



**DANONE**

ONE PLANET. ONE HEALTH

# The yoghurt that helped a town



Based on the true Danone story



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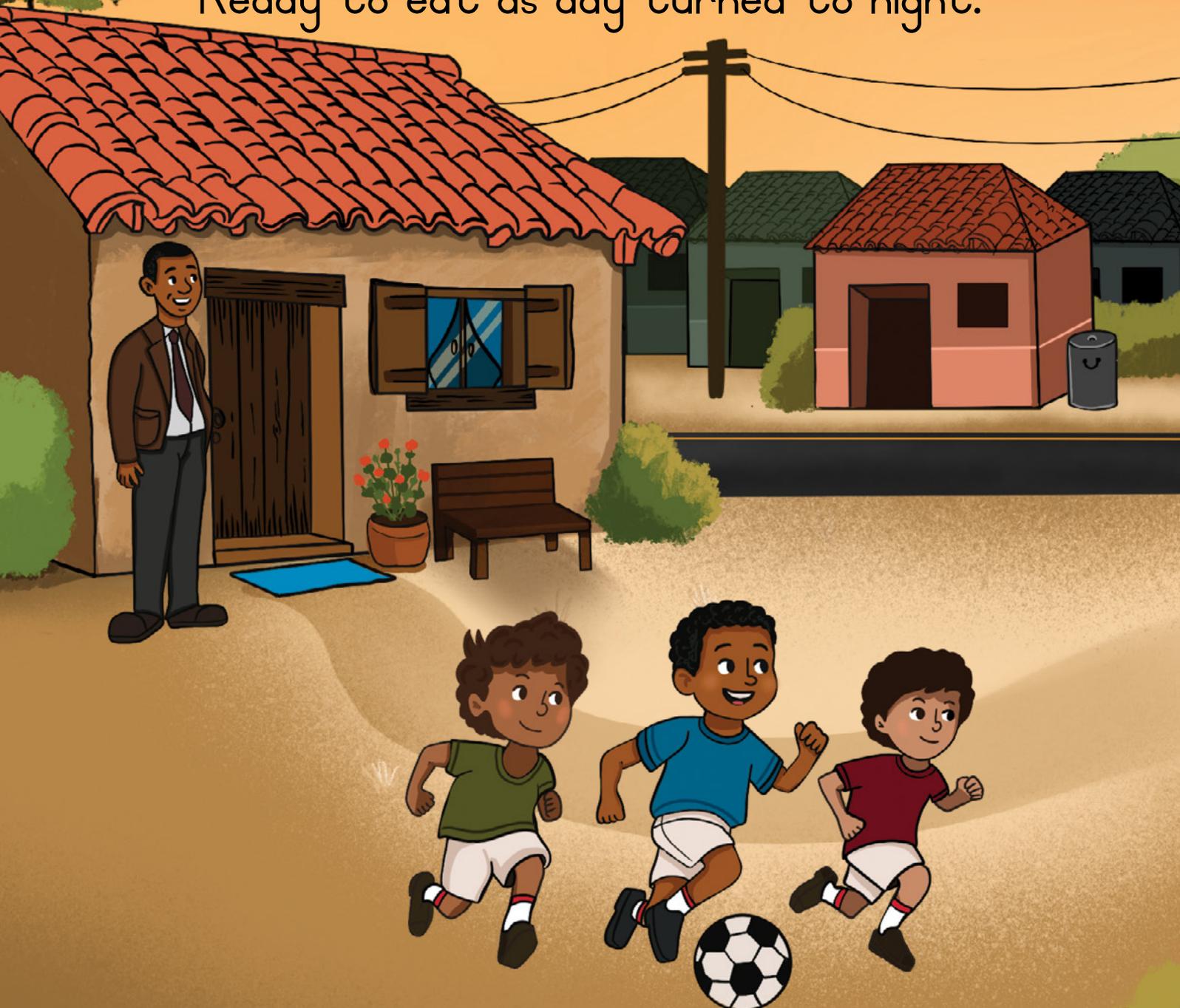
This storybook was developed by experienced writers whose work is aligned with the CAPS curriculum used in South African schools. It has been crafted to support reading development, life skills and classroom learning for young readers.

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Samuel lived in a town by the sea,  
With his wife and son, as happy as could be.

Samuel called out to Daniel, his son,  
Using the special name he gave him, 'Danon'.  
At the top of his voice, he called him along:  
"Danon, it's time for dinner - come on!"

Daniel waved to his friends  
and ran with delight,  
Ready to eat as day turned to night.



But one day Samuel started to see,  
Something was not quite right with the team.

The children did not feel the same...  
Too unwell for their favourite game.  
Daniel grew weak and could not play.  
"Dad, my tummy hurts!" he'd say.



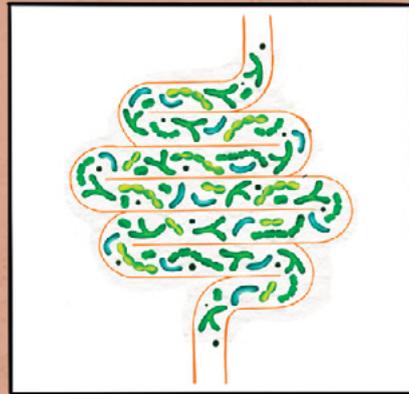
Daniel's friends were not feeling great,  
Even their favourite game  
could not change their state.

Some with sore tummies on the soccer grounds,  
These children need help; a way must be found.

He knew he needed a plan to start  
To help them feel well with his mind and his heart.



I must find a way, he thought right away,  
To help these tummies feel better each day.  
He read through books both old and new,  
He asked the doctors what he could do.  
He spoke to elders, wise and kind,  
Hoping their answers would ease his mind.



One day he heard of a special thing  
Called 'fermentation' – what could it bring?  
'Live cultures,' Samuel read, 'can help a great deal,  
To help your tummy with every meal.'  
Samuel smiled and said, "I'll give this a try.  
I'll work in my kitchen until I know why."



**Fermentation:** A way to change food to make it tastier and healthier using tiny living things.  
**Live cultures:** Tiny living things that help to make food like yoghurt and to keep your tummy happy.

Samuel worked day and night,  
Mixing and stirring until it was right.  
He thought of Daniel with every mix,  
"I'll make him better; I'll find the fix!"  
At last, he had something creamy and new,  
"This yoghurt will help; I believe it could be true."



**Yoghurt:** A word that comes from Turkey, meaning thick or creamy milk.

Samuel gave Daniel a spoon to try.  
Daniel smiled and said, "Dad, oh my!  
It tastes so creamy - what a treat!"  
He licked the spoon and asked for more to eat.  
"To help feel your best, have two per day."  
Back with his friends, he could run and play.



Samuel shared his yoghurt around.  
The neighbours clapped - it was the best in town!  
"It's great food," they happily said.  
"It helps our tummies and keeps us fed!"  
From morning to night, he worked with care,  
Making enough yoghurt for all to share.



Samuel made yoghurt with great love and care,  
Helping his neighbours with plenty to share.  
He sold it at the pharmacy each week,  
Joy and smiles were at a peak.  
They were grateful, their smiles so wide,  
As they felt the yoghurt help them inside.



The people began to call it 'great food'.  
It lifted their spirits and brightened their mood.  
"It helps our tummies - it's really the best!"

Samuel kept going without any rest.  
He said, "I'll keep making this yoghurt to share,  
So everyone knows how much I care."



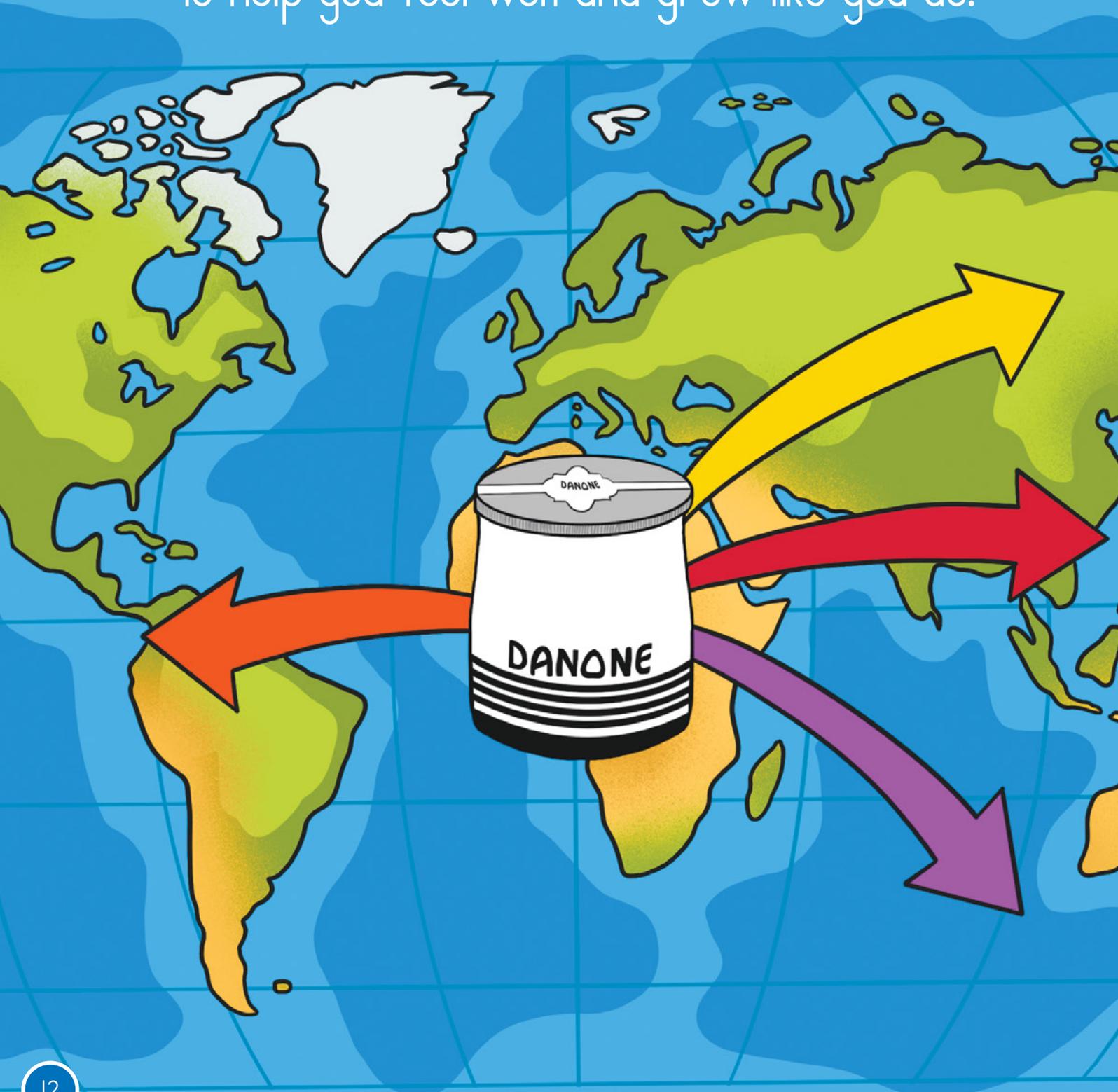
Samuel thought of a name for his treat,  
Something simple, special and sweet.  
He called it 'Danone', after his son,  
To remind him how it had all begun.  
He smiled and said, "This name feels right,  
It's perfect for something so good and bright."



As time went on, the want for yoghurt grew,  
Helping more people than Samuel ever knew.

The jars of yoghurt began to spread,  
From village markets to towns ahead.

With added goodness –  
like vitamin A, zinc and iron too,  
To help you feel well and grow like you do.

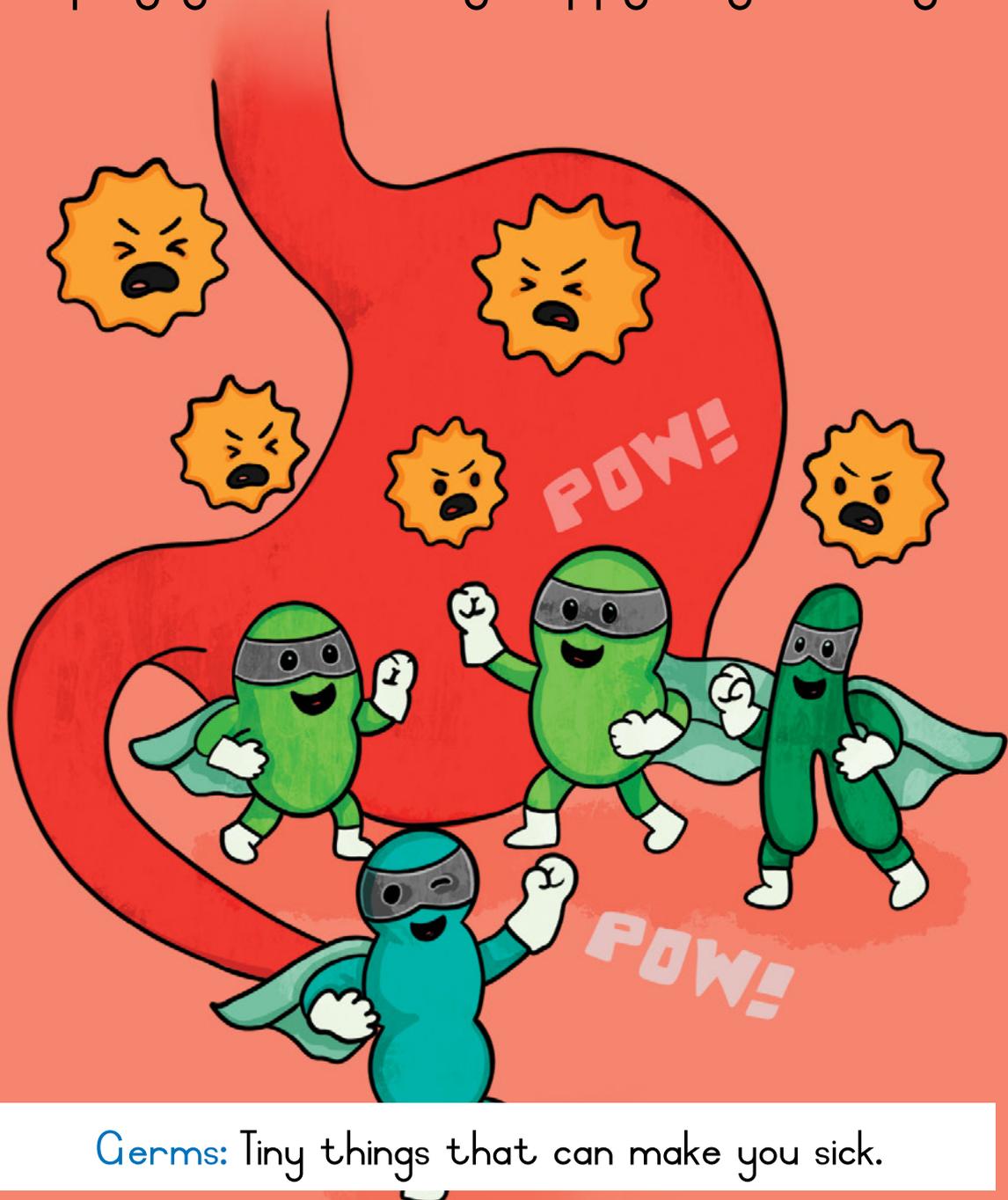


Today, Danone yoghurt is still made with care,  
Using live cultures that are always there.  
They work in your tummy to help it feel good,  
Helping you feel the way you should.  
The yoghurt is creamy, tasty and true,  
Just like the yoghurt Daniel once knew.



The live cultures in yoghurt are tiny and smart,  
They work in your tummy, doing their part.  
They help to keep the bad germs  
from taking control,  
So your tummy stays well,  
feeling good and whole.

Each spoonful helps you feel just right,  
Keeping your tummy happy day and night.



**Germs:** Tiny things that can make you sick.

Yoghurt can have added nutrients too -  
Each one has a job to do!

B vitamins help give you energy,  
And zinc helps support your immunity -  
That means it helps your body stay well,  
So you can feel good and stay strong as well.



**Nutrients:** A part of foods that help the different parts of your body stay healthy.

Yoghurt is a food that helps you feel good,  
It supports your body like good foods should.  
It's made from milk, which is healthy and pure,  
And makes food taste great - that is for sure.  
It's good for children and grown-ups as well,  
A food that helps your body stay well!



You can eat yoghurt at breakfast or as a snack,  
Ask mom to add it into your lunch pack.  
It helps you feel great, to learn and play,  
And get back to your favourite game!  
It's creamy, it's tasty, it's good and sweet,  
A perfect choice for a family treat.



When you eat yoghurt, think of the care,  
That started with Samuel who loved to share.

It's more than just food - it is a way,  
To help you feel better every single day.  
With live cultures and goodness in every bite,  
Yoghurt is a food that helps you feel right.



# Yoghurt Fun Activities

## 1. Draw a line to match each word with its meaning.

- a. Fermentation      Tiny living things that help to make food like yoghurt and to keep your tummy happy.  
 b. Live Cultures      A way to make food healthier and tastier.  
 c. Nutrients      Help your body stay healthy.

## 2. Can you solve these mixed-up words?

- a. OODG → \_\_\_\_\_ (Hint: How yoghurt helps you feel.)  
 b. CRAMEY → \_\_\_\_\_ (Hint: Yoghurt's smooth and thick texture.)  
 c. ILMK → \_\_\_\_\_ (Hint: It is used to make yoghurt.)  
 d. SMGER → \_\_\_\_\_ (Hint: Tiny things that make you sick.)

## 3. What am I?

### Riddle 1

I am creamy and smooth and made from milk and live cultures.

What am I? \_\_\_\_\_

### Riddle 2

I am tucked inside your yoghurt and I help your tummy feel good.

What am I? \_\_\_\_\_

### Riddle 3

I am a part of foods that help the different parts of your body stay healthy.

What am I? \_\_\_\_\_

## 4. Imagine you could make your own magic food!

- What would it taste like?
- How would it help people?
- Draw a picture of your magic food and write about it.

**Answers**

Match the words to their meanings  
 Fermentation → A way to make food healthier and tastier.  
 Live Cultures → Tiny living things that help to make food like yoghurt and to keep your tummy happy.  
 Nutrients → Help your body stay healthy.

**Unscramble the words**  
 1. OODG → Good  
 2. CRAMEY → Creamy  
 3. ILMK → Milk  
 4. SMGER → Germs

**What am I?**  
 Riddle 1 Answer: Yoghurt  
 Riddle 2 Answer: Cultures  
 Riddle 3 Answer: Nutrients

# Glossary

<b>Nutrients:</b>	A part of foods that help the different parts of your body stay healthy.
<b>Fermentation:</b>	A way to change food to make it tastier and healthier using tiny living things.
<b>Germs:</b>	Tiny things that can make you sick.
<b>Live cultures:</b>	Tiny living things that help to make food like yoghurt and to keep your tummy happy.
<b>Yoghurt:</b>	A word that comes from Turkey, meaning thick or creamy milk.





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