

Jim Henson's

LET'S-READ-AND-FIND-OUT SCIENCE®

1
STAGE

SID
the Science
KID

Why Can't I Have Cake for Dinner?



Adapted by Jodi Huelin

Read To Me 



https://vk.com/kids_library

A child's room with a window, balloons, and a microscope. The room is decorated with blue and green curtains. A window with a white frame looks out onto a green landscape. To the left, there are purple and yellow balloons. In the foreground, a blue and white striped hat is visible. A microscope is on a table in the background.

It's a very special day for Sid today. . . .

"Today is my birthday!"

Sid's favorite birthday treat in the whole wide world is . . . cake!

Do you know what Sid would like on his cake?

"An extra-yummy dinosaur made out of frosting."

Cake-a-licious!



Sid has another super idea:

“Why wait until your birthday to have birthday cake? Why not have cake for breakfast, lunch, and dinner? Why don’t parents let us eat cake *all* of the time?”

Just then Sid hears his mom.
“Hey, Sid, it’s breakfast time!”
she calls from the kitchen.
“Yippee! It’s time to eat!”





“It’s the birthday boy!” says Dad.
Mom and baby Zeke wish Sid a happy birthday.
As Mom sets out a bowl of cereal for Sid, Dad asks a very important question:
“What would you like for your birthday dinner?”
Since it’s Sid’s special day, he gets to choose.

CAKE?





FOR DINNER?

Sid's answer is as simple as it is tasty.

"Cake."

Mom and Dad are a bit confused.

Of course Sid will have cake, but *after* dinner.

Right?



Mom explains why cake is a *sometimes* food.

“Cake has a lot of sugar in it,” Mom says.

“How about cupcakes, then?”

“Too much sugar,” Mom says again.

“Little cookies shaped like cake?”

Can you guess the answer?

“Too much sugar,” Mom says once more.



BUT CAKE IS
SO YUMMY!





I'M ROVING
REPORTER SID, WITH
TODAY'S SURVEY!

Sid has a lot to talk about when he arrives at school. Gabriela, Gerald, and May are waiting on the playground. "Hey, guys!" Sid asks the question of the day: "What would happen if you ate cake for breakfast, lunch, and dinner?"

"I think your tummy would feel yucky," answers May. Gabriela explains that Sid isn't the only one who likes cake.

"I once saw a bunch of ants eating cake at a picnic. They liked it, so maybe eating cake all day is a good idea."

Gerald tells how lots of cake makes him feel.

"When I eat lots of cake I run around and around . . ."



"AND AROUND, AND AROUND, AND AROUND, AND AROUND, AND AROUND . . .!"



Look! It's Teacher Susie.
"It's rug time—come on inside!" she sings.



Look! It's Teacher Susie.
"It's rug time—come on inside!" she sings.



The kids take their seats.

Before they get started on today's lesson, Teacher Susie has a special greeting.

"Happy birthday, Sid!"

Sid's friends wish him a super-duper-schmooper birthday, too.

"Do you have a birthday wish you'd like to share?" Teacher Susie asks.



Sid sure does.

“My wish is to eat cake for breakfast,
lunch, and dinner!”

Teacher Susie agrees that cake tastes
good, but says it’s not for eating every day.





“Nutritious foods have all the things in them you’ll need to grow strong and healthy,” Teacher Susie explains.

Is it important to feel healthy?

Sid’s friends show him what *they* can do when they’re feeling strong and healthy.

Gabriela flexes her muscles.

May whirls and twirls around.





Gerald asks what types of food are nutritious.
“That’s a perfect question!” says Teacher Susie.
“Let’s explore that at the Super Fab Lab!” she calls.

The kids all grab their journals and their lunch boxes.

Teacher Susie wheels out a big chart.

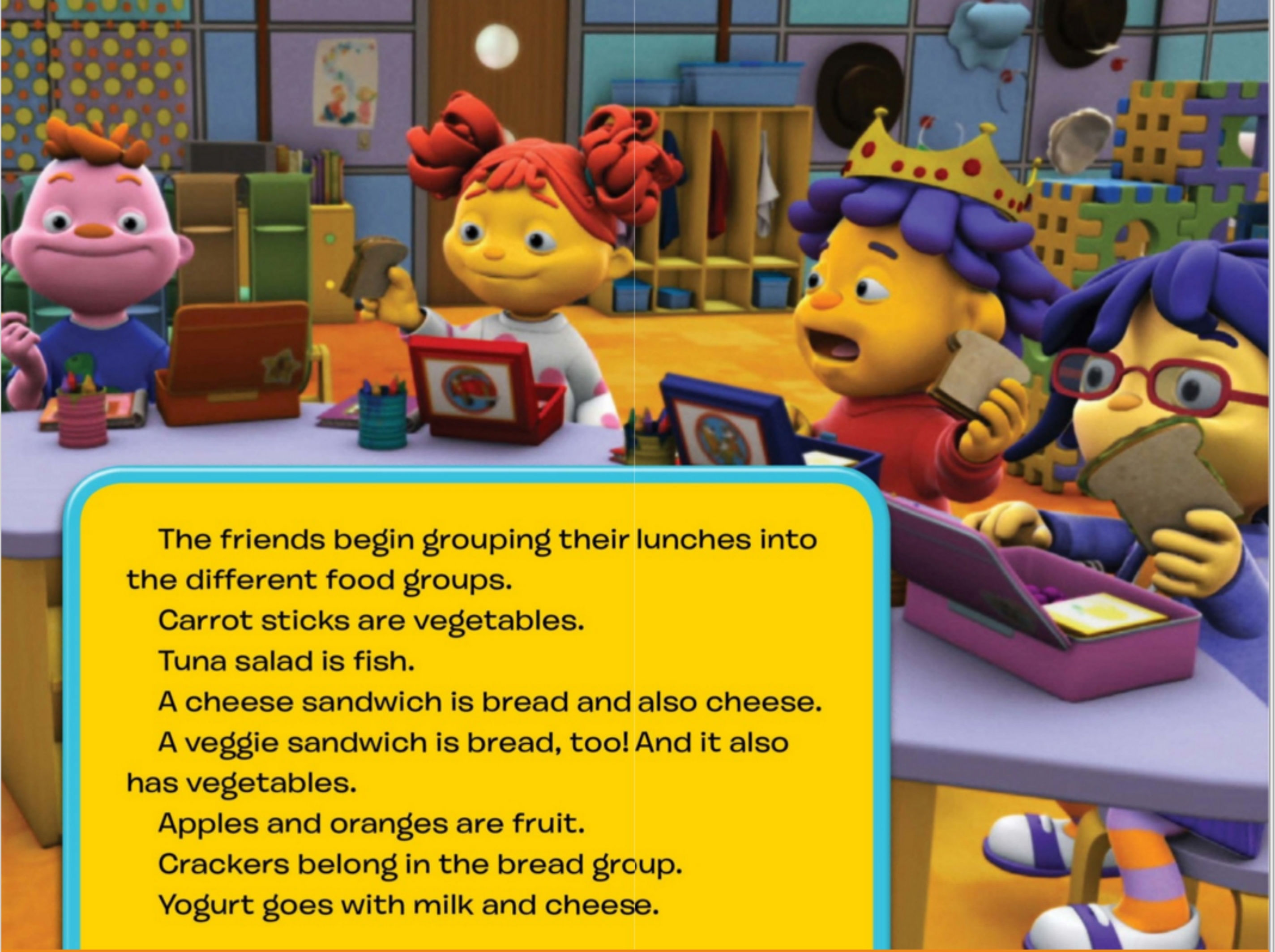
“The best way to eat a nutritious meal is to eat a bit from each food group every day.”

GRAB YOUR JOURNAL, TOO!





Sid notices something very important:
“There’s no *cake* on that nutritious food chart!”



The friends begin grouping their lunches into the different food groups.

Carrot sticks are vegetables.

Tuna salad is fish.

A cheese sandwich is bread and also cheese.

A veggie sandwich is bread, too! And it also has vegetables.


Apples and oranges are fruit.

Crackers belong in the bread group.

Yogurt goes with milk and cheese.

“Now let’s use your journals to draw a nutritious meal,” Teacher Susie says.


Let’s see what everyone drew in their journals!



PASTA . . .
MEATBALLS . . .
BROCCOLI . . .
BREAD . . .



CHICKEN ...
GREEN BEANS ...
POTATOES ...



SANDWICH, SPINACH,
CELERY, APPLES, CHEESE,
CUCUMBER, TURKEY,
ORANGE, LETTUCE, AND
CHICKEN!

“You can eat a whole
nutritious meal in one
big bite!” Gerald says.
Chomp!

Now it's time to see what's in Sid's journal.

"I drew my nutritious birthday meal!"





Teacher Susie is impressed with each of her scientists.
“You know so much about eating healthy, nutritious foods!”





Sid is sad that he can't eat cake all day, but if he did, his body wouldn't be getting enough nutritious foods. If he eats cake only once in a while, and eats a little bit from each food group every day, he'll have enough energy to run and jump and play!



When Sid gets home he knows *just* what to request for dinner.

“I’d like mashed potatoes, peas, a glass of milk, and some of Mom’s Jumbo Gumbo.”

Hey—those are foods from each food group! He learned about that in school! And Sid got his wish from this morning, too. (But with a nutritious, delicious twist.) A yummy cake with a dinosaur made out of . . .



... blueberries!

Teacher Susie showed Sid and his friends the different ways to eat nutritiously. The different foods that you and Sid learned about fit into four “food groups.”

Dairy



MILK



CHEESE



YOGURT



OATMEAL

Grains



CRACKERS



BREAD



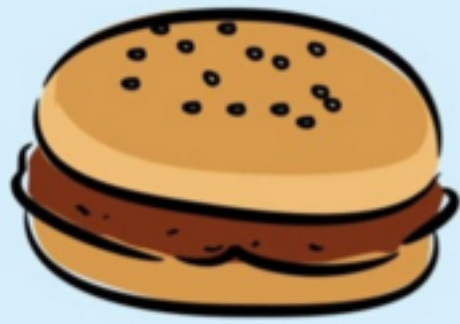
RICE



PASTA



Proteins



BEEF



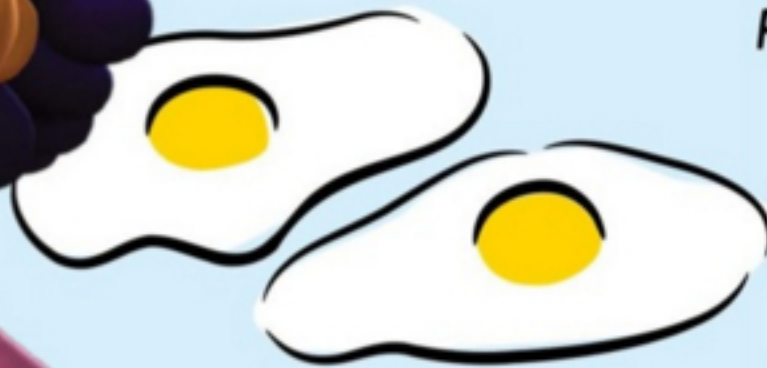
TOFU



CHICKEN



FISH



EGGS

Fruits & Vegetables



APPLES



ORANGES



BROCCOLI



GRAPES



BANANAS



BRUSSELS
SPROUTS

EATING NUTRITIOUSLY
IS SO EASY!

Sid the Science

Sid had the choice to eat nutritiously and so do you. On the left you'll see the foods that will help you to learn better. On the right are the foods that taste good and nutrients you need to stay healthy. Those are the foods you should eat every day.

All the foods on the right should be eaten only once in a while—not every day. So even though they're special treats, they're not good for your body, so you should eat them only once in a while.

A-OK!



SPAGHETTI AND
MEATBALLS

TOAST WITH JAM
APPLE

CHICKEN BREAST

PORK LOIN

HUMMUS

GREEN BEANS

CHICK PEAS

GLASS OF MILK

BROCCOLI

