

animix



The Trip to the Farm

The Anamix 6 are all looking forward to a very special day out today.

“We’re going to visit a farm that grows lots of different fruits and vegetables” said Brains.

“I thought fruit and vegetables came from the shop?” said Bones.

“We buy them from the shop’ said Brains, ‘but they have to be grown first. And that’s what we’re going find out all about today. Are you ready?”

“Yes, yes yes!” said the gang.



When they arrived at the farm they
were welcomed by a very happy farmer
with very rosy cheeks.

"Hello Anamix 6!" said the farmer.

"Hello Mr Farmer!" said the Anamix 6.

"Woof woof!" said the dog!

"Come with me" said the farmer.
'Would you like to see the potatoes, the parsnips,
or the peppers?"

"Do you grow carrots?" said Megabyte

"Oh yes" said the farmer.
'We grow lots and lots of carrots!"



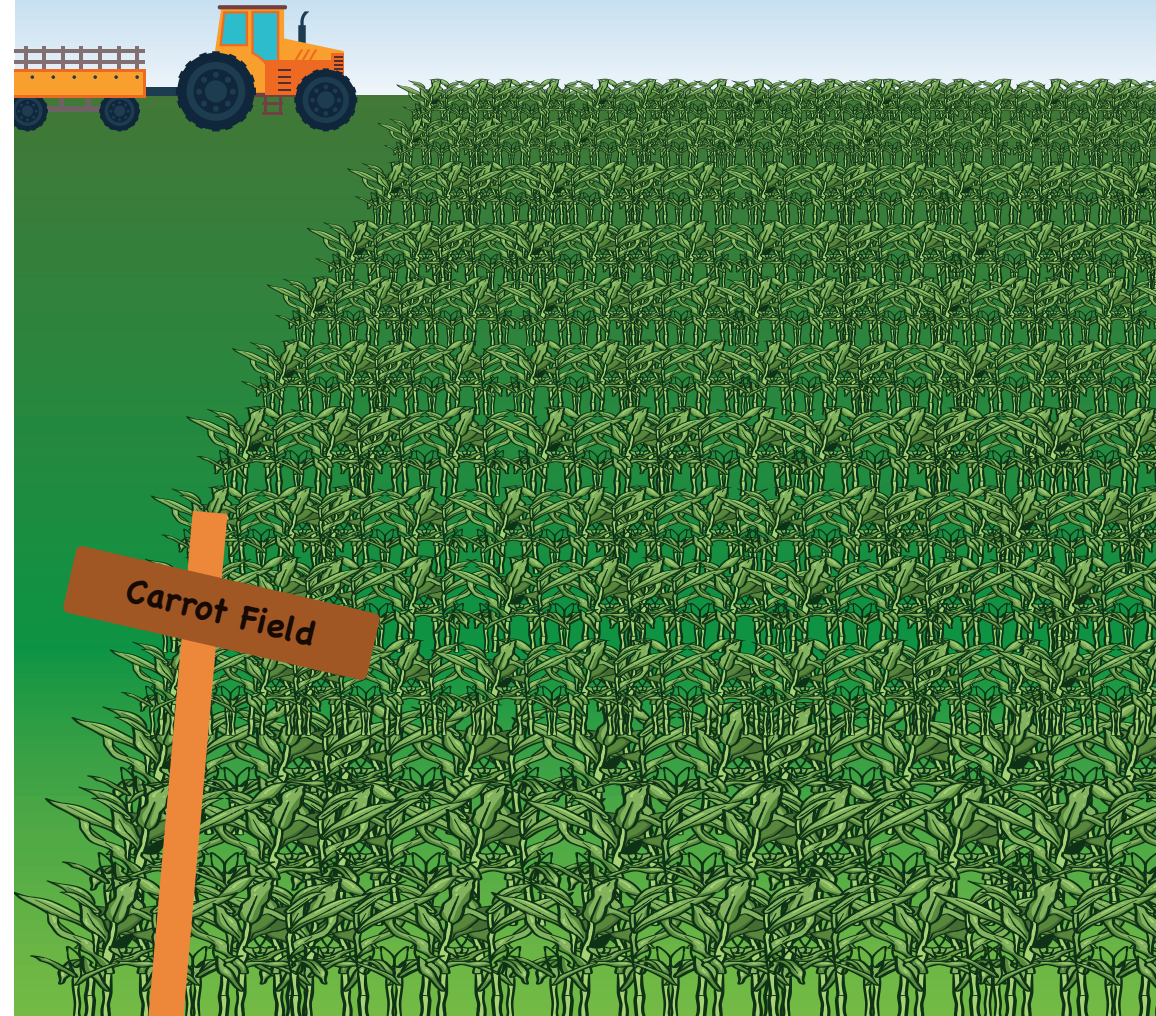
The farmer took them to the biggest field they had ever seen. "This whole field is just for carrots!" he said.

"Wow!" said Megabyte.
Carrots were his favourite vegetable.

"There must be millions of carrots in this field" said Big Eye. "How do you pick them all?"

"We have a very special machine that pulls them out of the ground and puts them into the trailer" said the farmer. "Then we clean them and put them in to boxes in the barn ready to deliver to the shops with all the other vegetables.

Come with me and I'll show you!"

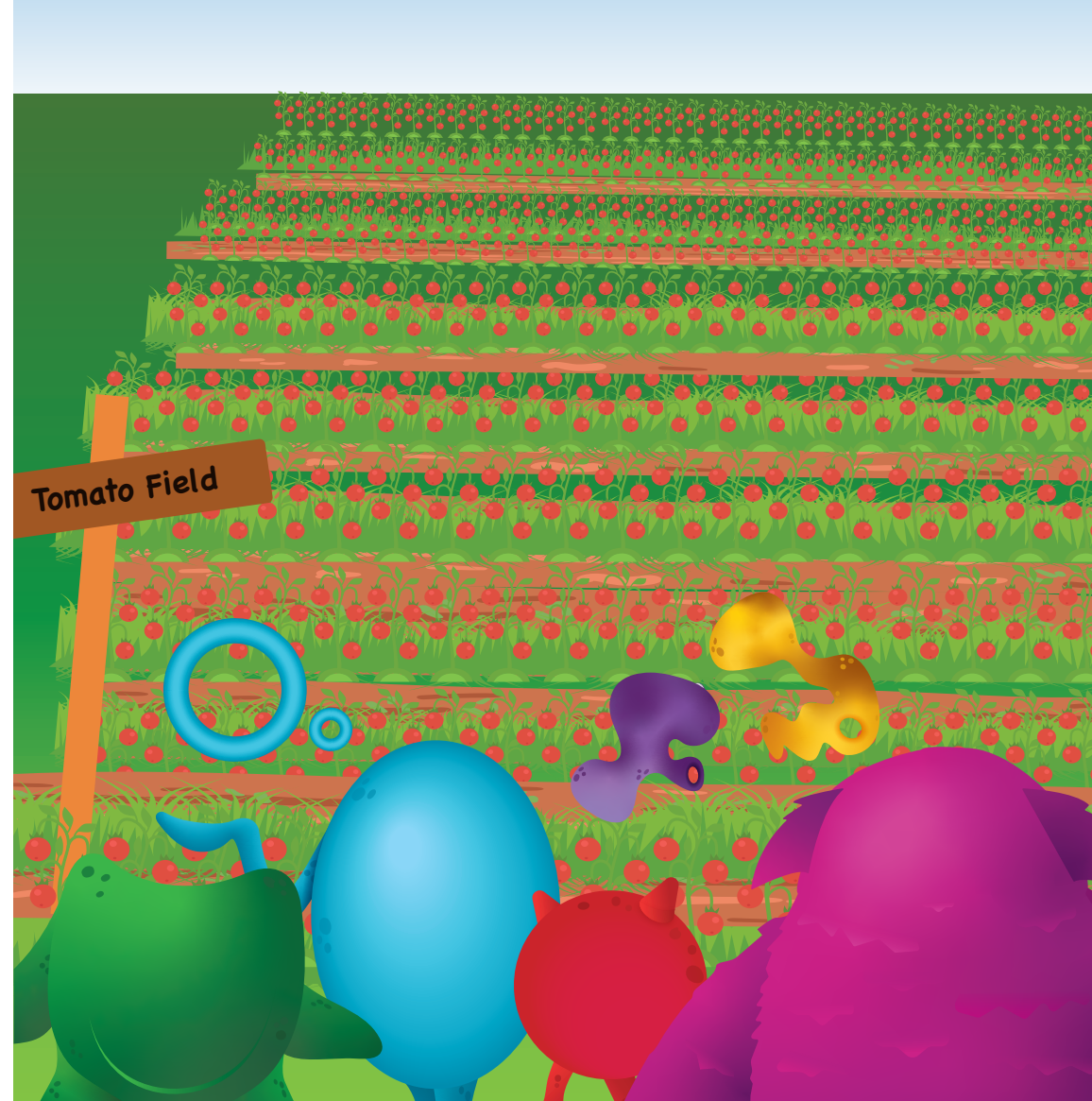


On the way to the barn they passed
even more really, really big fields.

One field was full of strawberries.
'Mmmmm. Lovely strawberries' thought Bones.

One field was full of onions.
'Oh we love onions!' thought the Omega Twins.

One field was full of cauliflowers.
'Can we try some vegetables yet?' thought Megabyte.



Back at the farmhouse, the farmer showed them a huge barn that was full of lots and lots of boxes.

"This is where we pack all the vegetables up before we send them to the shops' he said.

'Would you like to take some home with you?
What are your favourites?"

"We like lots of different vegetables' said Brains.

'Can we choose some of our favourites to take with us?"

Brains had an idea...



"What shall we do with all these vegetables?"
asked Bones?

"Let's wash them, and peel them, and carefully
chop them. And then I'm going to make us all a
delicious vegetable soup. How does that sound?"
said Brains.

"Delicious!" said the gang.

"Will it have onions?" asked the Omega Twins.

And it was the tastiest, most delicious soup
they had ever tasted.

Would you like to try their soup for yourself?



Brains has created a recipe sheet so that you, along with a grown up, can make a delicious vegetable soup, like the one that the Anamix 6 made together at the club house.

To look at the recipe, you just need to visit their website and go to:

www.nutricia.co.uk

And click on 'Recipes' in the menu.
Let us know what you think!





Brains



Big Eye



Megabyte



Bones



Omega Twins

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Information intended for patients, and carers of patients,
who have been prescribed a low protein diet by a Healthcare Professional.

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