

With Just One Bite —A New Human's Story—



JICA Volunteer
Yuka Shudo



One rainy day, Dudu the frog was taking a nap on a taro leaf.

In his dream, Dudu had become a human and was enjoying soccer.

Dudu had always wanted to be a human.

So whenever Dudu went to sleep on his leaf bed,
he would secretly pray to God.





——If I could become a human,

I'd like to eat donuts.

And I'd like to study at school.

Most of all, I want to play soccer!

Please turn me into a human.——





Perhaps his wish had been heard, because when Dudu woke up one morning, he had turned into a human!

“Yay!

Now I can play soccer every day.

I’m going to eat as many donuts as I want.”





While Dudu was playing alone, a kind family came up to him.
They warmly welcomed Dudu, who had been all alone.
And so, Dudu began living with the family and going to school.

The donuts were delicious, and school was a lot of fun,
but besides that it was nothing but trouble.

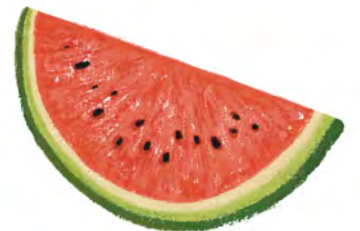


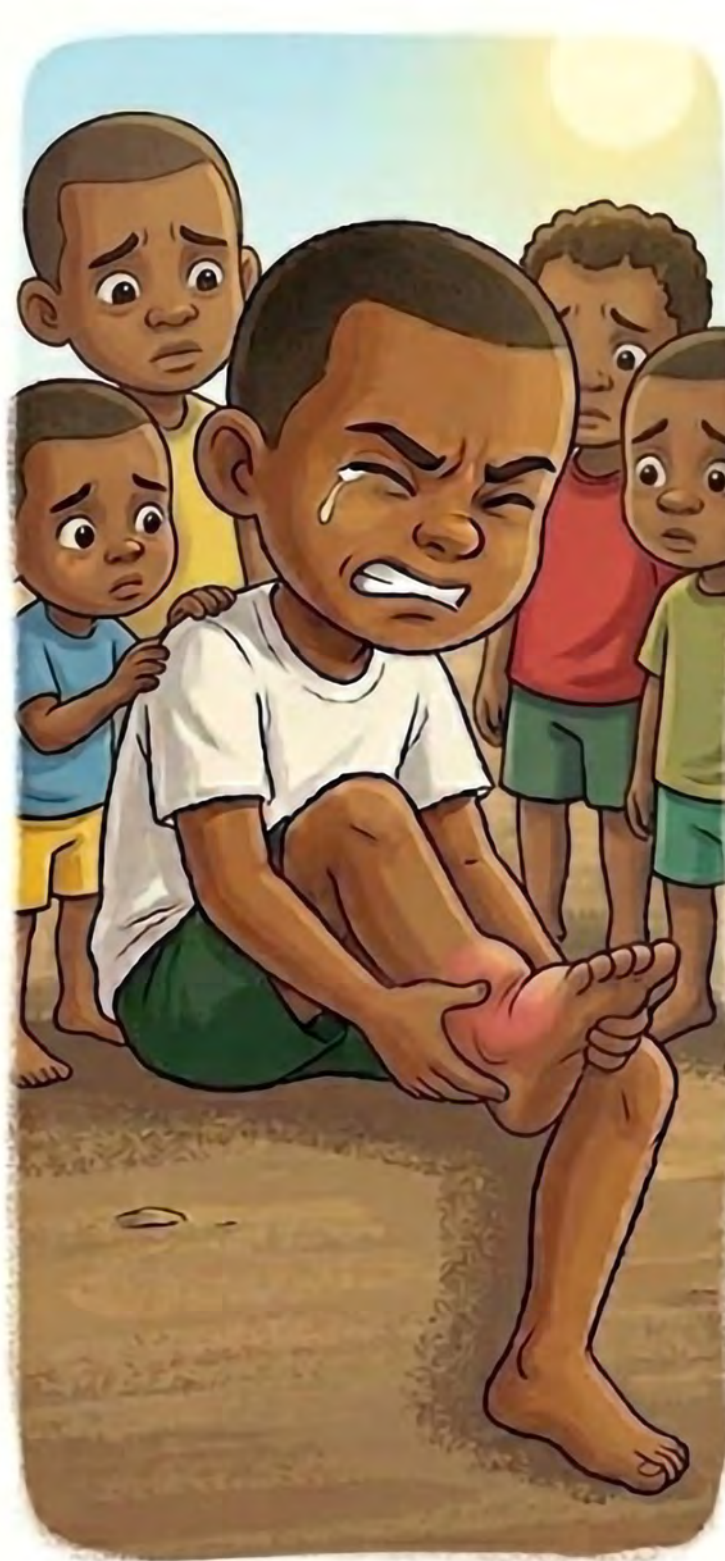


He was not able to concentrate in class and was always sleepy.

He was always getting injured when playing soccer.

He got sick easily.





——My older sister, my little brother, and my friends are all good at everything—studying, playing, you name it. Why can't I do things like everyone else?——

Dudu felt sad and cried alone.
But he didn't know what to do.







Dudu isn't feeling well again today.
His teacher is worried.

“Dudu, you’re not paying attention, and you look pale. Does your mind feel slow and tired? Maybe you aren’t eating well?
What did you eat yesterday?”

“I had donuts for breakfast, lunch, and dinner. Just donuts.
Because donuts are sweet and delicious!!”

“I see. Well, maybe you don’t have much energy because you’re eating just one thing every day.”



Dudu found this strange.

“But... frogs eat only bugs,
and dolphins just eat fish.
Even cows eat nothing but grass.

So why can't people just eat donuts?”

“There's no magic food that can keep humans healthy all by itself.
That's why we need rice, meat, and vegetables to stay alive.”



Diferencia entre animal no ema.



“Rice, bread, and cassava are like the gasoline that powers a car,” continued his teacher. “They give Dudu the energy to run and think.

Meat and tempeh provide the building blocks for your body—your teeth, hair, muscles, and blood.

Vegetables and fruits protect Dudu’s body so you don’t get sick.”



**What is
“Ai-han grupu tolu”?**

Ai-han fó forsa



Ai-han haburas



Ai-han fó protesauun



“But meat is tough, and vegetables have no taste and aren’t delicious!”

His teacher chuckled softly.

“True, compared to soft, sweet donuts you might feel that way.
But that’s because you haven’t discovered all the different tastes that food has
to offer yet.

There are so many wonderful flavors in the world that you can’t experience
just by eating donuts.

Let’s see...





There's the sweetness of mangoes,
and the sourness of limes!
The bitterness of gourds.
The saltiness of salt.
And the umami of tomatoes.

You see, delicious dishes are made when all these different flavors come together in harmony, just like music.”

With that, the teacher picked up a picture.



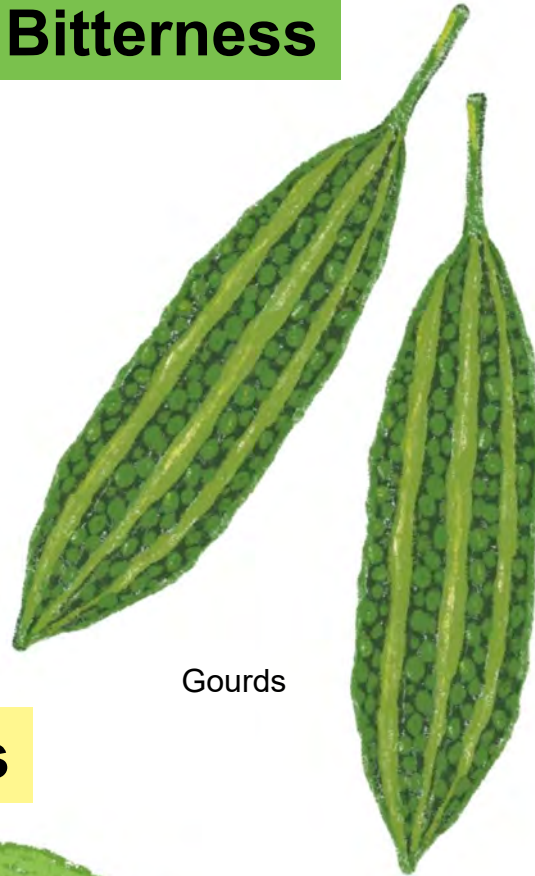
Five flavors

Sweetness



Mangoes

Bitterness



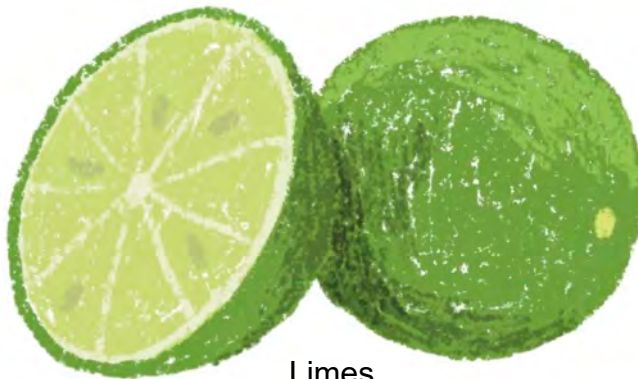
Gourds

Saltiness



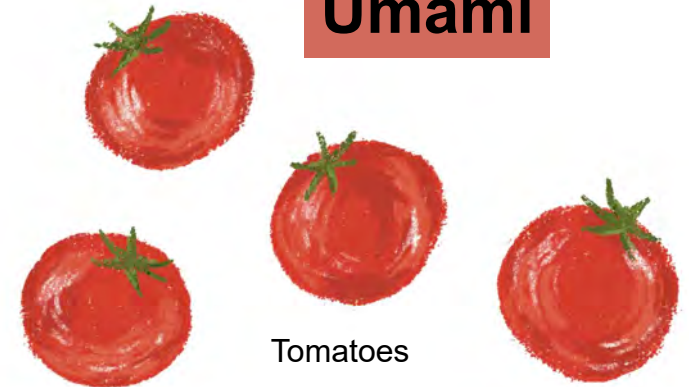
Salt

Sourness



Limes

Umami



Tomatoes

What is "Umami"?

Umami is a rich, savory taste that adds depth and satisfaction to food.

“Dudu, these are all dishes that people in Timor-Leste often eat.”

“Wow! I’ve never seen such amazing food before!” exclaimed Dudu.

“And if you chew slowly and really savor each bite,
you might even hear the harmonies of Timor-Leste’s many flavors playing!”

——I thought only sweet things were delicious, but maybe you’re right.
Maybe there are delicious flavors I don’t know about.——

Dudu was deeply moved, but there was still something on his mind.

“Do I... really have to eat things I don’t like?”





Tukir

Ai-manas

Ikan agusal

Fehuk midar no
Ai-farina daan

Tempe ho
Tomate

Sate

Kafé Timor

Salada

Kangkun ho
Ai-dila funan

Budu tasi

Batar fai

Ai-farina
kukus

Katupa

Ikan saboko

Na'an fahi
midar siin

Hakmerik

Brinjela kiik
Timor fila

Bifi

“Dudu. How do you want to live your life every day?”

“I’ve... always looked up to people who play soccer.
So, I want to live every day chasing after the ball to get better.”

“Wow! That’s a wonderful thought!
To do that, you’ll first need to build a strong, healthy body.”







That night, Dudu hesitantly took a bite of the stir-fried water spinach.

—Huh? It smells like garlic. So this is what water spinach tastes like. The papaya flower is a little bitter, but it tastes good when eaten with the water spinach. I can't believe one dish has so many different flavors!—

Dudu was surprised by the unexpected deliciousness.

From then on, he would always ask his family about their food and made sure to try it.





“Mom,
every dish is really delicious.
Eating with my family is so much more fun than eating donuts all by myself.
From now on, I’m going to try new foods little by little.”

Gradually, Dudu’s body began to change.



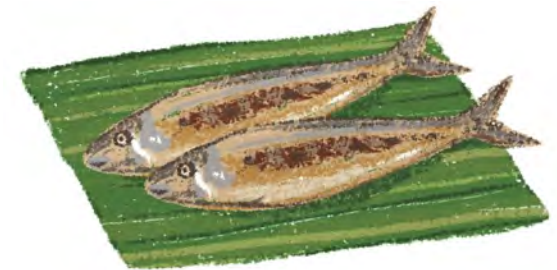


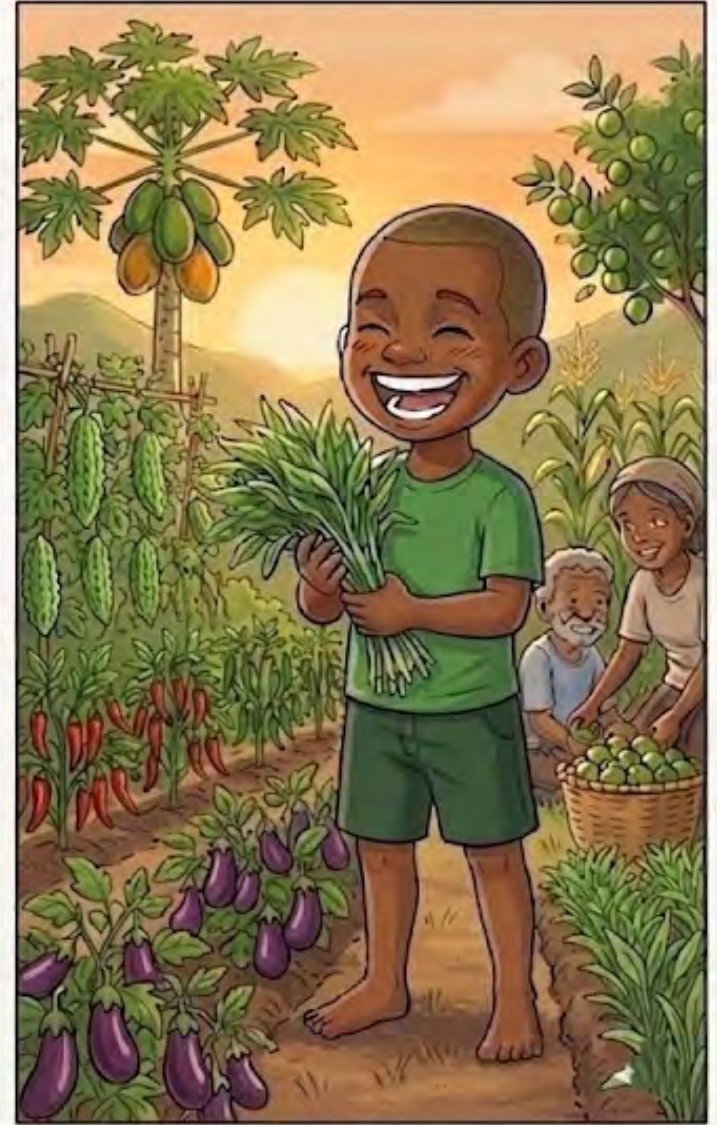
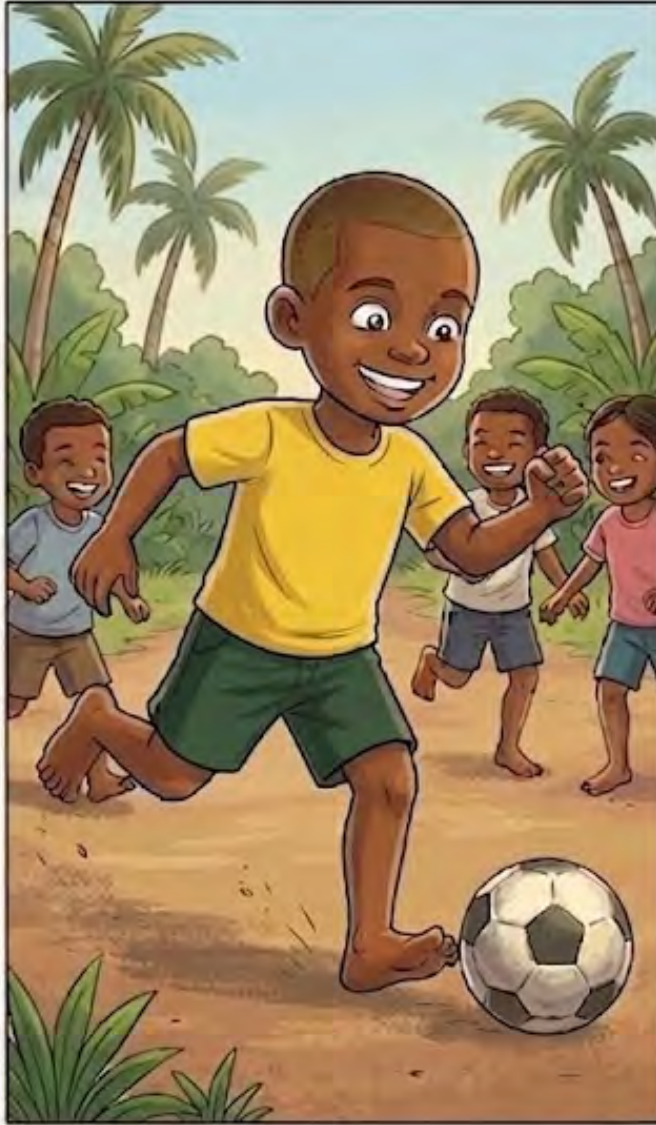
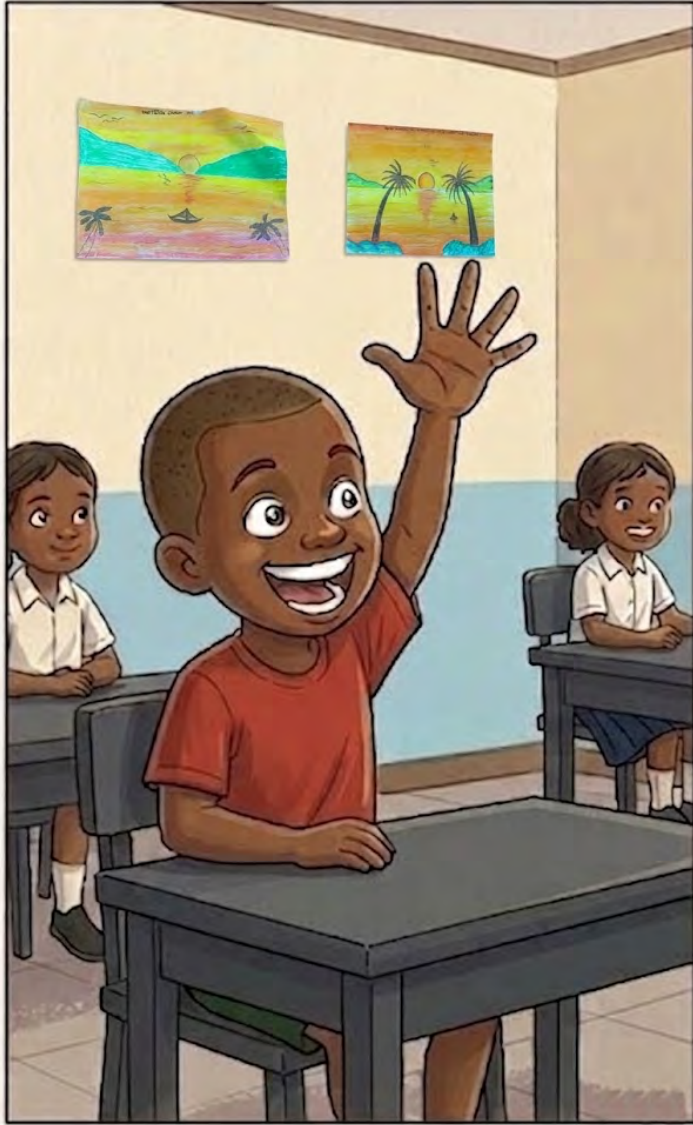


He could finally stay awake and pay attention in class.

He got injured less often.

And he rarely got sick.







When Dudu spotted his teacher at school, he ran over to her.

“I get it now! We’re all made of what we eat. That’s why we need to eat many different kinds of food to grow up big and healthy!”





“That’s amazing, Dudu! You figured it out all on your own.”

“Yeah! I got healthier by trying foods I’d never eaten before, and now there are so many more things I can do.”

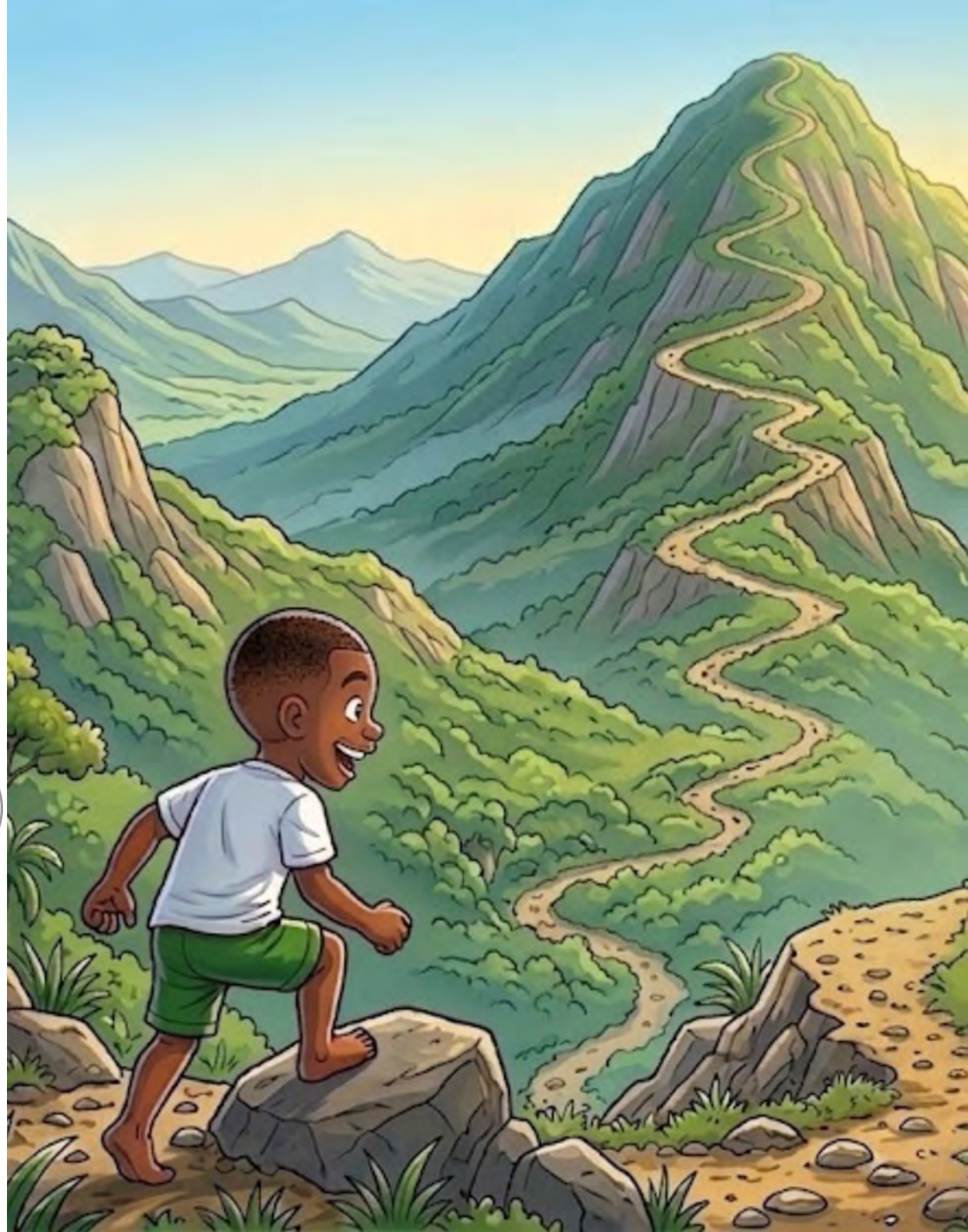
“Dudu, your future is built on the small things you do every day. It’s full of wonderful possibilities.”

“It’s all so new and overwhelming, but I’m going to enjoy my first year as a human to the fullest.”





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• Benefisiu hosi Matabisu mook ma
• Desvantagem bainhira lá Matabisu



“By the way, Miss, how do you understand how I feel so well?”

The teacher grinned and said,

“Because I used to be a frog, too.”

“Huh!?”







Hamutuk ita han, Hamutuk ita sai forte!

1. Hanoin fila fali istória

- **Tanbasá Dudu koko han kangkun maski nia la gusta?**
Ezemplu: Tanba Dudu admira jogadór tebe bola. Nune'e nia hatene hetan presiza ai-han sira ne'ebé la gusta mós atu halo isin forte.
- **Tuir ita-nia hanoin, saida mak di'ak ba ita atu han hamutuk ho ema seluk?**
Ezemplu: Bele hato'o agradese no sabor hahán nian ba ema ne'ebé te'in.

2. Aprende kona-ba Ai-han grupu tolu

Ai-han klasifika grupu tolu bazeia ba funsaun nutrisaun ba ita nia isin.

Ai-han fó Forsa

Fó enerjia atu estuda no halimar.



- Etu
- Paun
- Súpermi
- Ai-farina
- Talas

Ai-han Haburas

Fó proteína ba kresimentu.



- Ikan
- Na'an
- Mantolun
- Susubeen
- Koto, Tempe

Ai-han fó Protesaun

Proteje isin husi moras.



- Modo tahan
- Marungi
- Brinjela
- Tomate
- Ai-fuan

3. Sabor lima ida-idak iha ai-han

Aleinde ai-han iha istória, saida ai-han seluk bele representa sabor ida-idak?

Midar



- Hudi
- Buah naga
- Pateka

Siin



- Sabraka
- Sukaer
- Sarmalen
- Bilimbi

Moruk



- kafé
- Ai-dila tahan / funan

Meer



- Ikan maran

Umami



- Na'an
- Keiju
- Ikan

4. Komunika ho família



Saida mak ita sei hatete ba ita-nia família kona-ba buat ne'ebé ita aprende husi istória ne'e?

Ezemplu: Importante atu koko han ai-han ne'ebé nunka han. / Ita nia isin halo husi buat ne'ebé ita han. / Ha'u haree hetan hahán traditionál ne'ebé seidauk han.

Ha'u sei hatete ba ha'u-nia família katak:

5. Ita nia matabixu inklui buat tolu hotu husi “Ai-han grupu tolu”?

Atu han matabixu ajuda **hasa'e isin-nia temperatura**. No mós **halo enerjia no nutrisaun sai nakonu fali**.
Atu nune'e ita bele konsentra iha aula no halimar. Mai ita halo toman atu han matabixu atu hahú ita-nia loron.

Ohin matabixu ita han saida?

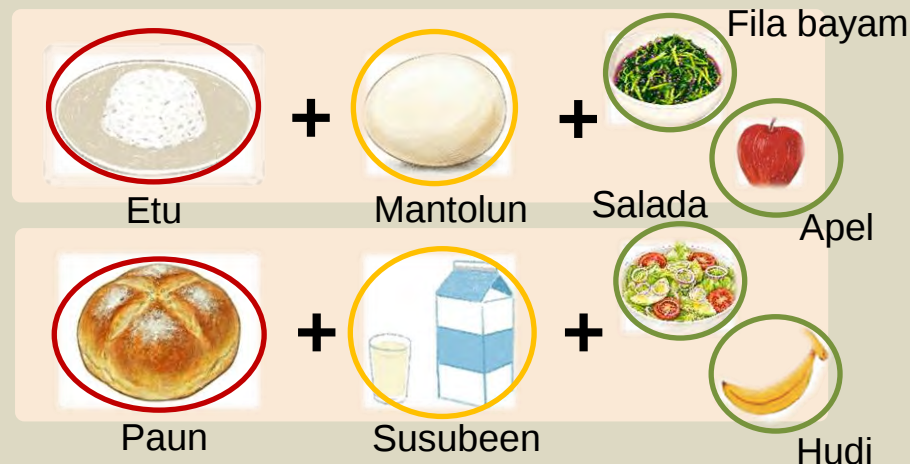
Mai ita dezeña, hafoin sirkula ai-han ho kór (mean, kinur no matak) ba knaar ida-idak. Mai ita haree se iha kór hotu.



Ha'u nia matabixu:



Ezemplu kona-ba kombinasaun matabixu.
-Atu ita bele prepara lalais Ai-han group tolu-



Atu lori ita-nia matabixu ba nivel tuirmai. -Saida mak ita sei halo se ita sosa etu ida ne'e?

Foto ida ne'e grupu ai-han ida-ne'ebé mak falta?



Resposta:

Ai-han Haburas.

Tanaba Ai-han fó Forsa (Etu no Súpermi) no Ai-han fó Protesaun (Kangkun) mak iha.



Ai-han saida mak presiza aumenta ba foto ne'e atu bele hadi'ak liután?



Ezemplu:

Hatama mantolun tanba Ai-han Haburas la iha.

Sasoro Marungi -Reseita matabixu hahú ohin laron-



Ingredientes

- Na'an karau 100g
- Liis mutin fuan 10
- Pimenta musan 10
- Masin kanuru han 1
- Du'ut morin 2
- Liis mean fuan 4
- Ai-lia fuan 4
- Foos manko 1
- Senoura fuan 1
- Fehuk ropa fuan 1
- Marungi matak liman 1

Maneira te'in

- 1 Iha kalan, koa na'an no fase tiha depois tau masin, liis mean, liis mutin, ai-lia, pimenta no du'ut morin. Depois kahur no hatama ba jeleira.
- 2 Dadeer, koa liis mean, liis mutin no ai-lia depois tau hamutuk ho mina ba taxu.
- 3 Tau na'an no sona to'o mean depois tau bee. To'o nakali, tau masin, depois tau foos.
- 4 Tau senoura, fehuk ropa no marungi.

Pancake senoura no hudi tasak -Reseita ba goza modo-



Ingredientes

- Trigu 100g
- Hudi tasak fuan 2
- Senoura fuan 1
- Mantolun fuan 1
- Susubeen kopu kiik 1
- Baking soda kanuru kiik ½
- Mantega ka Butter kanuru han 1
- Masin midar kanuru han 1

Maneira te'in

- 1 De'ut hudi halo dodok iha basia ida depois kahur hamutuk ho senoura parut, mantolun no susubeen. Depois kedok.
- 2 Aumenta trigu ho baking soda no kedok.
- 3 Tula tasu iha ahi, tasu manas ona, kose mantega / butter ba tasu laran. No suru adonan pancake kabuar tau ba tasu laran.
- 4 Depois tasak no mean, fila pancake.



Yuka Shudo

Escola Dominicana, Hera /
JICA Volunteer / Nutritionist

Through this picture book, I want to convey that food has many wonderful qualities beyond simply providing nutrition. The happiness that comes from delicious food, the depth of Timor-Leste cuisine, and the emotional richness that arises from sharing a meal with family. I feel that each of these elements holds an important meaning when it comes to food. I also incorporated into this story the idea that our bodies are built from the food we eat every day. I hope that children who read this picture book will develop an interest in food from various perspectives and that it will inspire them to make changes in their own behavior to lead healthy lives.



Rita Ili da Cruz

Naroman NPO / Nutritionist

I'm inspired to make this recipe, because in reality children often didn't like vegetables, but they love sweet and salty snacks. So by mixing vegetables with the snacks that they usually eat can convince them to eat vegetables. I want children to eat more vegetables to protect them from illness.



Ekobiatus maria da cruz

Uma Saudavel / Director

My message to all Timorese is that a healthy life is our hope so let's work together to innovate our local food to consume so that we can become healthy and productive people. Thank you.



Beatriz Martin Alves

Escola Dominicana, Hera /
Cook

Congee is a light meal that we eat for breakfast to give our bodies energy.



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Author : Yuka Shudo

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Beatriz Martin Alvel

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