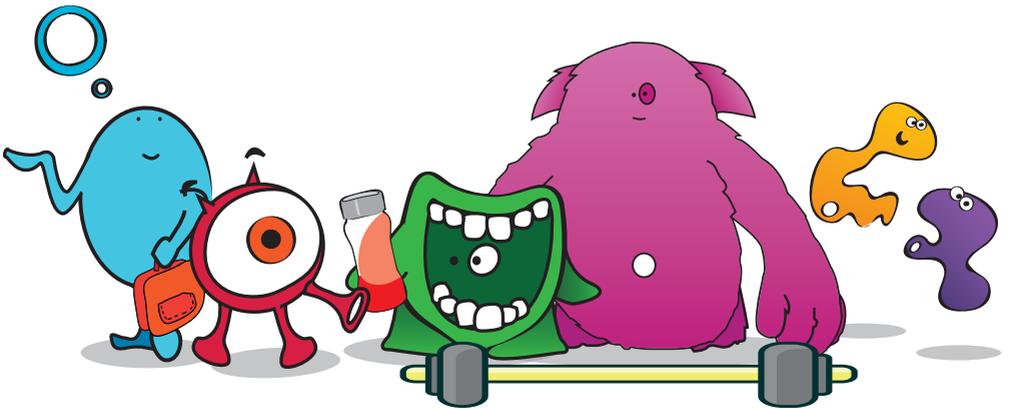


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Brains' School Presentation

At the Club House, Brains is very busy. There are bits of paper and pictures spread all across the table.

The rest of the Anamix 6 gather round to see what is going on.

“What are you doing?” asked the Omega Twins.

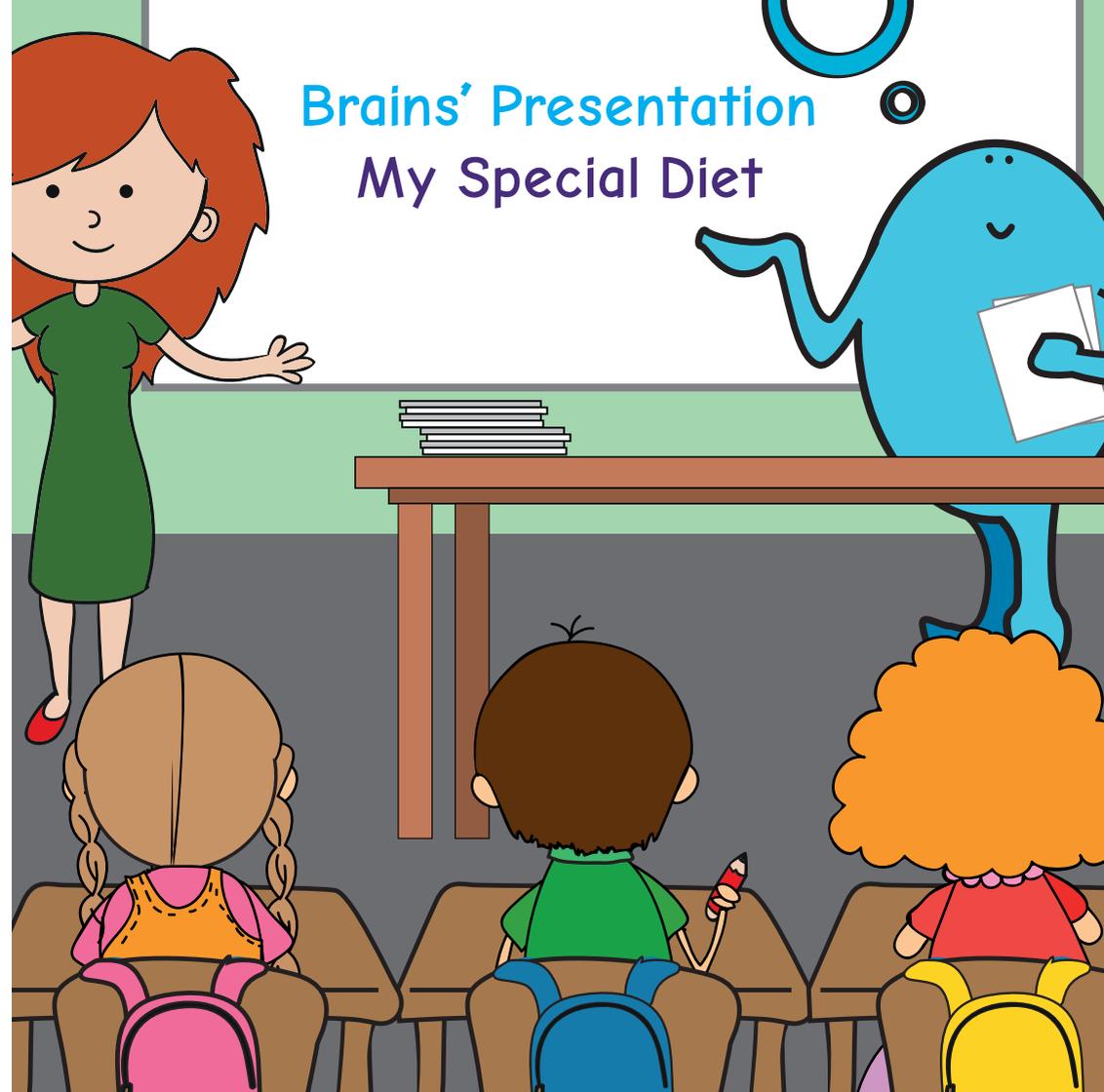
“I am giving a talk at school tomorrow, all about why we are on a low protein diet and what it means,” said Brains, ‘and I am a little bit nervous!”

“We can help you!” said the rest of the Anamix 6.



The next morning in school Brains gets ready to begin. The Anamix 6 had helped to make some nice pictures to help explain all about a low protein diet.

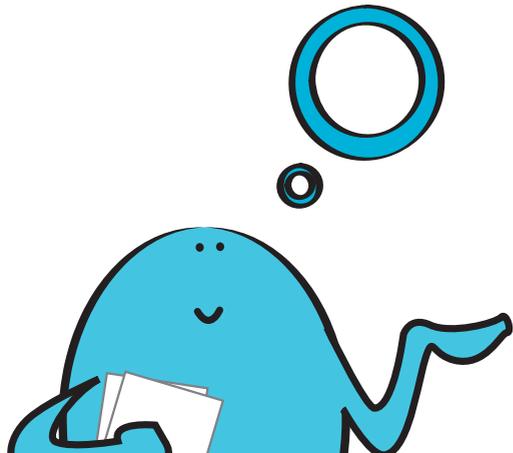
All the other children in the class were very excited about the presentation because Brains was the cleverest person they knew!



When everyone was quiet, Brains began.

“Here are some facts about my special low protein diet” he said.

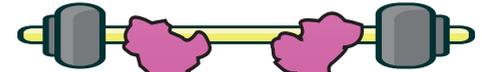
Everyone loved all the pictures that the Anamix 6 had helped to draw!



Why I have a special diet

I have a condition that means I have to eat a special diet.
But don't worry you can't catch it from me!
It just means I have to choose what I eat carefully.

My body doesn't like protein, which can be found in lots of foods. This is why my special diet is low in protein



Eating protein won't make me sick - but it will stop me from growing big and strong

I have special protein supplements that help me to stay healthy



There are also low protein foods. So I can have low protein pasta and even make low protein cakes!

Everyone was enjoying the presentation from Brains. Then one of the class put up their hand to ask a question.

“What are the special protein supplements you take and do they taste nice?” said one of his classmates.

“I’m glad you asked that!” said Brains.
“Let me show you.”

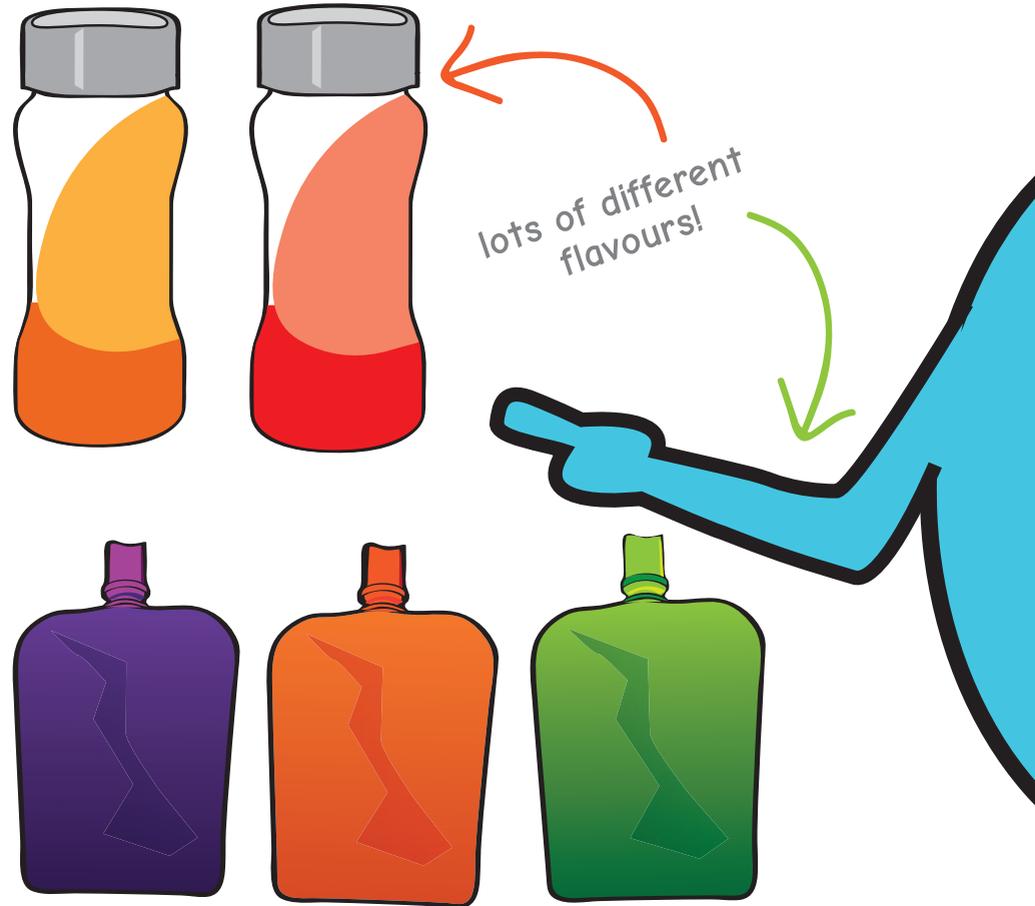


My protein substitutes

“My body needs to have protein in a different way to you”, said Brains.

Brains shows the class the special protein substitutes he has to take. “There are quite a lot of flavours too”, he tells the class.

“These special drinks help me get the protein I need in a way that won’t make me feel unwell!”

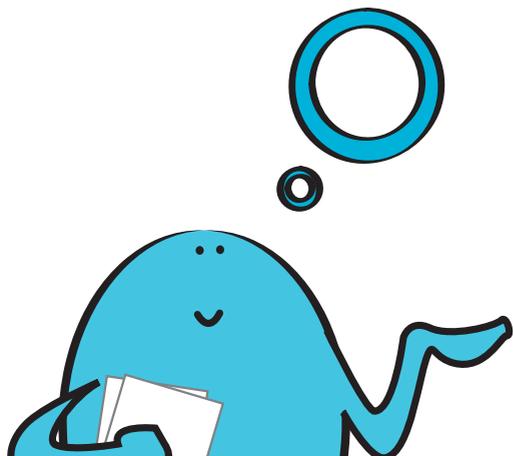


Brains then showed the class a picture that explained the foods that he can and can't eat.

Some of the class were surprised that chocolate was something he couldn't eat.

All of the class were very happy that chips were something that he could eat though!

Oh yes, I do love chips!" said Brains.



Burgers



Chocolate



Eggs



Chicken



Fish



Cheese



Tomato



Chips



Strawberries



Carrots



Bananas



Apples

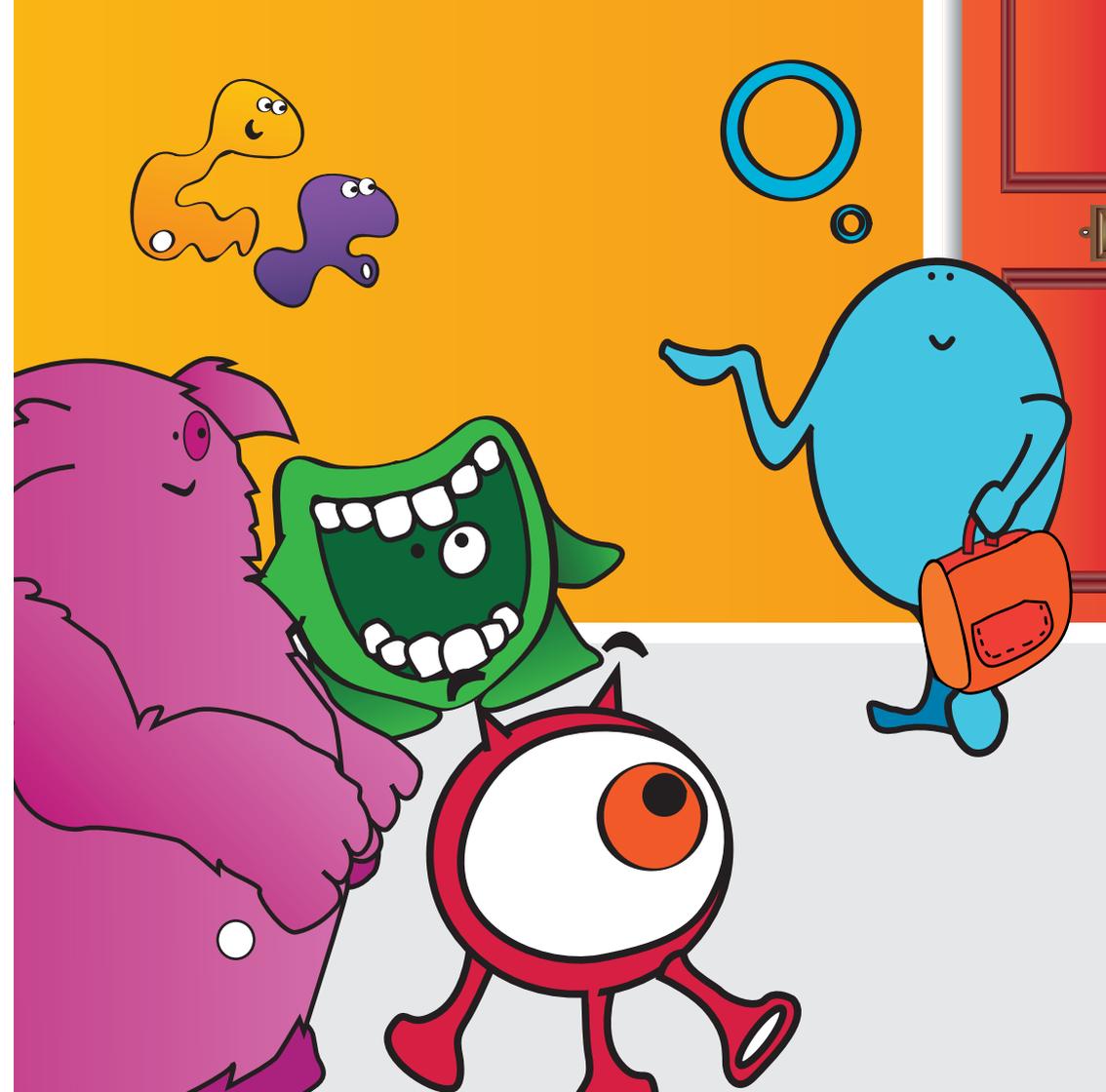
As Brains got back to the Club House
the rest of the gang rushed to meet him.

“How did it go?” they asked.

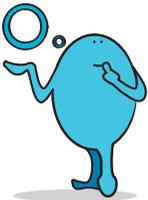
“It went really well” Brains told them,
“there was no need for me to be nervous at all!”

“Thanks for your help everybody.
Now, who wants some chips?”

“We do! We do!” said the Anamix 6.



anamix 6



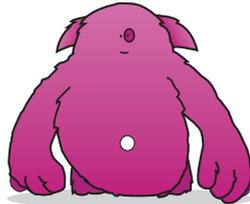
Brains



Big Eye



Megabyte



Bones



Omega Twins