

Vocabulary

baker—a person who bakes foods in an oven.

bakery—a store where baked foods, like cookies, breads and pies are made and sold.

calcium—main nutrient from the Dairy food group that helps build strong bones and teeth.

compost—a mixture of dried leaves, grasses, weeds, food scraps and sometimes manure, used to fertilize soil.

dairy farm—a farm where cows are raised and milked.

delivery—bringing something from one place to another place.

energy—power or the ability to be active; foods (like fuel) are changed into energy to make our bodies run.

exercise—any physical activity that causes your heart to beat faster.

farmer—a person who works on or owns a farm where crops or animals are raised.

fat—a source of energy found in some foods.

food group—way to group the different foods we eat each day; a given food group will have the same main nutrient in common.

food scraps—leftover pieces of food.

grain—the seeds of cereals, like oats, wheat and corn.

grocery list—a list of foods to buy at the market.

harvest—to gather crops.

hay—plants, like grass and alfalfa, which are cut, dried and made into food for farm animals.

heal—to make someone healthy again.

healthy—foods or physical activities that help build strong bodies that are well, free from sickness.

manure—animals' waste that is used to fertilize soil.

market—a store where foods are sold.

mixed food—foods that contain more than one food group.

muscle—body tissue that moves different parts of the body.

mystery—something that isn't all figured out or understood.

nutrient—what we get from food to help our bodies grow strong, develop and stay healthy.

pasteurize—heating liquids (like milk) or other foods so that they are safe to drink or eat.

processed—a series of actions that result in changing a food product.

protein—substances found in foods we eat that our bodies need for growth and building muscle.

raking—to scrape or smooth an area of land.

rancher—a person who works on or owns a ranch where cattle, sheep, or horses are raised.

soil—the top part of the ground where plants are grown.

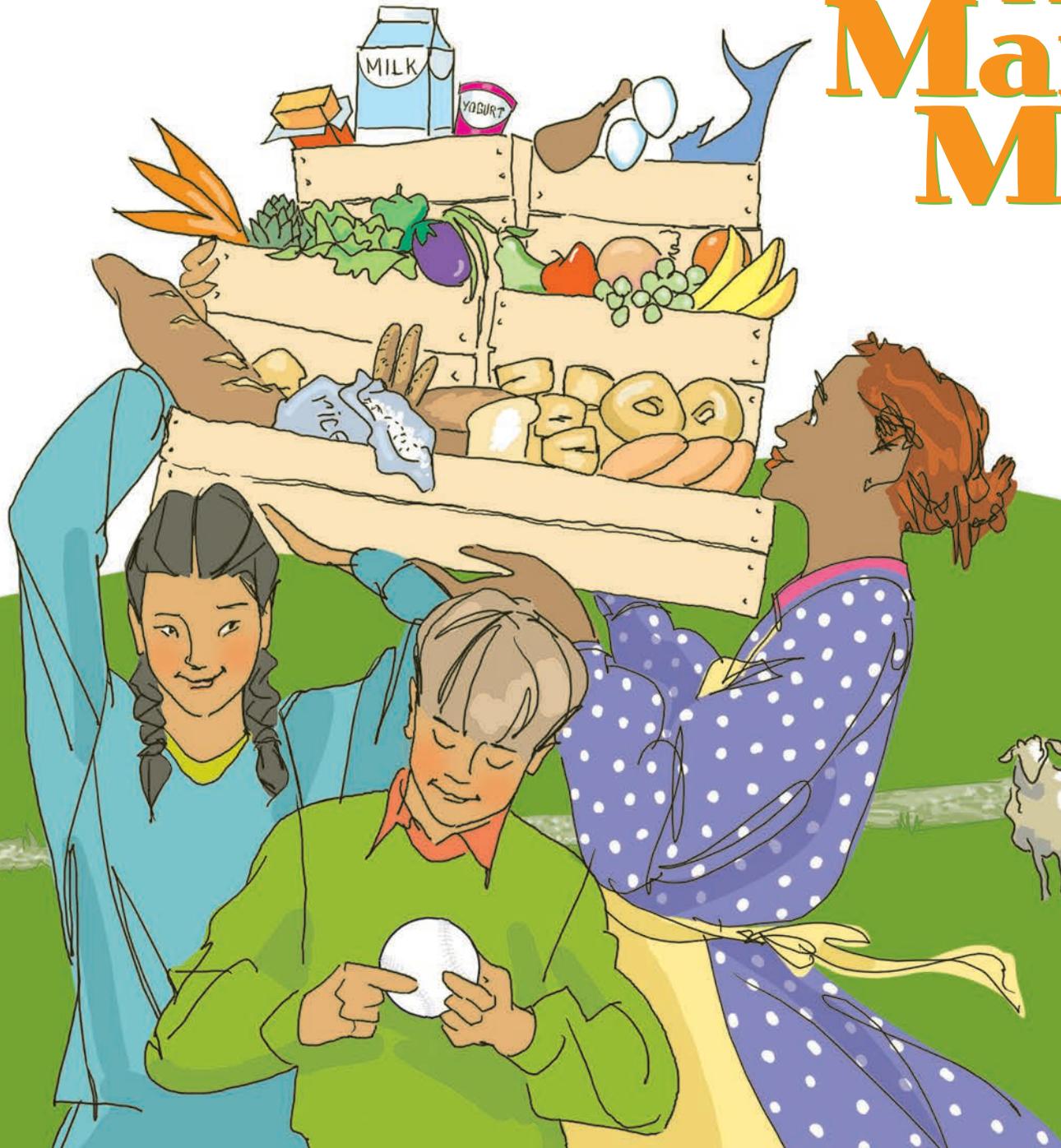
solution—an answer to a problem.

B-vitamins—nutrients that give our bodies energy.

vitamin C—a nutrient that helps our bodies heal.

vitamin A—a nutrient that keeps our eyes and skin healthy.

The Market Mystery



J. W. Watson



The Market Mystery

HealthyEating.org

Chapter One

“What a beautiful, sunny day it is,” said Mom, looking up from the stove where she was making scrambled eggs. “How nice it is that you two have a day off from school today!”

Emma looked out the kitchen window as she ate her bowl of hot oatmeal and grumbled, “I wonder if it will be a boring day with nothing to do?”

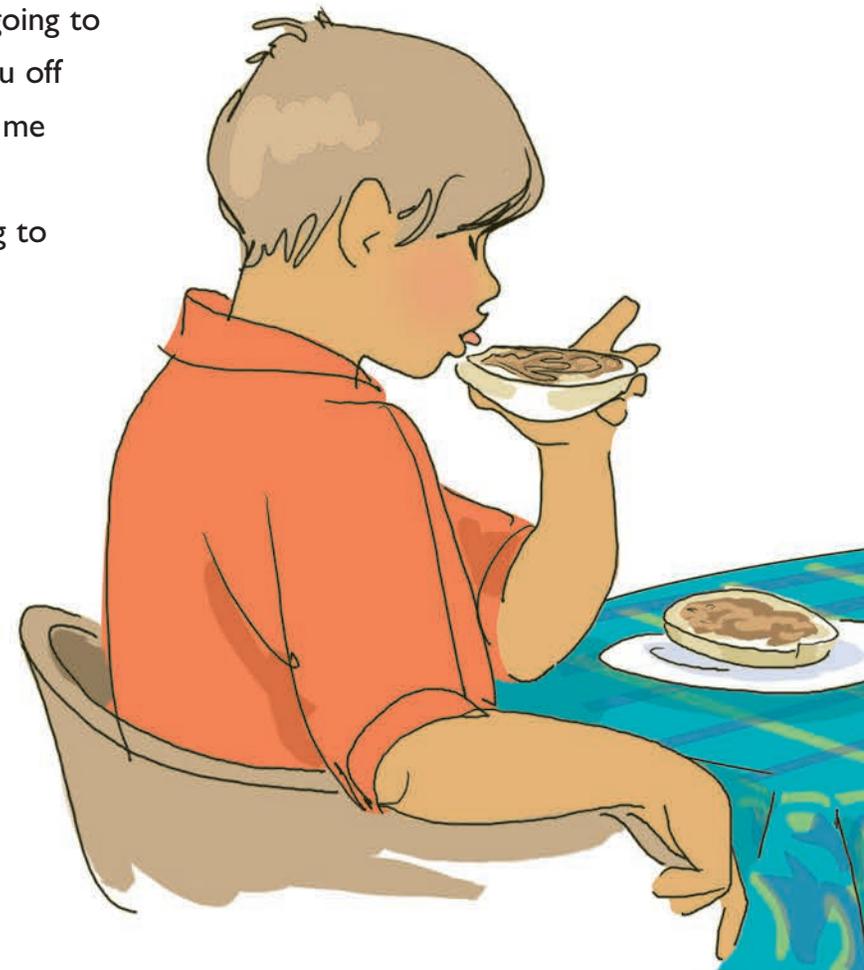
“Yeah. I’m already bored,” agreed Robby, licking the peanut butter on his English muffin.

“Well, kids,” smiled Dad, looking up from the piece of paper he was scribbling on, in front of his coffee and donut, “I’ve been making our family **grocery list**. Since the two of you have nothing special to do today, how about going to Olivia’s **Market** to pick up the foods on the list? Mom can drop you off on her way to work. Since I’m working at home today, you can call me when you’re done and I’ll pick you up.”

“Sure, Dad!” said Emma, jumping up from the table. “I love going to Olivia’s Market! Come on, Robby. Let’s go right now!”

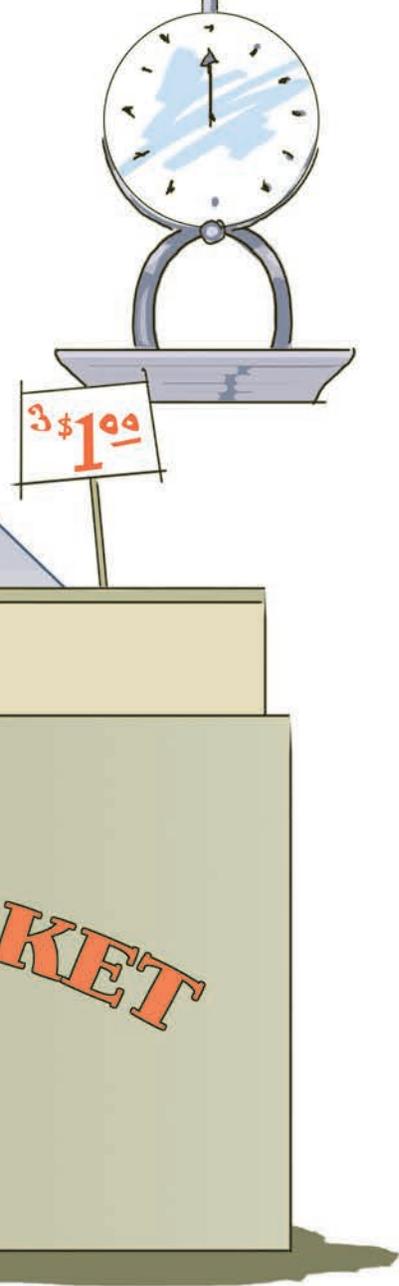
“Not so fast, Emma,” laughed Mom. “You and Robby must first finish your breakfasts so that your bodies have enough food to give you **energy** for the whole morning.”

So Emma and Robby sat back down to finish their breakfasts. They said goodbye to Dad and walked outside to Mom’s car.









Mom dropped the children at the store and waved goodbye. Emma and Robby walked into Olivia's Market with the family grocery list.

"How come so many of the shelves are empty, Emma?" asked Robby.

"I don't know, Robby. Something's a little strange in here today. Here comes Olivia. Let's ask her."

"Hi Emma and Robby," said Olivia. "What can I do for you today?"

"Since Robby and I don't have school today, we're doing the family food shopping," said Emma. "But we see that a lot of the shelves are almost empty, Olivia. How come?"

"That's because the trucks that bring fresh food to my market each morning haven't come today and I don't know why," explained Olivia. "I have to figure out what happened because everyone who shops in my market needs to buy and eat many different foods to stay **healthy**."

"Could we help you find out what happened to all the food?" asked Robby.

"Yes please, Olivia!" agreed Emma. "We'd really like to help solve this market **mystery**!"

"Well, I would really appreciate the help," said Olivia. "Emma, let's go call your Dad to make sure it's okay for you and Robby to spend the day with me."

"Great!" cheered the children.

As Emma and Olivia went to make the call, Robby thought to himself: "Maybe today won't be so boring after all!"





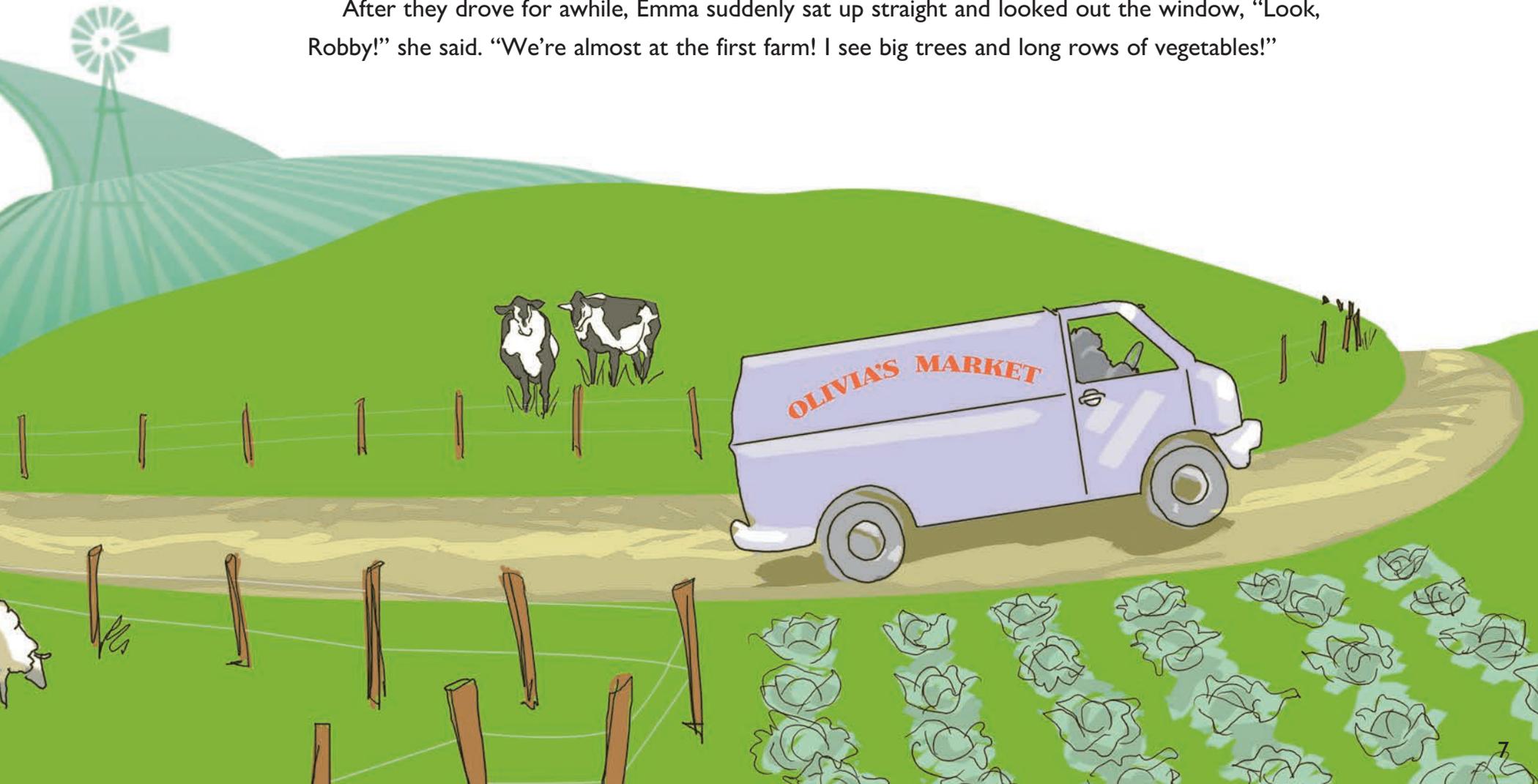
“We are going to go to each of the farms where the foods are grown,” said Olivia. “We will ask the **farmers** why the food wasn’t delivered to my market this morning. And, you’ll learn why each of those foods is so important for us to eat. Did you know that all of the foods we eat are organized into **food groups**?”

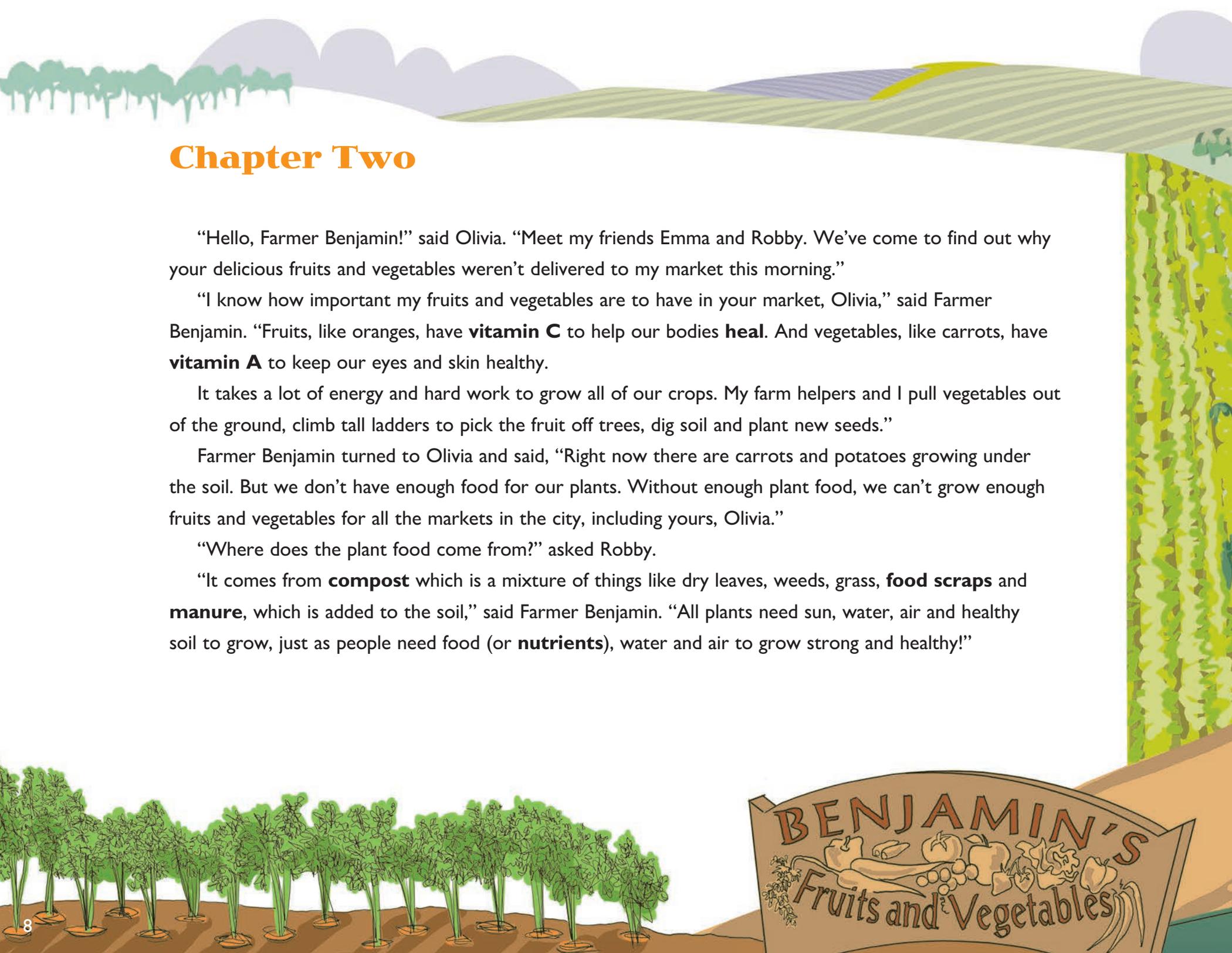
“I know what the food groups are, Olivia,” said Emma. “There are five groups: Dairy; Vegetables; Fruits; Grains and Protein. Some foods do not fit into the food groups and are called “extras,” like cookies, soda and candy.”

“Do you mean that all the foods we eat every day are found somewhere in the food groups?” asked Robby.

“That’s right!” said Olivia. “On our trip today you’ll also see just how much work it takes to run a farm. The farmers get a lot of **exercise** every day doing things like gathering crops, digging **soil**, **raking**, carrying bags of seeds and climbing ladders.”

After they drove for awhile, Emma suddenly sat up straight and looked out the window, “Look, Robby!” she said. “We’re almost at the first farm! I see big trees and long rows of vegetables!”





Chapter Two

“Hello, Farmer Benjamin!” said Olivia. “Meet my friends Emma and Robby. We’ve come to find out why your delicious fruits and vegetables weren’t delivered to my market this morning.”

“I know how important my fruits and vegetables are to have in your market, Olivia,” said Farmer Benjamin. “Fruits, like oranges, have **vitamin C** to help our bodies **heal**. And vegetables, like carrots, have **vitamin A** to keep our eyes and skin healthy.

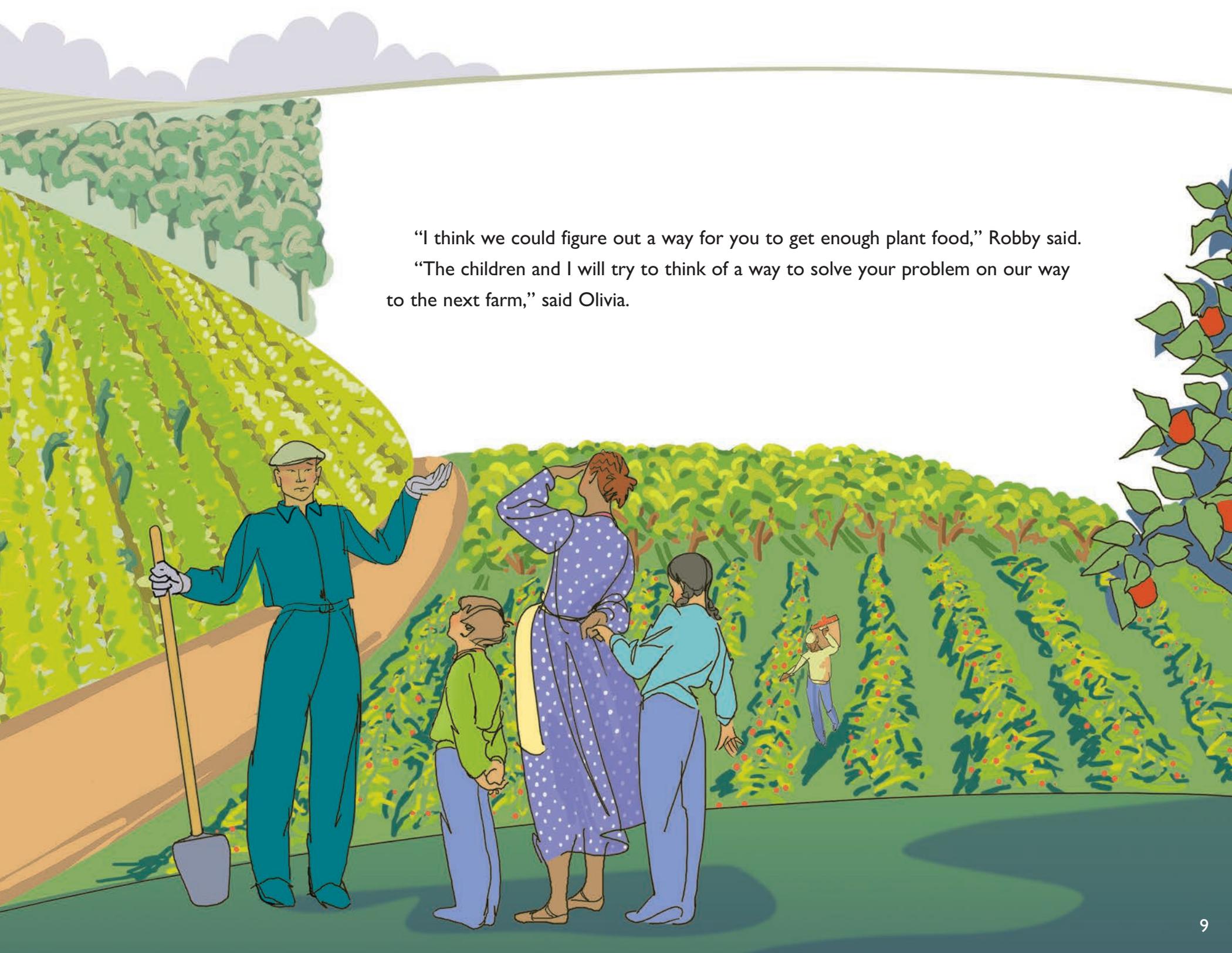
It takes a lot of energy and hard work to grow all of our crops. My farm helpers and I pull vegetables out of the ground, climb tall ladders to pick the fruit off trees, dig soil and plant new seeds.”

Farmer Benjamin turned to Olivia and said, “Right now there are carrots and potatoes growing under the soil. But we don’t have enough food for our plants. Without enough plant food, we can’t grow enough fruits and vegetables for all the markets in the city, including yours, Olivia.”

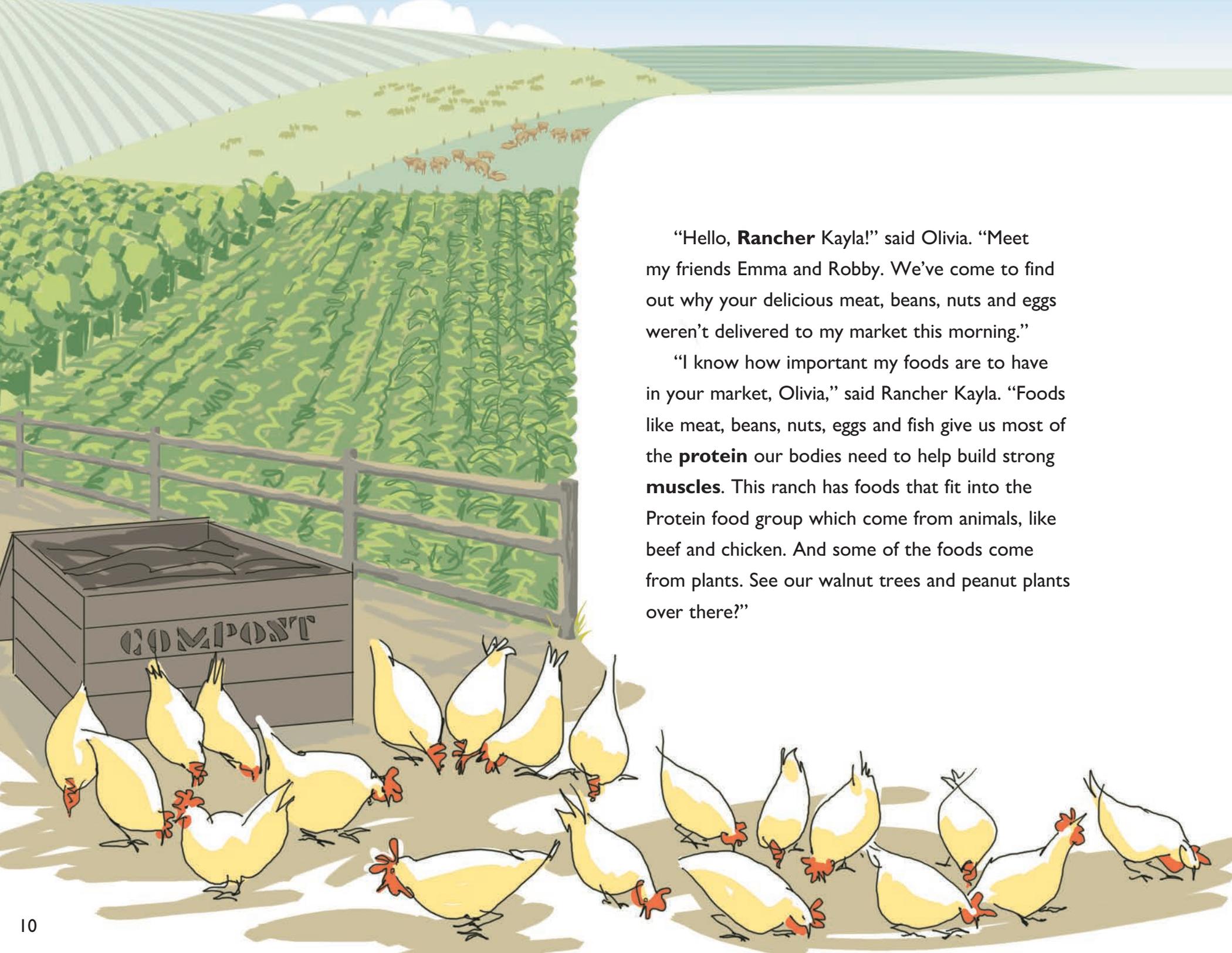
“Where does the plant food come from?” asked Robby.

“It comes from **compost** which is a mixture of things like dry leaves, weeds, grass, **food scraps** and **manure**, which is added to the soil,” said Farmer Benjamin. “All plants need sun, water, air and healthy soil to grow, just as people need food (or **nutrients**), water and air to grow strong and healthy!”





“I think we could figure out a way for you to get enough plant food,” Robby said.
“The children and I will try to think of a way to solve your problem on our way to the next farm,” said Olivia.



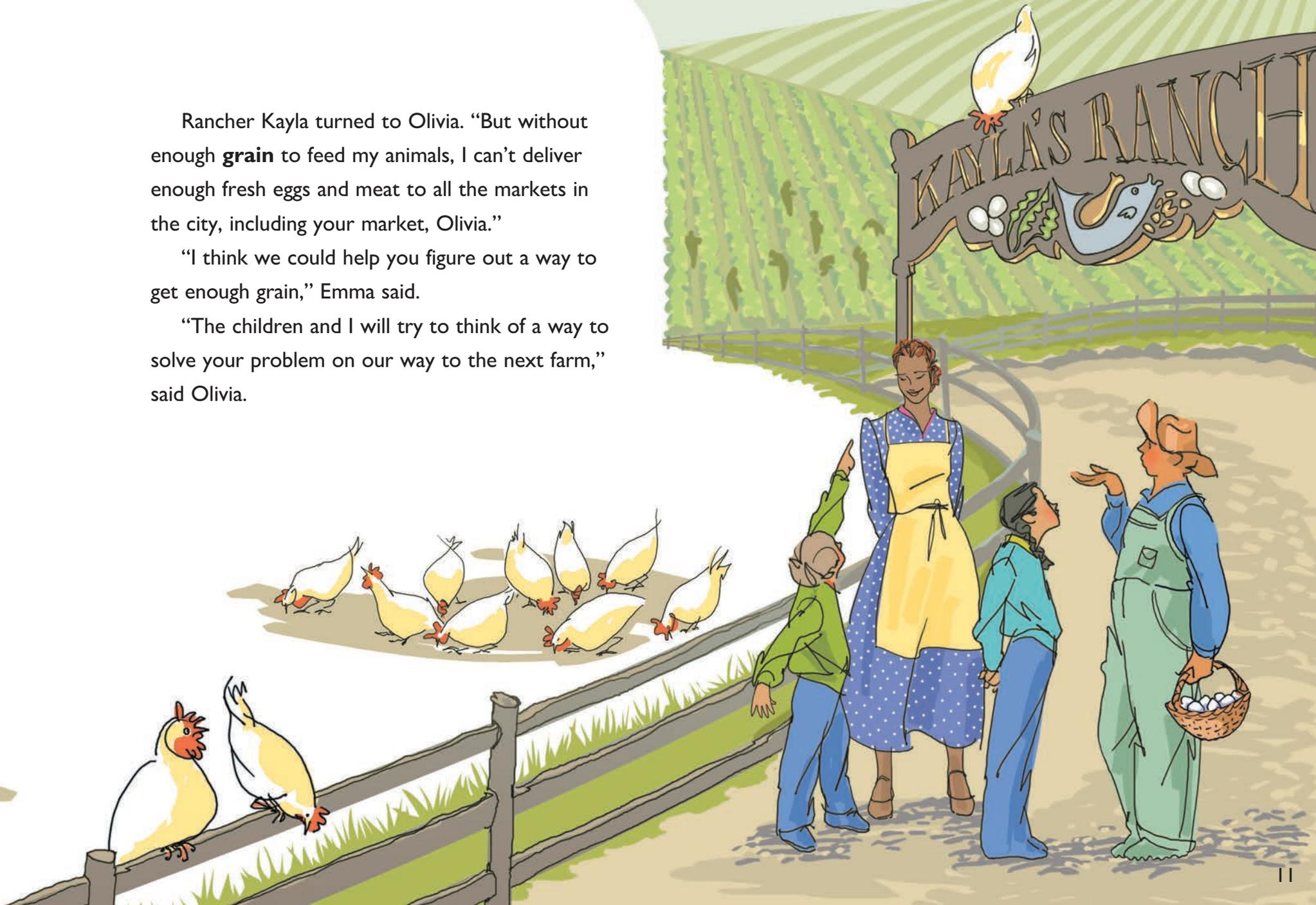
“Hello, **Rancher Kayla!**” said Olivia. “Meet my friends Emma and Robby. We’ve come to find out why your delicious meat, beans, nuts and eggs weren’t delivered to my market this morning.”

“I know how important my foods are to have in your market, Olivia,” said Rancher Kayla. “Foods like meat, beans, nuts, eggs and fish give us most of the **protein** our bodies need to help build strong **muscles**. This ranch has foods that fit into the Protein food group which come from animals, like beef and chicken. And some of the foods come from plants. See our walnut trees and peanut plants over there?”

Rancher Kayla turned to Olivia. “But without enough **grain** to feed my animals, I can’t deliver enough fresh eggs and meat to all the markets in the city, including your market, Olivia.”

“I think we could help you figure out a way to get enough grain,” Emma said.

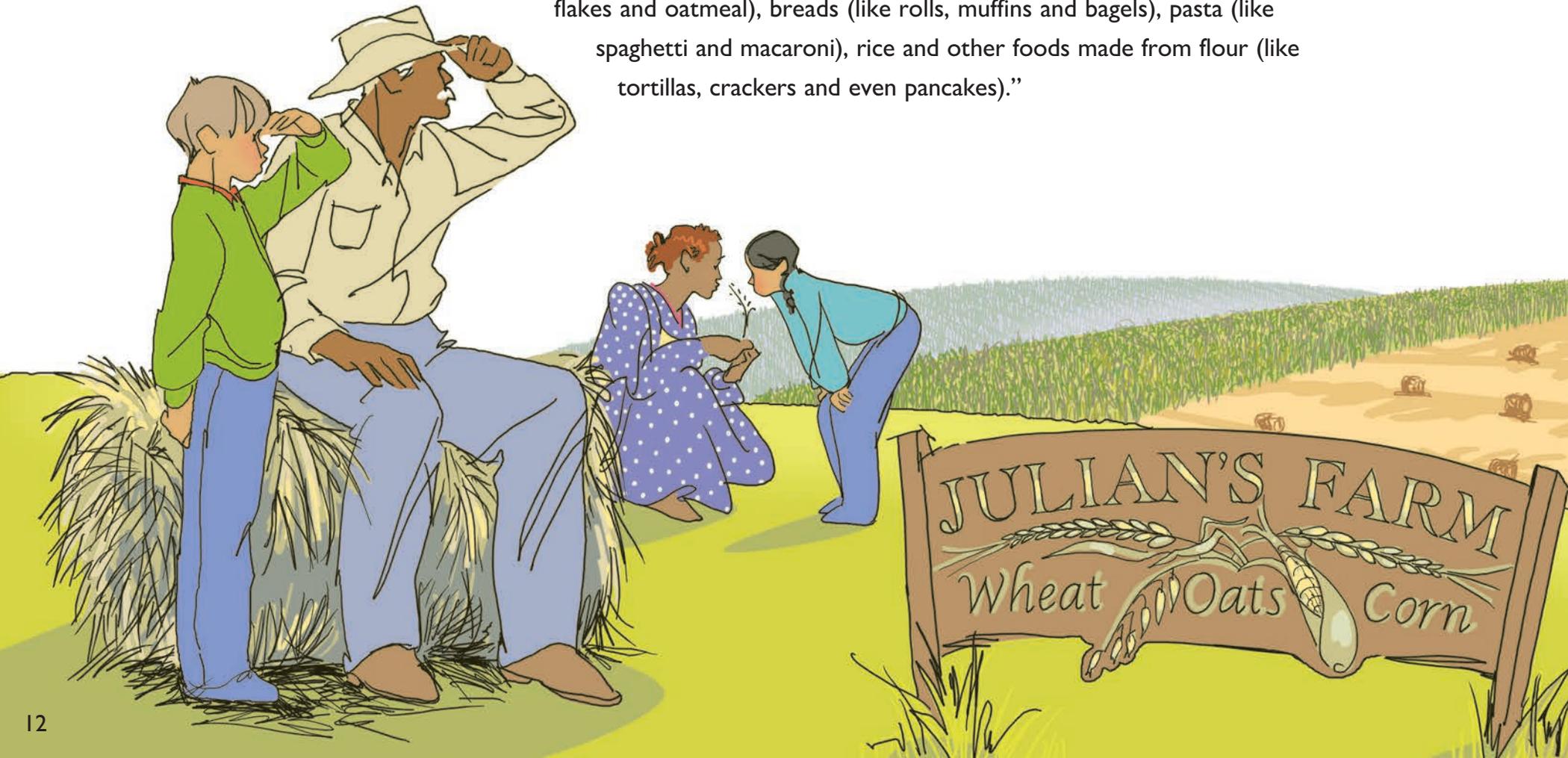
“The children and I will try to think of a way to solve your problem on our way to the next farm,” said Olivia.



“Hello Farmer Julian!” said Olivia. “Meet my friends Emma and Robby. We’ve come to find out why your delicious breads and grains weren’t delivered to my market this morning.”

“I know how important breads and grains are to have in your market, Olivia,” said Farmer Julian. “Breads and grains give us **B-vitamins** which we need for energy.”

Farmer Julian turned to Robby and Emma. “On this farm we grow wheat, corn and oat grains so that they can be made into foods for the Grains food group. The grains are used to make cereals (like corn flakes and oatmeal), breads (like rolls, muffins and bagels), pasta (like spaghetti and macaroni), rice and other foods made from flour (like tortillas, crackers and even pancakes).”

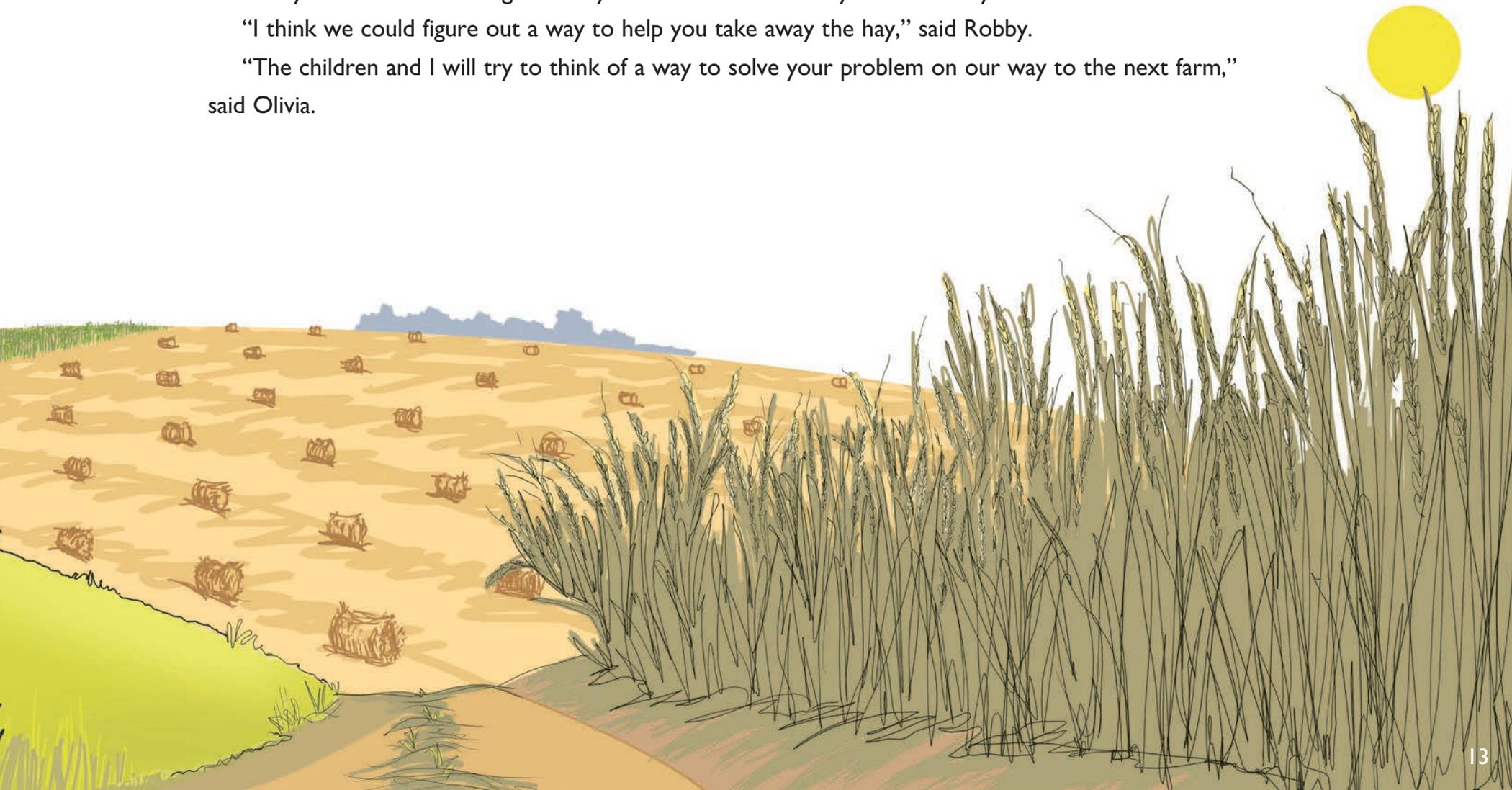


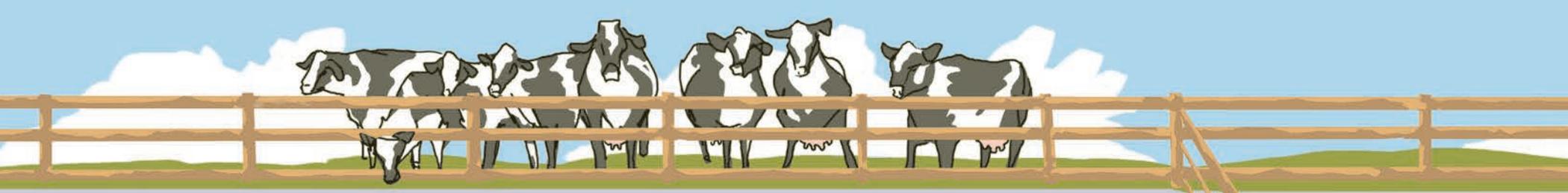
“I love spaghetti!” giggled Robby.

“I do too,” Farmer Julian smiled. He turned to Olivia and said, “But without enough room in my fields to grow more wheat, oats and corn, I can’t deliver enough breads and grains to all the markets in the city, including yours, Olivia. You see, I have a big field of **hay** that must be **harvested** so I can plant more grain. I can only deliver breads and grains to your market if all the hay is taken away.”

“I think we could figure out a way to help you take away the hay,” said Robby.

“The children and I will try to think of a way to solve your problem on our way to the next farm,” said Olivia.



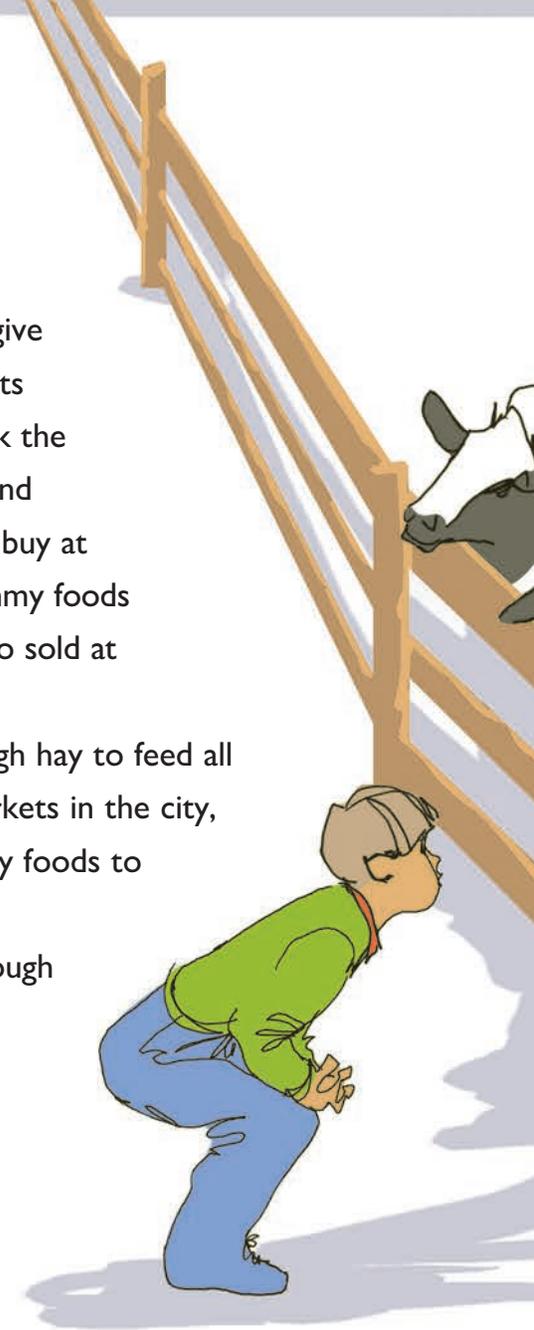
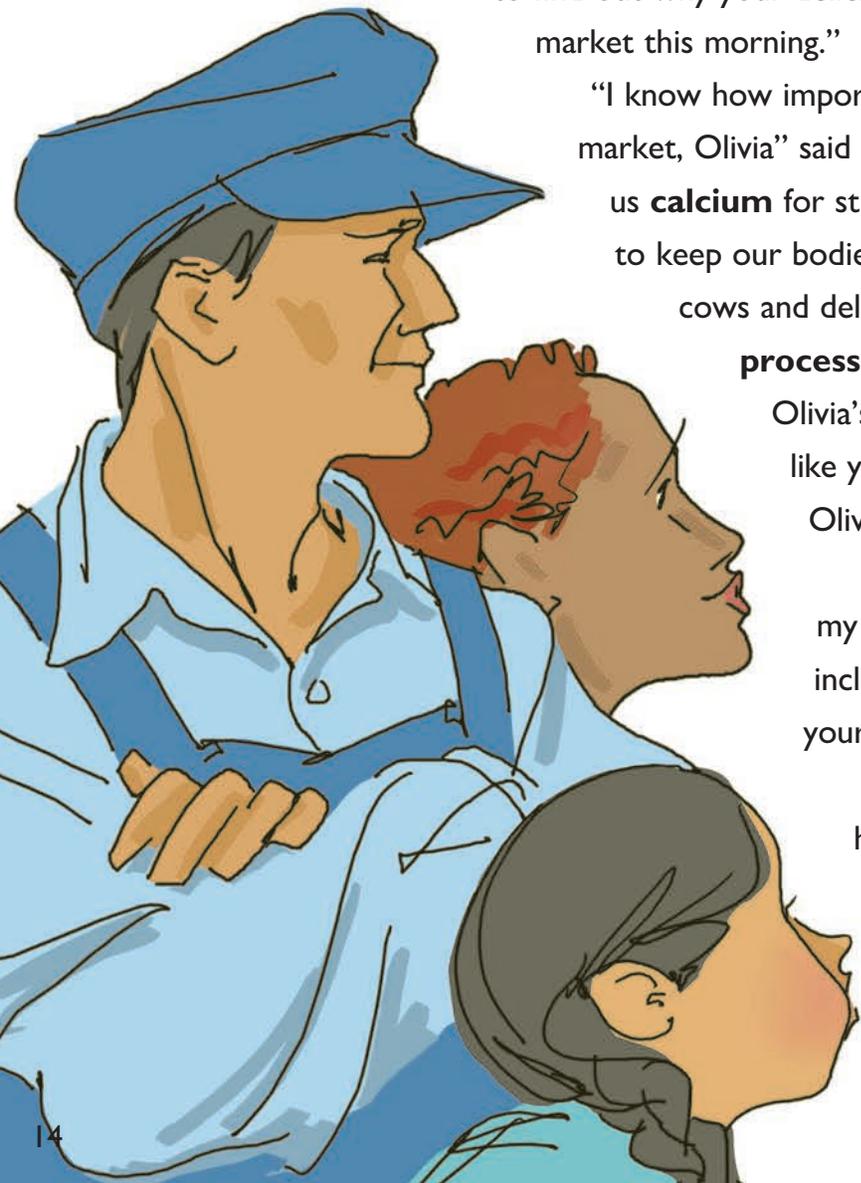


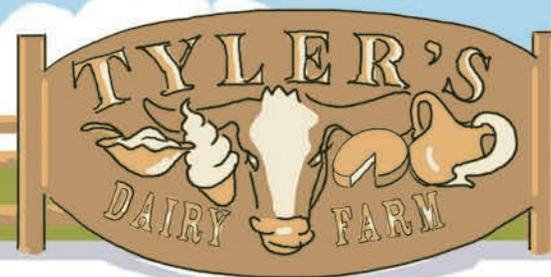
“Hello, Farmer Tyler!” said Olivia. “Meet my friends Emma and Robby. We’ve come to find out why your delicious milk and dairy foods weren’t delivered to my market this morning.”

“I know how important milk and dairy foods are to have in your market, Olivia” said Farmer Tyler. “Foods from the Dairy food group give us **calcium** for strong bones and teeth and other important nutrients to keep our bodies healthy and strong. On this **dairy farm**, we milk the cows and deliver the milk to a place where it is **pasteurized** and **processed** and then poured into containers which people buy at Olivia’s Market. Some of the milk is made into other yummy foods like yogurt, cheese, pudding and ice cream which are also sold at Olivia’s Market.”

Farmer Tyler turned to Olivia. “But without enough hay to feed all my cows, they can’t make enough milk for all the markets in the city, including yours, Olivia. I can only deliver milk and dairy foods to your market if I can get enough hay.”

“I think we could figure out a way to get you enough hay,” said Emma.



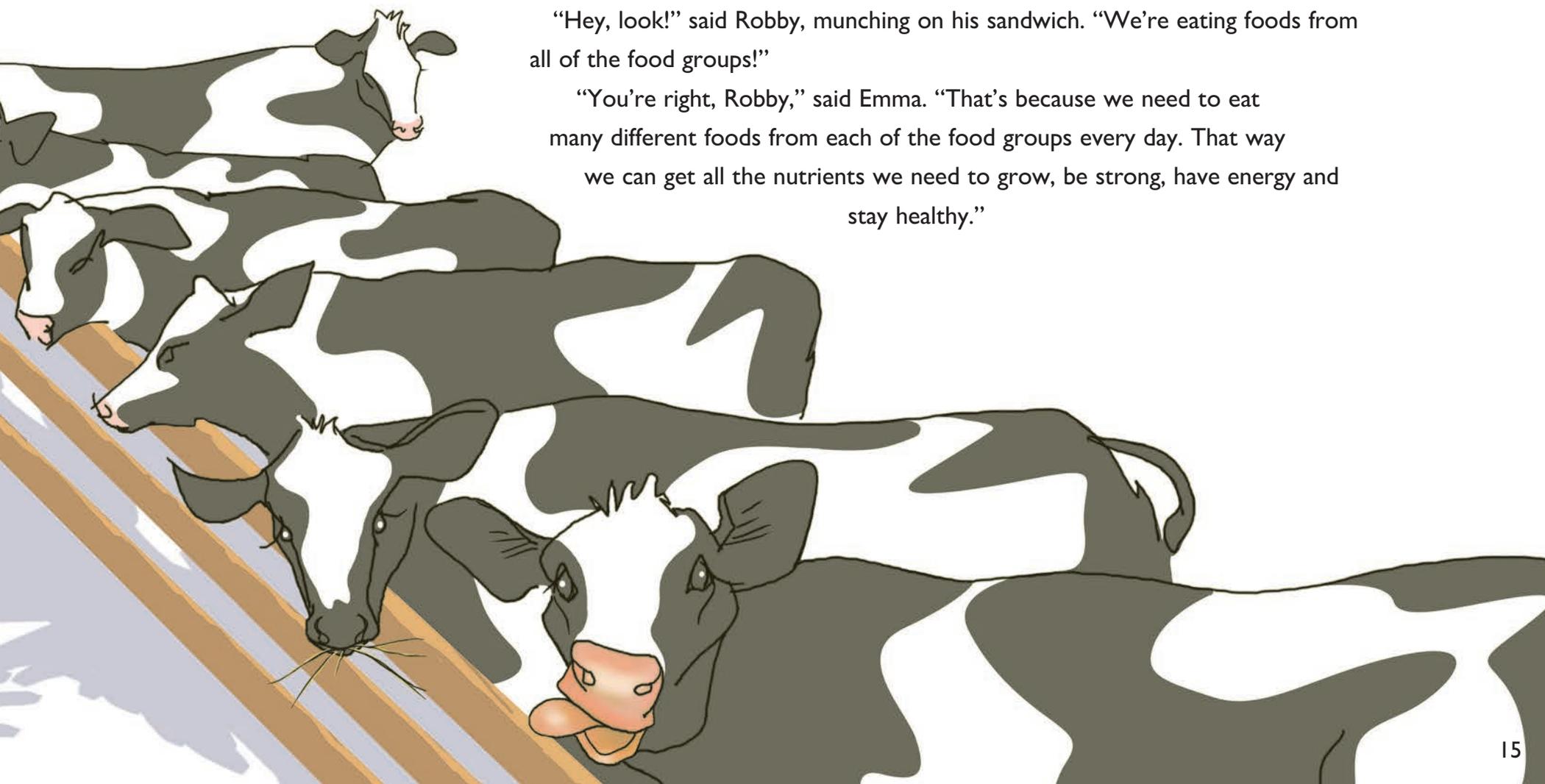


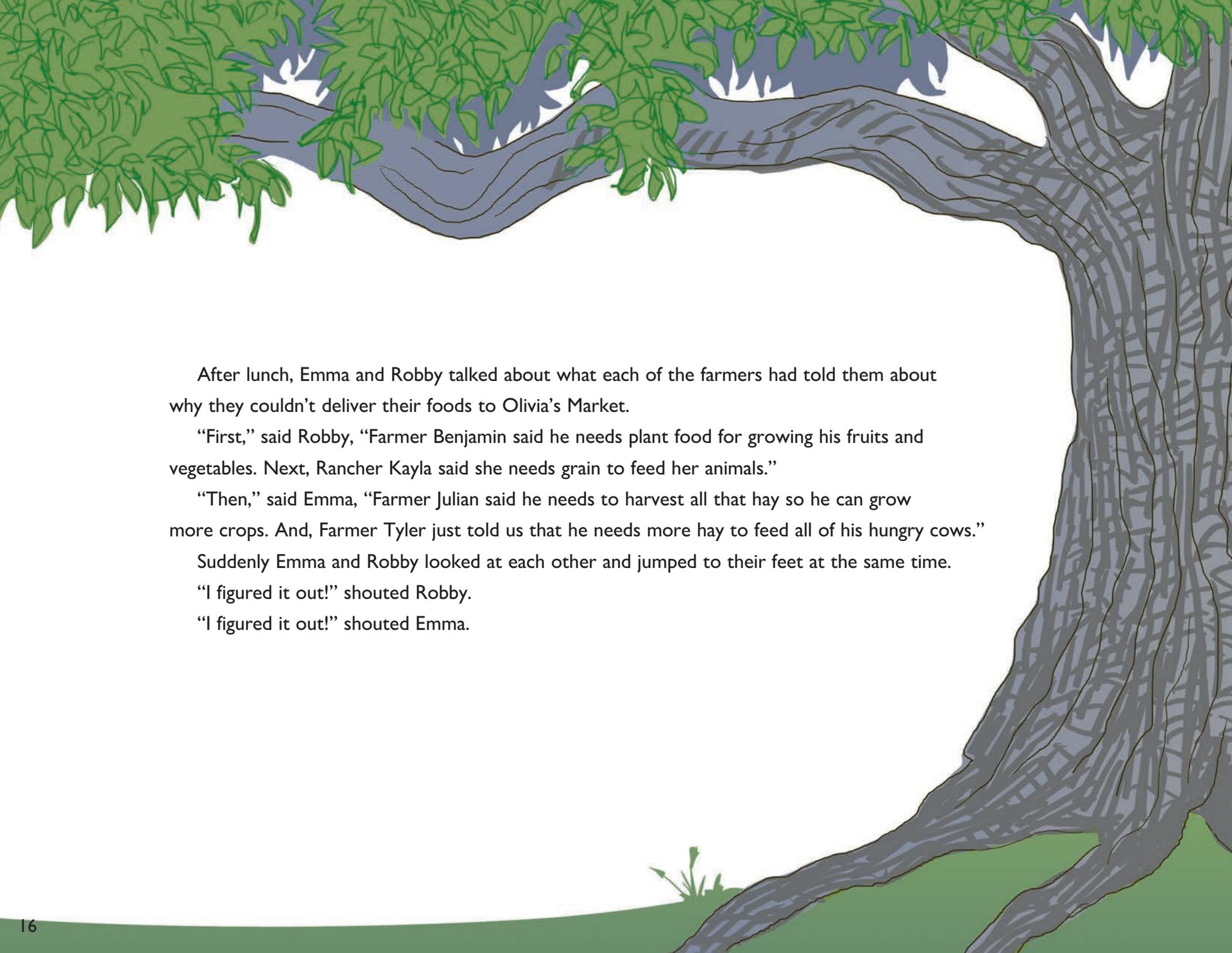
“That would be wonderful!” said Farmer Tyler. “Would the three of you like to join me for lunch? You must be very hungry after your morning travels.”

So Farmer Tyler made a tasty lunch of tuna fish sandwiches, apple and orange slices, carrot sticks, tomatoes and milk.

“Hey, look!” said Robby, munching on his sandwich. “We’re eating foods from all of the food groups!”

“You’re right, Robby,” said Emma. “That’s because we need to eat many different foods from each of the food groups every day. That way we can get all the nutrients we need to grow, be strong, have energy and stay healthy.”





After lunch, Emma and Robby talked about what each of the farmers had told them about why they couldn't deliver their foods to Olivia's Market.

"First," said Robby, "Farmer Benjamin said he needs plant food for growing his fruits and vegetables. Next, Rancher Kayla said she needs grain to feed her animals."

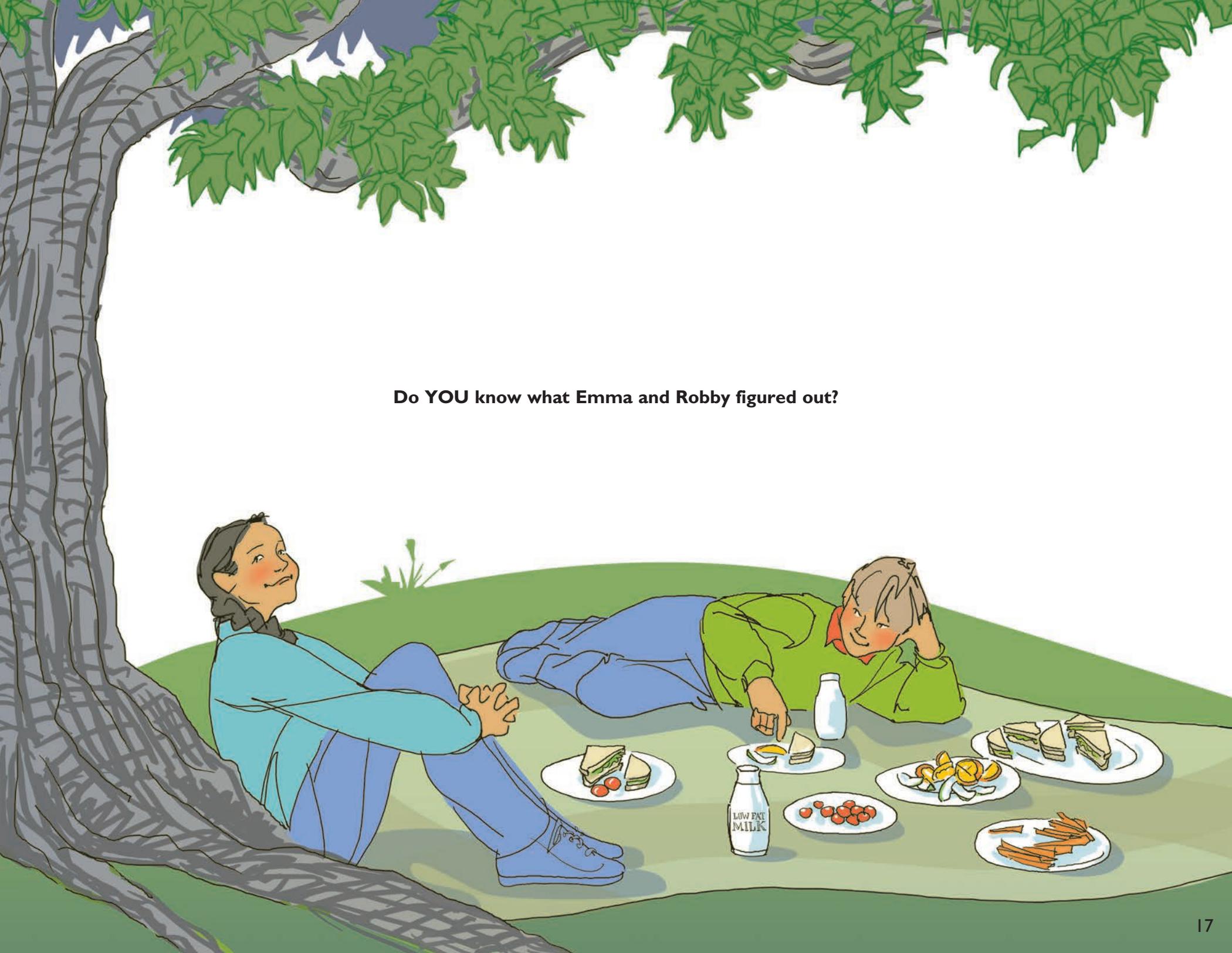
"Then," said Emma, "Farmer Julian said he needs to harvest all that hay so he can grow more crops. And, Farmer Tyler just told us that he needs more hay to feed all of his hungry cows."

Suddenly Emma and Robby looked at each other and jumped to their feet at the same time.

"I figured it out!" shouted Robby.

"I figured it out!" shouted Emma.

Do YOU know what Emma and Robby figured out?



Chapter Three

The children ran to tell Olivia that they solved the market mystery.

“Each farmer can help another farmer so that they can deliver food to your market, Olivia!” said Robby.

“This is the **solution**,” explained Emma. “Farmer Julian will give all of his hay to Farmer Tyler’s cows to eat so he can plant more grain. All of the grain he grows can go to feed Rancher Kayla’s animals. Then Rancher Kayla will have enough plant food to give to Farmer Benjamin so he can grow enough fruits and vegetables. By helping each other they will have enough food to deliver to Olivia’s Market.”

“Wow!” laughed Olivia. “You two figured it all out!”



“Because of you two,” Olivia said, “Olivia’s Market shelves will all be filled.”

Robby took the family’s grocery list out of his pocket and suddenly cried out, “Wait a minute, Olivia! We forgot something! Dad wrote cookies on this list! We still need to figure out how to fill the shelves in your market that hold things like cookies and cakes!”

“You’re right, Robby” said Olivia. “We forgot to find out why the **bakery** didn’t deliver the “extra” foods. “Extras” are foods we eat sometimes for desserts or as snacks. They taste good, but they don’t give us the nutrients our bodies need to grow strong and stay healthy. They’re okay to eat sometimes, as long as we eat plenty of food-group foods.”

“Are we going to the bakery, Olivia?” Emma asked.

“We sure are,” said Olivia.





Wash Hands
Before Handling
Food!

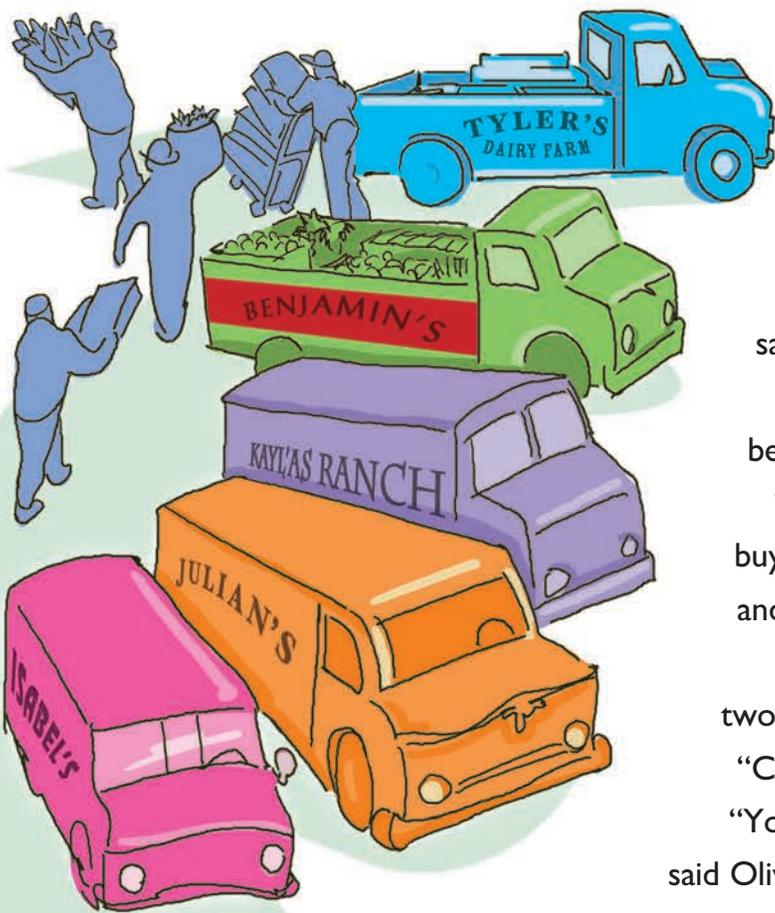


“Hello, **Baker** Isabel!” said Olivia. “Meet my friends Emma and Robby. We’ve come to find out why your desserts weren’t delivered to my market this morning.”

“I know that “extras” are sold in your market Olivia,” said Baker Isabel. “Even though “extra” treats have more **fat** or sugar than nutrients, they’re okay to eat once in a while. In this bakery, we make foods like cinnamon rolls, cookies and tortilla chips. But I couldn’t deliver my desserts and other “extras” to your market this morning, Olivia, because I didn’t get my food deliveries from all the farmers and I don’t know why.”

“Baker Isabel, have we got a surprise for you!” shouted Robby. Then he and Emma explained how they solved the problem of the food deliveries.

Baker Isabel was very happy to hear that she would be getting the foods she needed to make more of her bakery treats.



As they pulled up in front of Olivia's Market, Emma and Robby saw five trucks, each unloading foods into the market.

"Look!" pointed Olivia. "The market shelves will all be filled today because you two solved the problem together!"

"Now all the shoppers who come into your market will be able to buy foods from ALL of the food groups. Then they can grow strong and stay healthy, right Olivia?" Robby asked.

"That's right, Robby!" answered Olivia. "Now, it's time to drive you two home. But before I do, come inside the market for a snack."

"Can we pick any food from the whole market?" asked Robby.

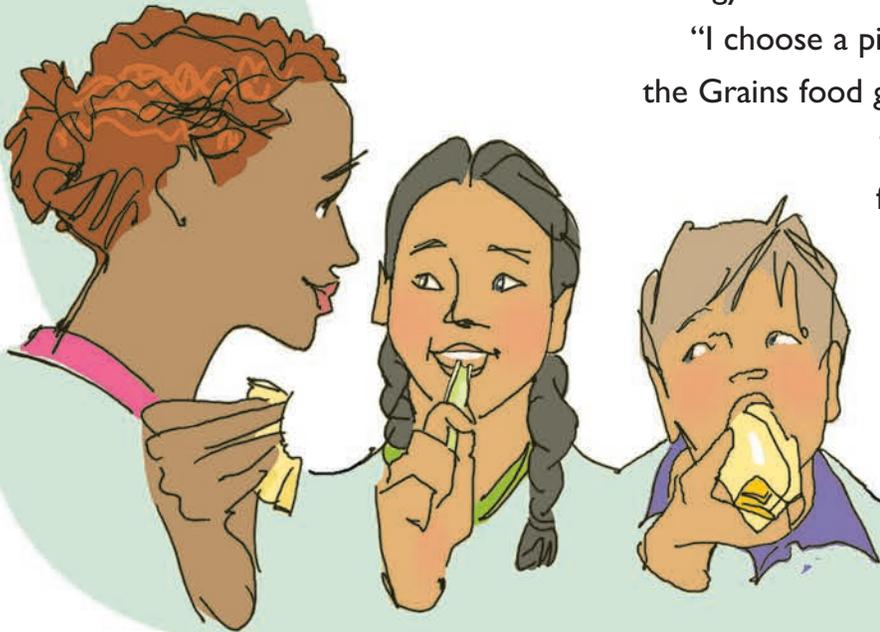
"You can pick a healthy snack from one or more of the food groups," said Olivia. "That way your snack will have nutrients and will give you energy."

"I choose a piece of cheese from the Dairy food group and a tortilla from the Grains food group!" Robby said.

"And I choose celery from the Vegetables group and almonds from the Protein group!" said Emma.

"And I choose pineapple from the Fruits group!" said Olivia. "We've all picked healthy snacks."

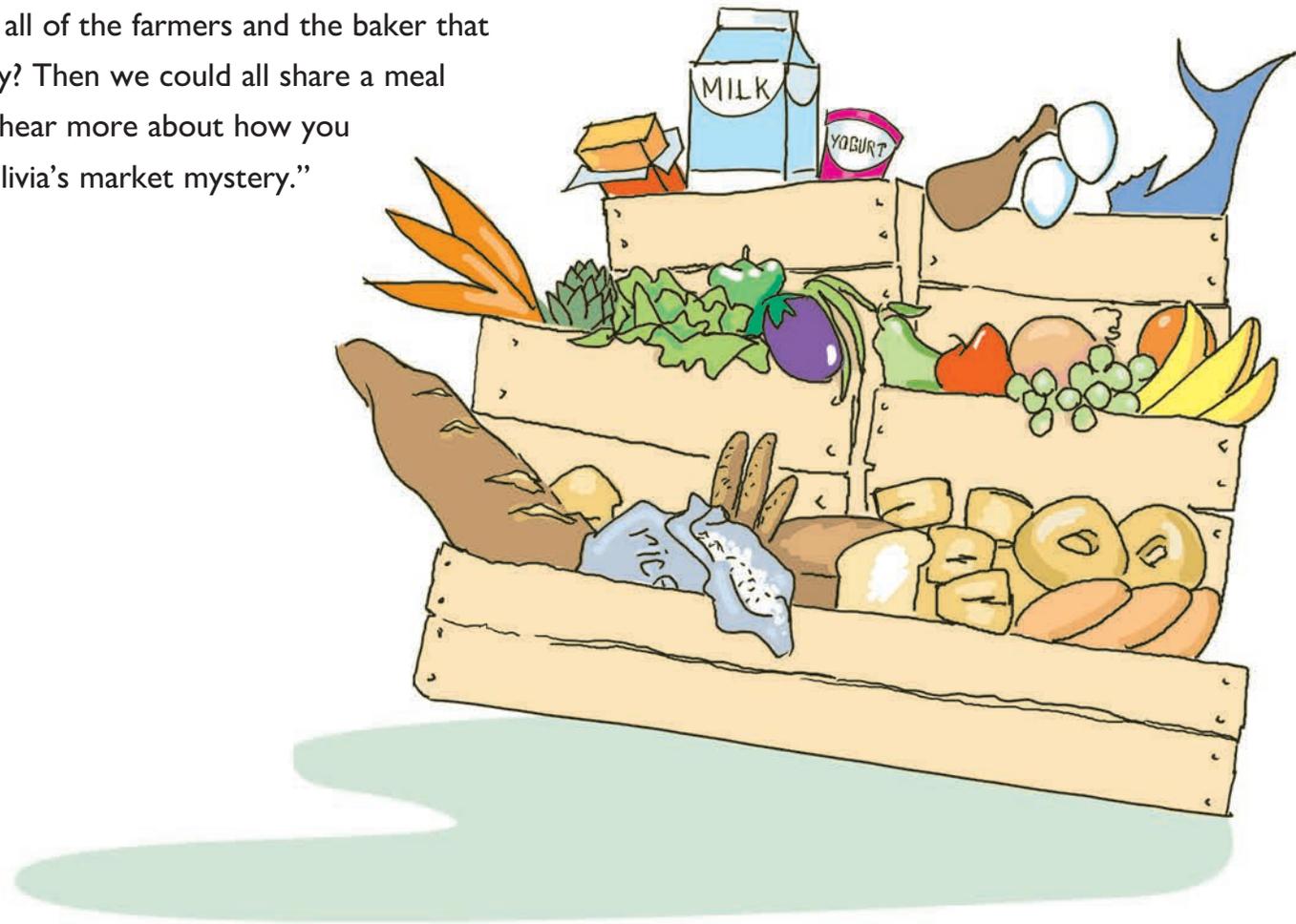
After they finished eating their snacks, Olivia drove the children home.



The children walked into the house carrying the food that was on Dad's grocery list. They could hardly wait to tell their parents about their day. Emma and Robby each took turns telling about the places they visited and how they helped solve the food **delivery** problems.

"It sounds like you two had a wonderful day," smiled Mom.

"I have an idea," said Dad. "How about if we invite to dinner Olivia, all of the farmers and the baker that you met today? Then we could all share a meal together and hear more about how you two solved Olivia's market mystery."



And so, Emma and Robby and their parents made dinner and invited Olivia, Farmer Benjamin, Rancher Kayla, Farmer Julian, Farmer Tyler and Baker Isabel.

“What a delicious meal you’ve made for us,” said Olivia. “I see you’ve chosen foods from all the food groups. You’ve even made some things that have foods from more than one food group!”



“That’s right,” said Rancher Kayla. “These tasty enchiladas are a mixture of corn tortillas, meat, cheese and sauce. They’re a **mixed food!**”

“And this yummy rice dish is a mixture of rice, vegetables and nuts. It’s another mixed food,” said Farmer Benjamin. “It all tastes wonderful! Sharing a meal together with friends and family is always a great way to end a day.”

