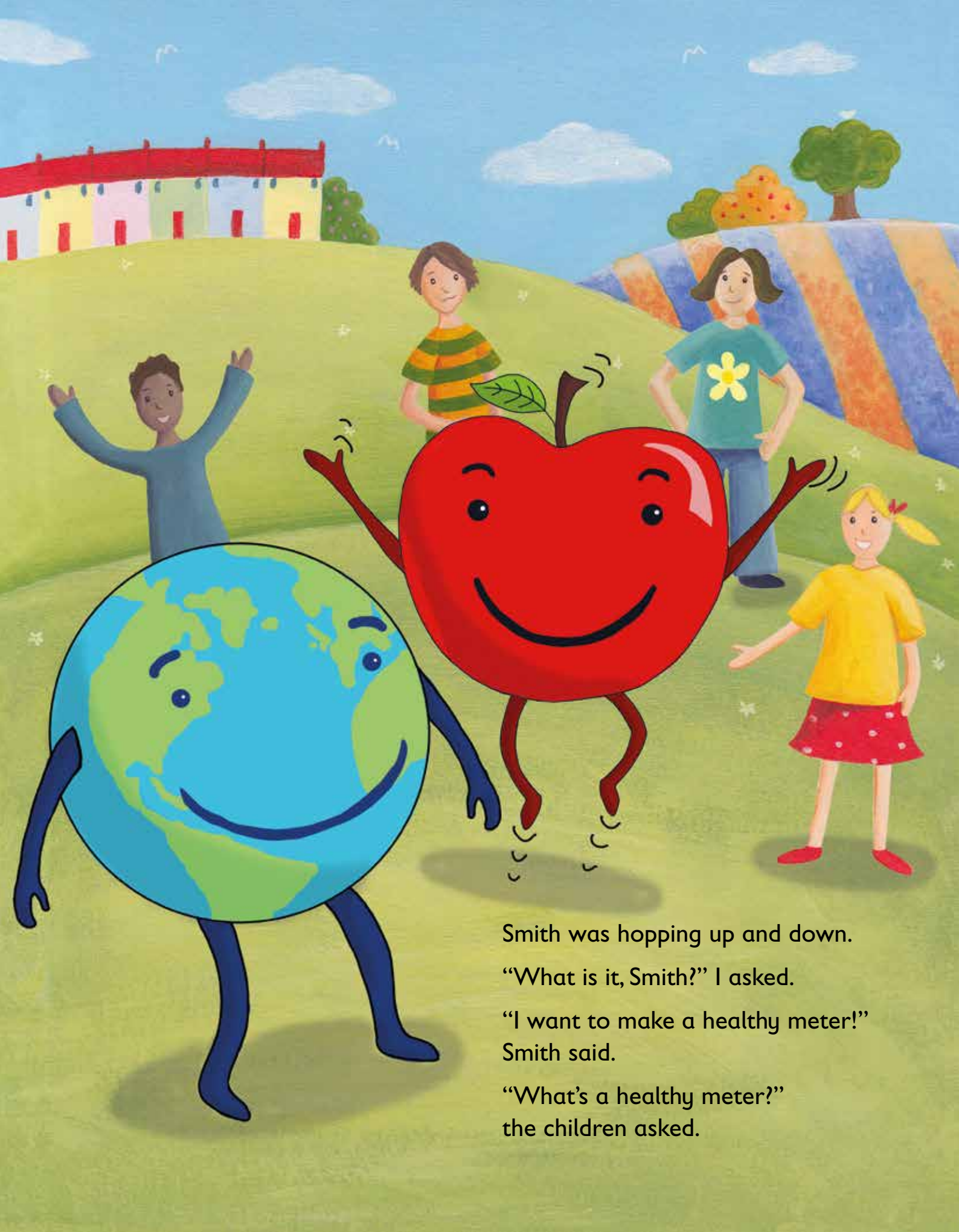
“Smith is very energetic. When Smith gets excited ...”
But before I could finish, we saw Smith coming towards us.



Smith was moving

very fast.

“I think Smith is very excited,” I said.



Smith was hopping up and down.

“What is it, Smith?” I asked.

“I want to make a healthy meter!”
Smith said.

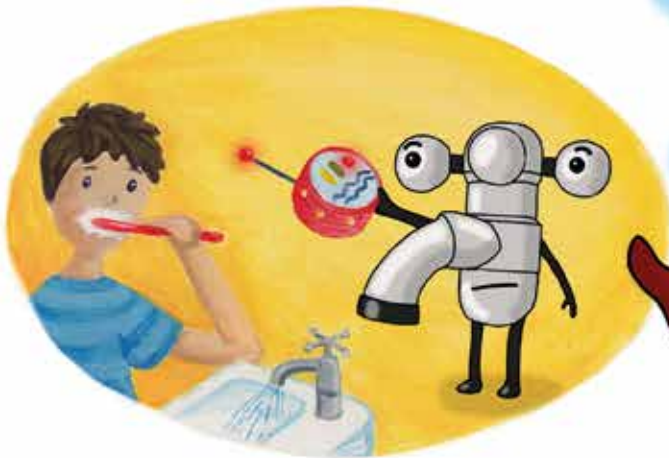
“What’s a healthy meter?”
the children asked.

“Well, a meter is a gadget for measuring things,” said Smith.

“My friend Switch has an energy meter – it tells you how much energy is being used.”



“Wheel has a meter that shows how far you have gone – and how fast.”



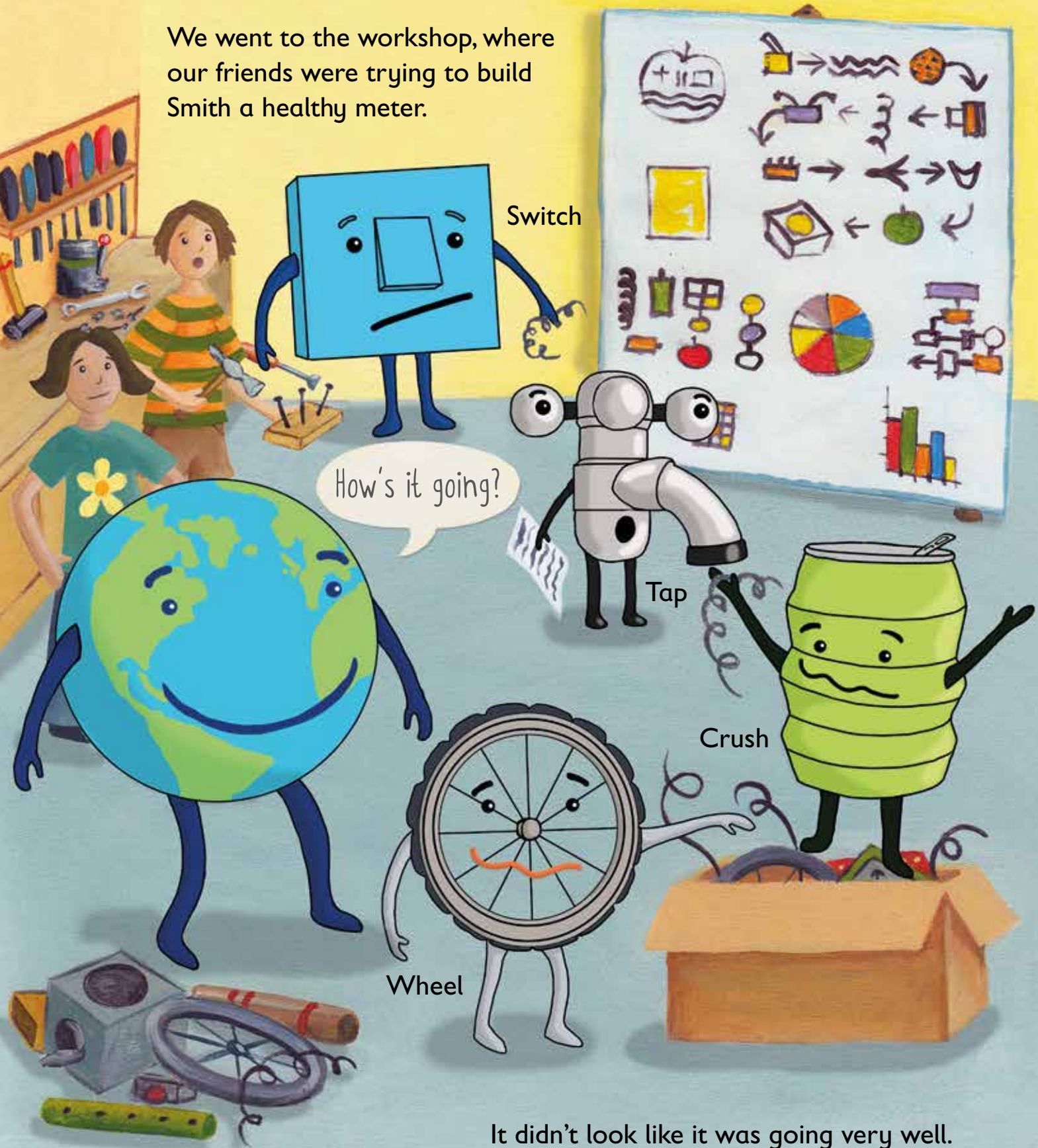
“Tap has a water meter to show you how much water you are using.”

“I want a healthy meter, to tell us how healthy our food is.

And how good it is for the planet – that’s you, Earth!”



We went to the workshop, where our friends were trying to build Smith a healthy meter.



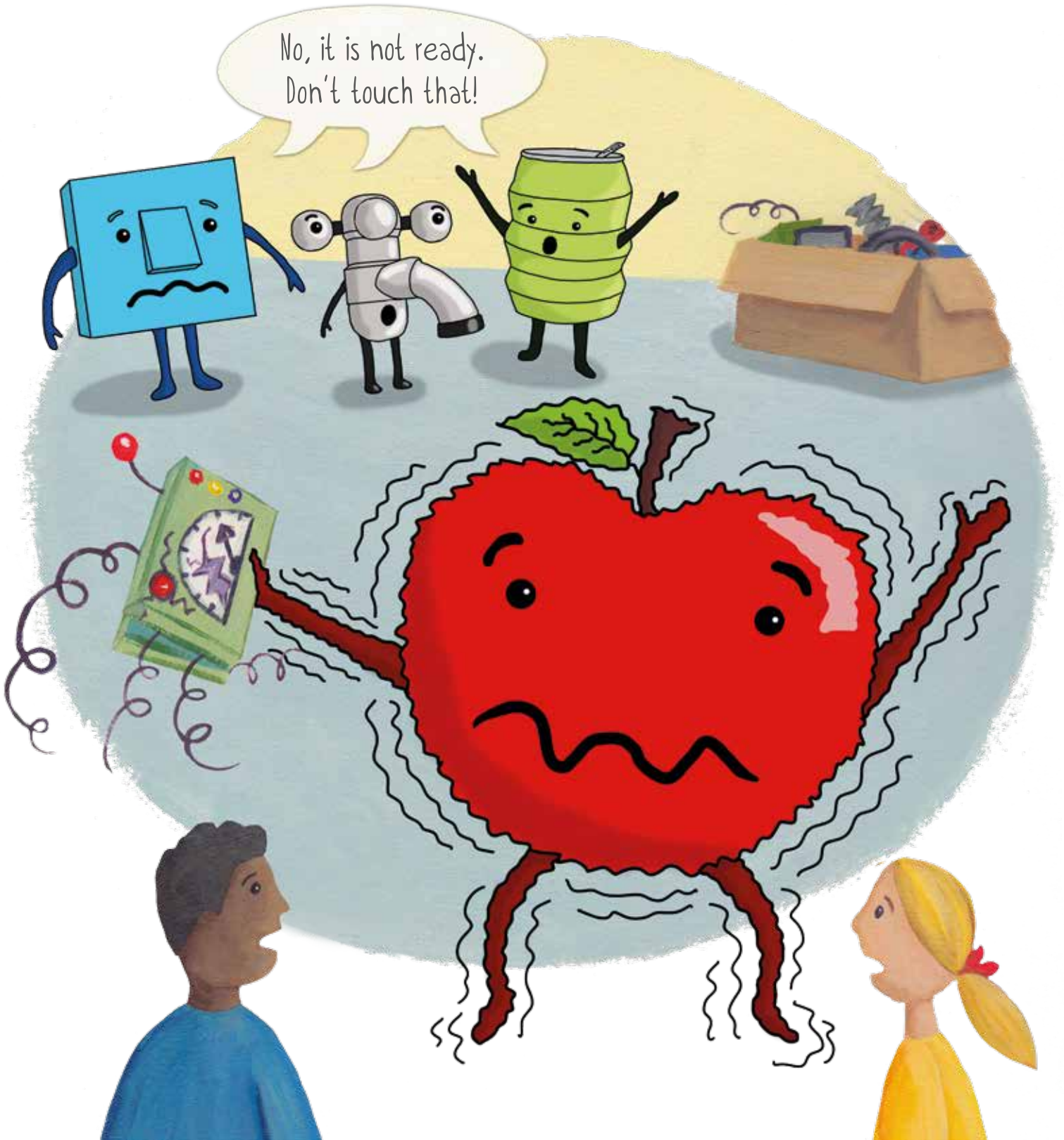
It didn't look like it was going very well.

But Smith was in a hurry.

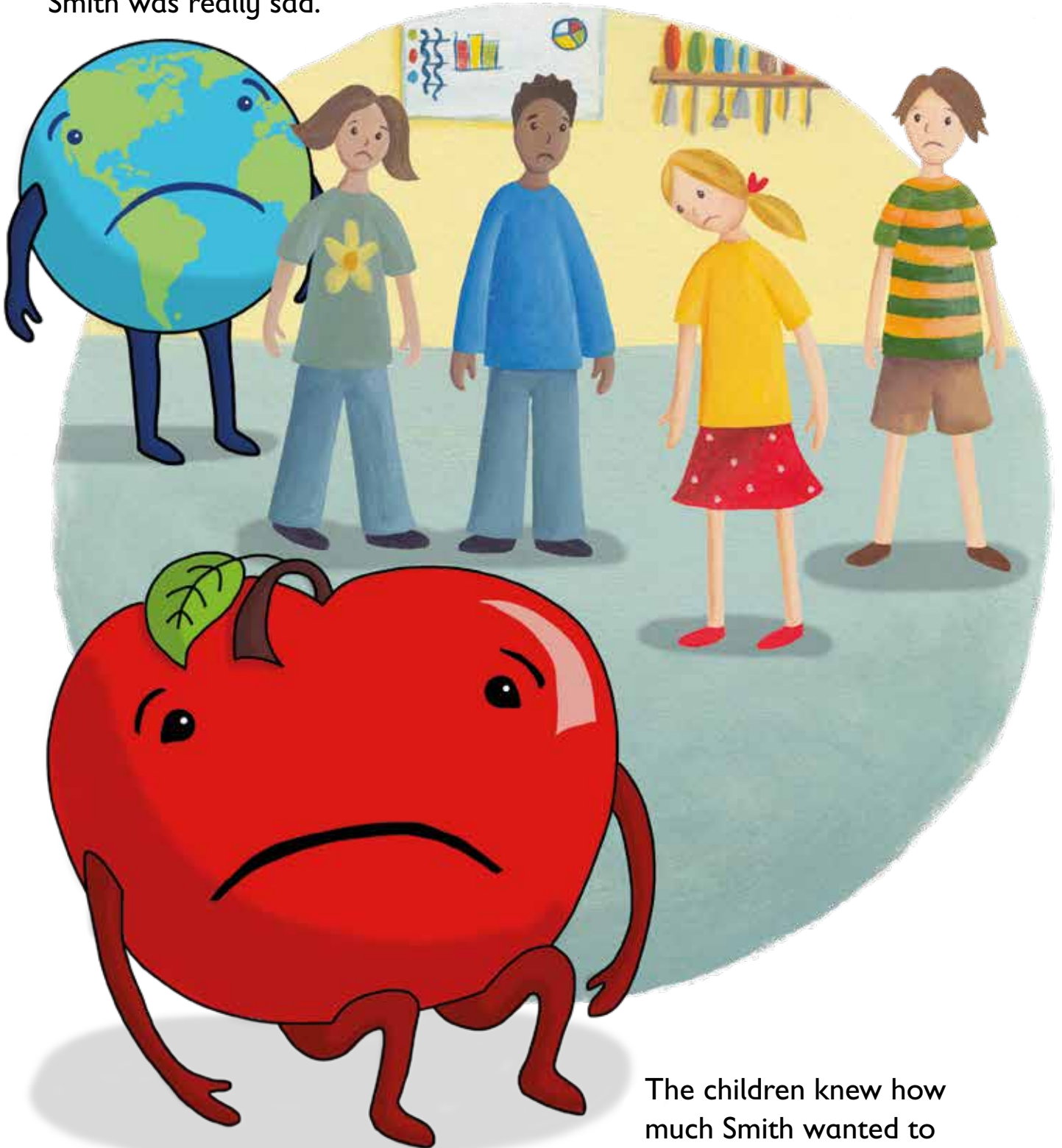
“Is this my healthy meter?” asked Smith. “Is it ready?”

Smith saw a gadget on the floor.

No, it is not ready.
Don't touch that!



Oh dear, the healthy meter did not work.
Smith was really sad.

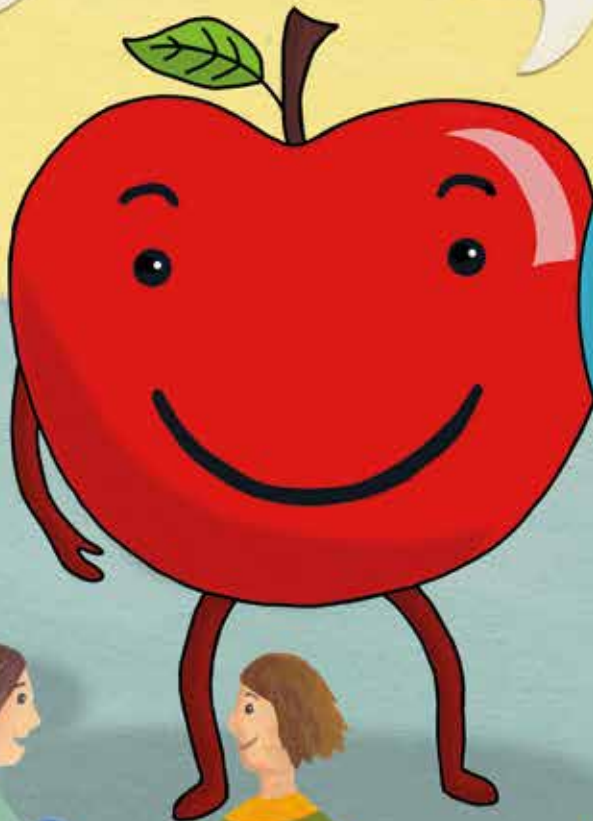


The children knew how much Smith wanted to have a meter like the others.

The children talked together for a minute. They had an idea.

We know how to make
a healthy meter!

That's so exciting!
What do you need
to do?



“First we need to study you, Smith!” they said.

“We need to know everything you know about healthy food.”

“The first thing to tell you,” said Smith, “is that REALLY FRESH food is the most healthy kind..”

“But how do you know if food is really fresh?” the children asked.

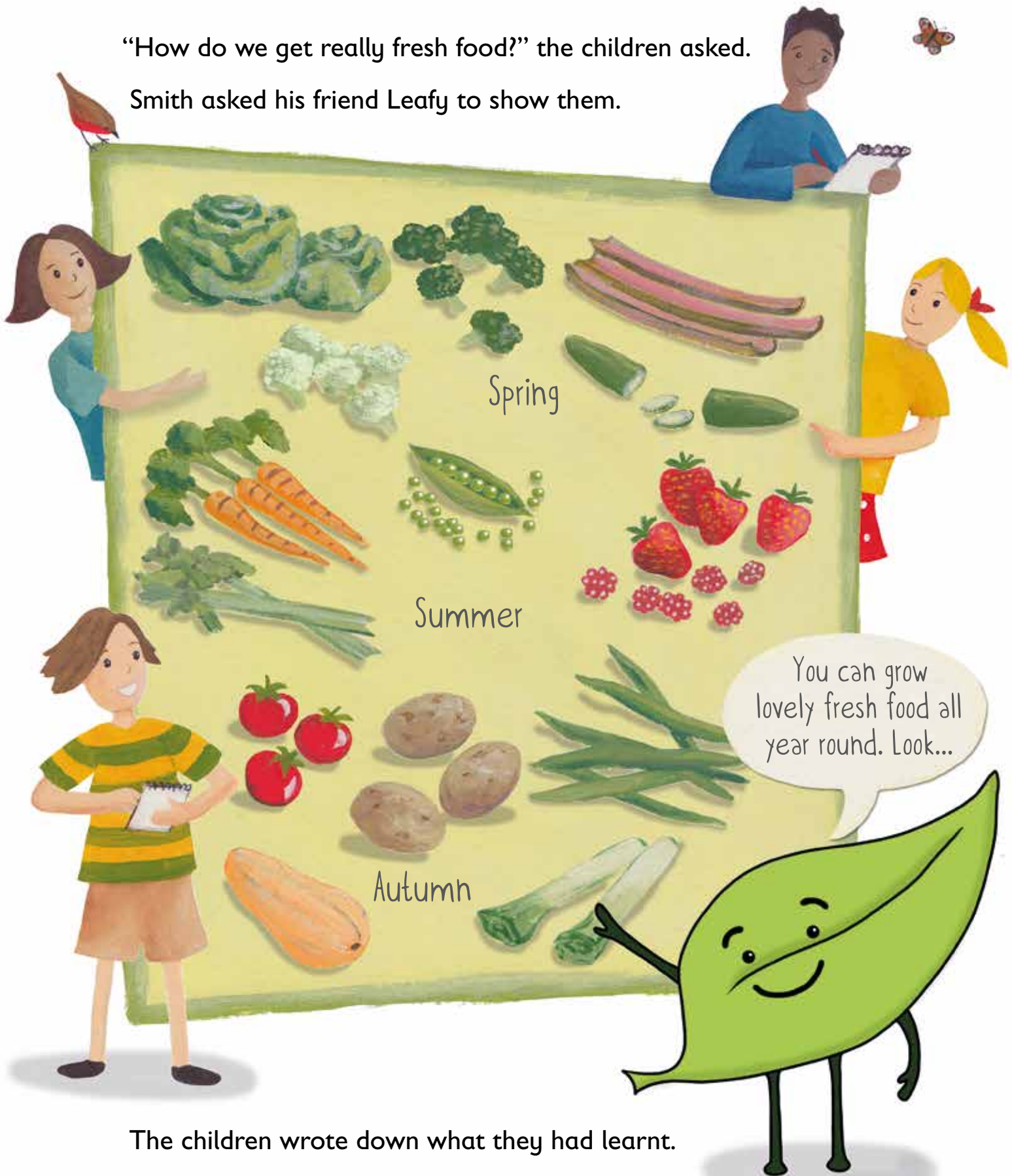
“You check for Zing – the more Zing, the fresher it is,” said Smith.
“Look ...”

Smith took a carrot that had just been picked and ... ZING!



“How do we get really fresh food?” the children asked.

Smith asked his friend Leafy to show them.

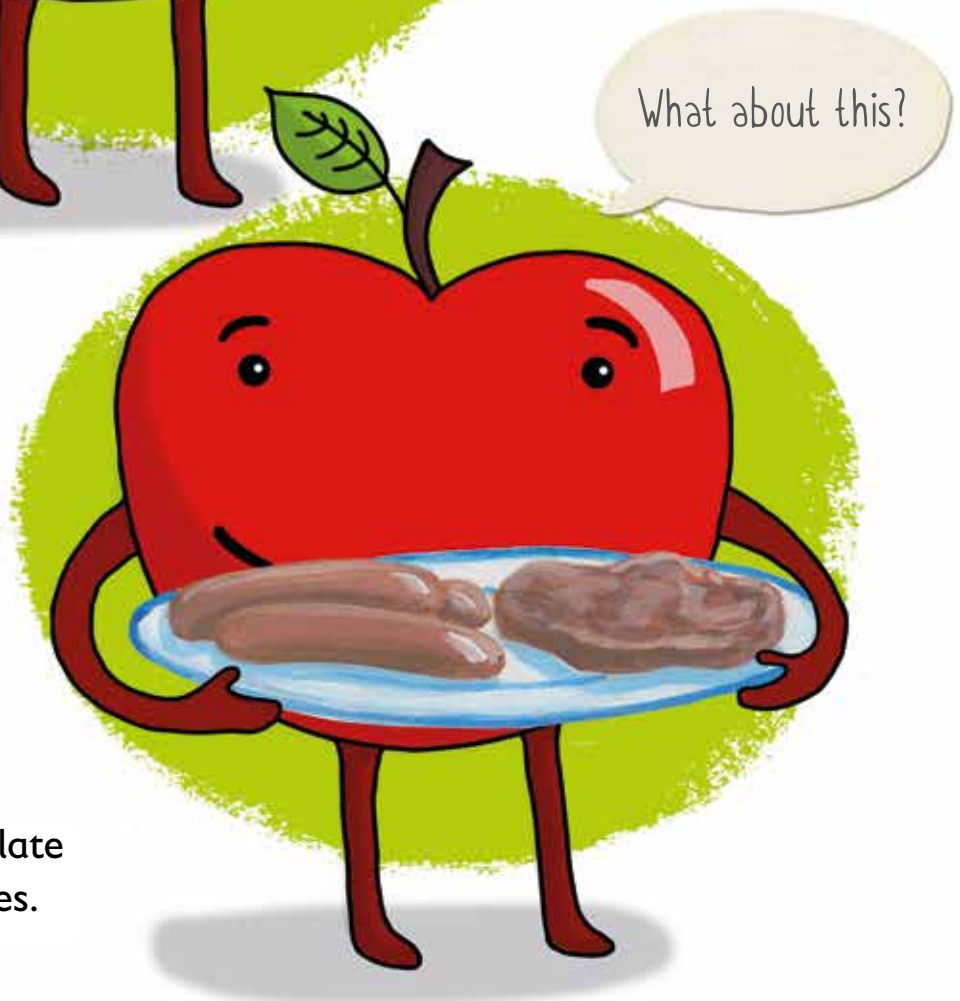


You can grow lovely fresh food all year round. Look...

The children wrote down what they had learnt.

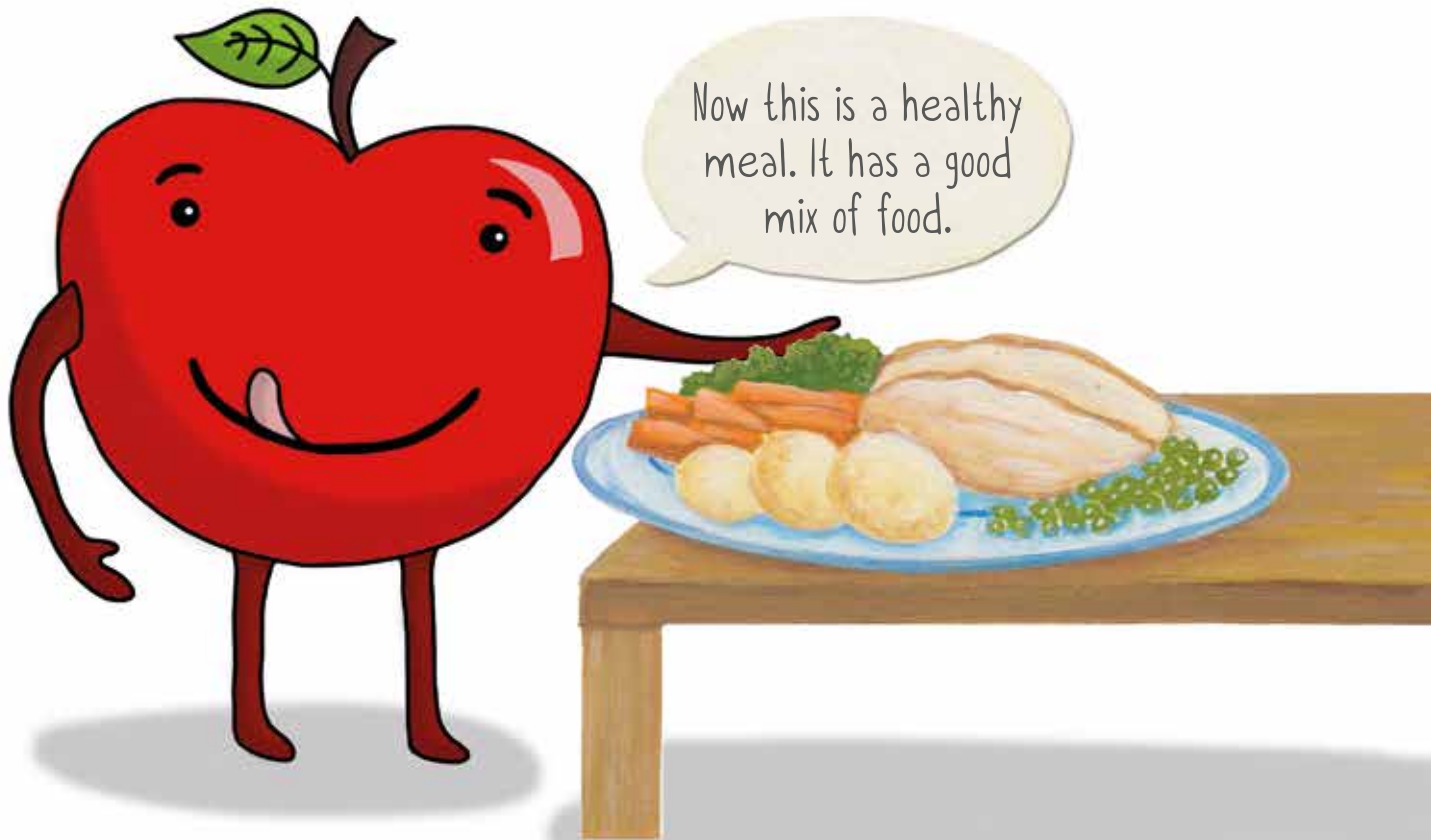
Smith then showed the children three different meals.

The first was a plate of hot pasta.



The second was a plate of meat and sausages.

The third was a plate with vegetables, chicken and potatoes.

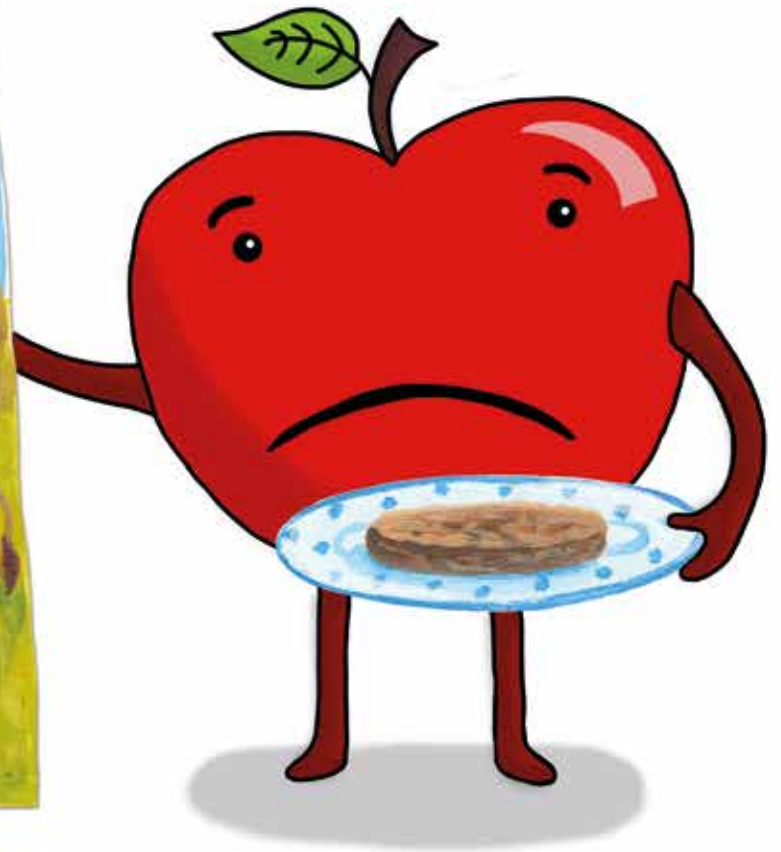


Smith told them all about healthy meals.

The children wrote down what they had learnt.



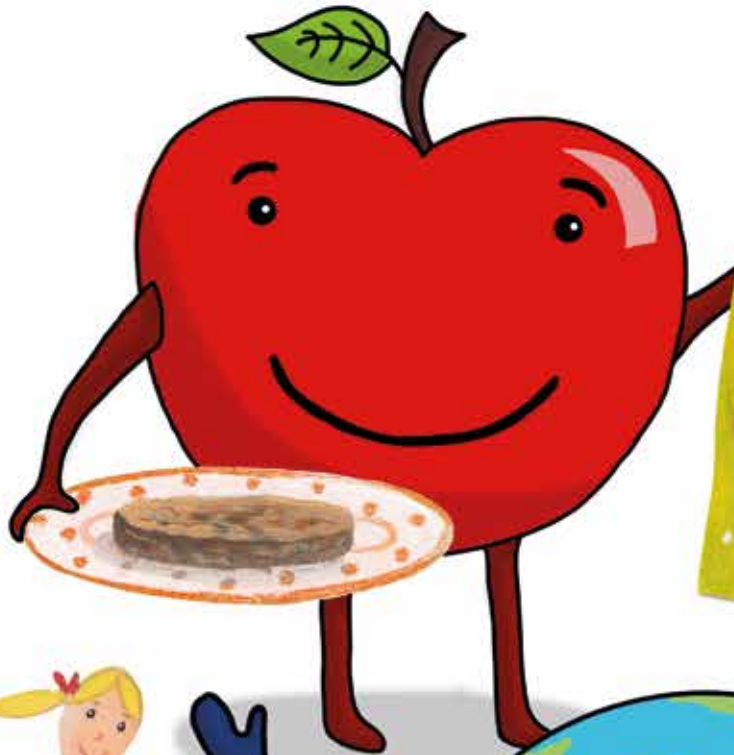
Next Smith asked, "Do you know what's wrong with this burger?"
The children shook their heads. Smith told them that rainforests were cut down to feed the cows.



But we need
rainforests for a
healthy planet.



“Now this burger is okay! The cow lived in a field, not far from here” said Smith.
“No rainforest trees were cut down.”



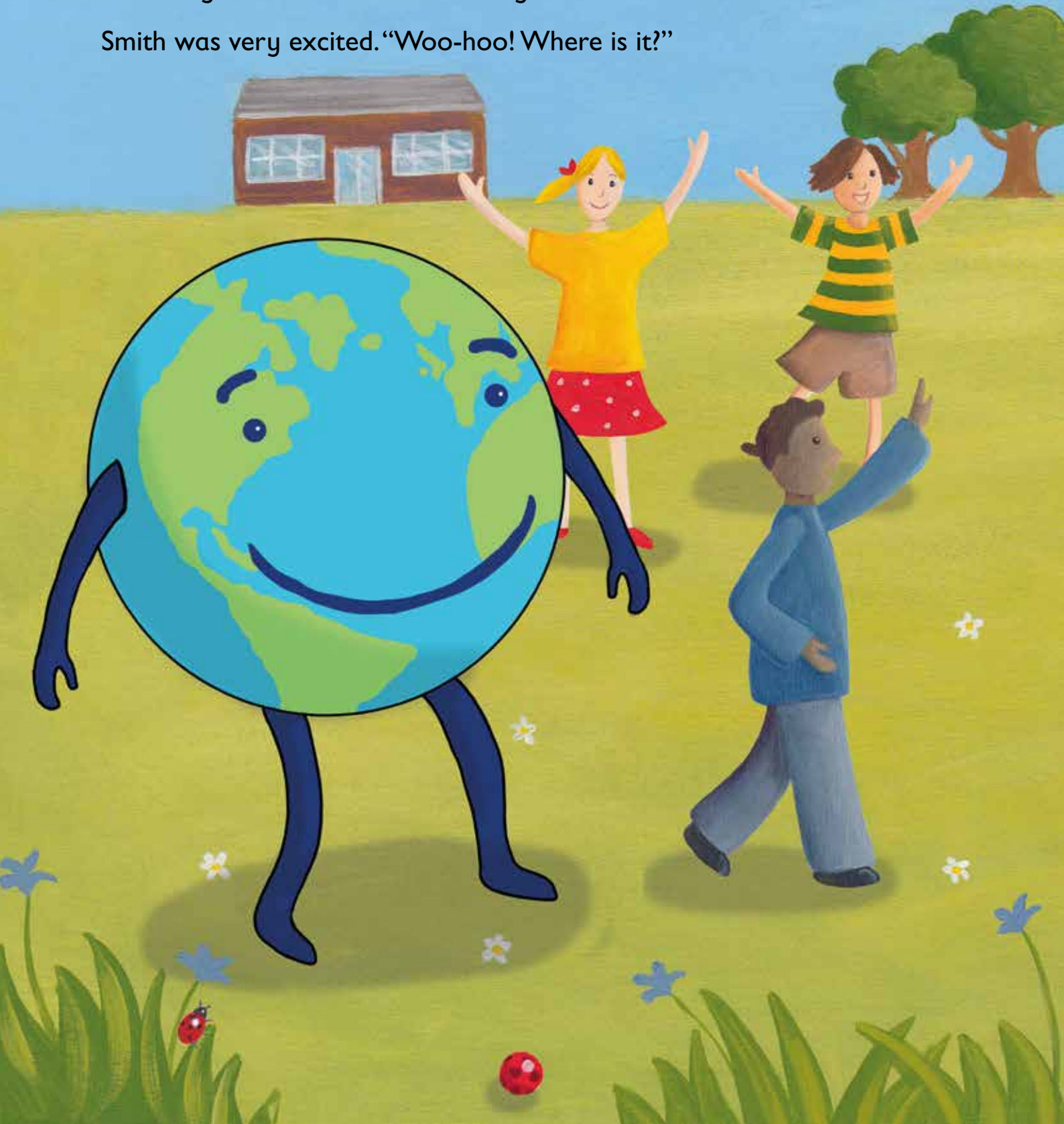
“The most important thing is to find out where your food comes from,” Smith told the children.

“Make sure it is good for Earth and healthy for you, too.”
The children wrote it all down.

“Now you know all about healthy foods that are good for you and Earth,” said Smith, “do you think you can build a healthy meter?”

“Yes,” say the children. “We already have one!”


Smith was very excited. “Woo-hoo! Where is it?”



“It’s you, Smith,” the children said. “You are the healthy meter!”

“You don’t need a gadget,” they said.

“You are the best healthy meter anyone could find.”



Yippee, you
are right!

The next day, the children started work on a vegetable garden for the school. Smith and Leafy were there to help them.

“We have learnt so much from you!”



“We know about ZING and that fresh is best!”

“We know about eating balanced meals!”

“We know we should find out where our food comes from – to make sure healthy food is good for Earth too!”



“What good friends I have got.
I am really proud of them all.”

Why not try this at home?

You don't need a big garden to start growing lovely fresh food. You could start growing fruit and vegetables at home!

Now, here are some ideas for pots to grow things in. What can you find to use? Don't forget to give your plants water and light!

