



# IT'S BETTER IF... I EAT MORE FIBER!

**FOR YOU:** here you will discover the importance of fiber, a component of some foods that doesn't bring energy but cleans our body from the inside! Read carefully and you will get all the info to spot foods rich in fiber! Talk about it with your teacher and classmates: what information has impressed you the most? What did you already know about fiber and what was new, instead?

**DO YOU KNOW THAT...** There is an array of dietary compounds, altogether called "fiber", which do not provide energy, but are extremely useful and healthy for our body? Without dietary fiber our body wouldn't work so well!

## WHAT'S FIBER?

It's the part of vegetable foods that our body can't digest. It is mainly made of carbohydrates, but it doesn't contain/provide energy and it's important because:

- it helps our intestine working properly;
- it cleans our intestine and protects us from several diseases;
- it makes us feel full, so we don't eat too much.



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## HOW CAN FIBER MAKE ALL THIS WORK?

Fiber is not digested and absorbed like the other nutritive substances we introduce with the diet. It absorbs a lot of water, rapidly filling the stomach and making you feel full. Imagine a balloon in your stomach that becomes bigger and bigger. At this point, there are some sensors (like the ones that make the market doors open and close automatically!) that tell your brain to stop eating because your stomach is full! Then, fiber reaches your intestine and it starts working just like a sponge, absorbing water and other wastes. Once it cleans your intestine, it goes on getting out in the form of...POO! Doing so, dietary fiber helps your intestine being regular!! Do you understand now why it is so important?

## WHAT ARE THE FOODS CONTAINING FIBER?

You can find fiber in several foods:

- In the family of “cereals and derivatives”, which includes foods made with wheat flour or flour obtained from other cereals as rice, barley, oat or corn; even richer are wholegrain cereal derived food items: the darkest ones.
- In fruit and vegetables, in particular in the peel (remember to wash it before you eat it!);
- In legumes: beans, chickpeas, lentils, peas, soybeans;
- In dried fruit: almonds, hazelnuts, walnuts, groundnuts.



## DO IT WITH YOUR TEACHER AND CLASSMATES!

### ***THE DIGESTIVE GAME***

From 2 to 6 players.

*Objective:* Learning all the parts of the digestive tract and which are the food groups that keep our body healthy.

#### *How to play:*

The game is inspired to the snakes and ladders game, where you have to reach the end of a numbered path before any of the other players according to throws of one dice.

Instead of the classic board of the game, students have to create a food board with food and body parts. On a big white paper, they should draw a track with 20 consequently numbered spaces, arranged in a spiral.

The digestive tract should be represented on the odd numbers:

1. mouth (the starting point)
3. teeth (stop a round, you have to chew properly)
5. decayed tooth (move back to the start)
7. esophagus (swallow and go to the 9)
9. cardia (stop a round, it's closed)
11. stomach (stop for 2 rounds, you have to digest the meal)

13. liver

15. pancreas

17. small intestine

19. large intestine (stop for a round, you're fermenting the fiber!)

Food groups should be represented on the even numbers:

2. fruits and vegetables (throw the dice again)

4. sweets (stop a round, avoid this kind of foods!)

6. cereals and cereal-based foods

8. sweetened drinks (stop a round, avoid this kind of foods!)

10. milk and dairies

12. wholegrain cereals and cereal-based foods (move to the large intestine)

14. eggs

16. fish and meat

18. legumes (throw the dice again)

In the space number 20 (the last one), draw 2 happy children and the sentence "I WIN!!".

**FOR YOUR FAMILY:** fiber is essential to make our body work ok, but we do not eat enough of it! Find out its properties experimenting the proposed games and try the recipes we suggest. Have fun reading this!

## DO IT WITH YOUR FAMILY!

### ***Pearciok:***

#### Ingredients:

- 1 pear;
- 2 slices of wholemeal bread;
- 10g of dark chocolate.

#### Preparation:

Toast the bread.

Melt the chocolate in a water bath.

Cut the pear in pieces.

Stuff the sandwich with the pear and the chocolate.

Decorate with the remaining chocolate.

#### NUTRITIONAL INFORMATIONS

Energy	198 kcal
Carbohydrates	73%
Fats	20%
Proteins	7%
Fiber	7,1g

## *Whole rice muffins with pumpkin and cheese:*

### Ingredients:

- 100g of whole rice;
- 500g of pumpkin;
- 2 tablespoons of grated cheese;
- 1/2 glass of milk.

### Preparation:

Boil the rice in salted water for ten minutes.

Steam the pumpkin.

Mix the cooked rice, the pumpkin, the cheese and the milk.

Put the mix in some muffin cases and bake in the oven for 15 minutes at 170°C.

### NUTRITIONAL INFORMATIONS

Energy	140 kcal
Carbohydrates	72%
Fats	13%
Proteins	15%
Fiber	1g

## *Walnuts pancakes:*

### Ingredients:

- 1 tablespoon of sugar;
- 50g of whole flour + 50g of normal flour;
- 15g of walnuts;
- 1 egg;
- 1 tablespoon of extra virgin olive oil;
- 100ml of milk;
- 1 teaspoon of baking powder.

### Preparation:

Mix in a bowl the sugar, the chopped walnuts, the flour and the baking powder.

Add the milk and mix.

Add the egg yolk and the teaspoon of oil always mixing.

In another bowl, beat the egg white until foaming and then slowly combine it with the mix.

Heat a non-stick pan and put one ladle of the mixture in the middle of it. Wait a minute and turn the pancake. Wait another minute and the pancake is ready!

### NUTRITIONAL INFORMATIONS

Energy	195kcal
Carbohydrates	50%
Fats	37%
Proteins	13%
Fiber	2,5g



Your “*fibrometer*”: ask mum or dad to use an empty jar. Every time you eat a food that contains fiber, put in the jar a little stone or a colored little ball. At the end of the week you will know how much fiber you have eaten, empty the jar and start again the following week.

My comments/What I think:

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***Today I will... Have a bicycle ride!*** Cycling is a very famous sport. How could you not like going by bike?! This sport has a lot of benefits: it improves your muscles and makes you have fun! It's the perfect activity to do with family or friends! Ask mum and dad to have a bicycle ride with you, but be careful!