




LUMI AND FRIENDS

ultragenyx




Adults can find more information at:
www.faodinfocus.com




WE ARE ALL DIFFERENT. I INHERITED SOMETHING THAT DOESN'T ALLOW MY BODY TO BREAK DOWN CERTAIN FATS FROM FOOD INTO ENERGY.

IT IS A TYPE OF LONG-CHAIN FATTY ACID OXIDATION DISORDER. BUT I PREFER TO CALL IT LC-FAOD.


IS THAT THE REASON WHY YOUR LIGHT SOMETIMES FLASHES OR TENDS TO FADE AWAY?



YES, BECAUSE LUMI CAN'T USE CERTAIN FATS AS ENERGY TO HELP KEEP HER LIGHT BRIGHT.



THAT'S WHY IF LUMI EXERCISES TOO MUCH, GETS SICK OR DOESN'T EAT ENOUGH FOOD, HER BODY WEAKENS AND STOPS WORKING WELL.



WHAT IF WE ASK LUMITON, THE CHEF, FOR A RECIPE THAT CAN FILL US WITH ENERGY?

Having friends is really important because they are an awesome source of support and can help us live a healthy life.

It is important to avoid fasting and limit fat intake, while still getting enough energy and nutrients from low-fat sources of protein, complex carbohydrates and plant foods such as whole grains, fruits and vegetables.

WOULD YOU LIKE TO PREPARE A HEALTHY RECIPE? TO GET THE INGREDIENTS YOU HAVE TO FOLLOW THIS MAP.

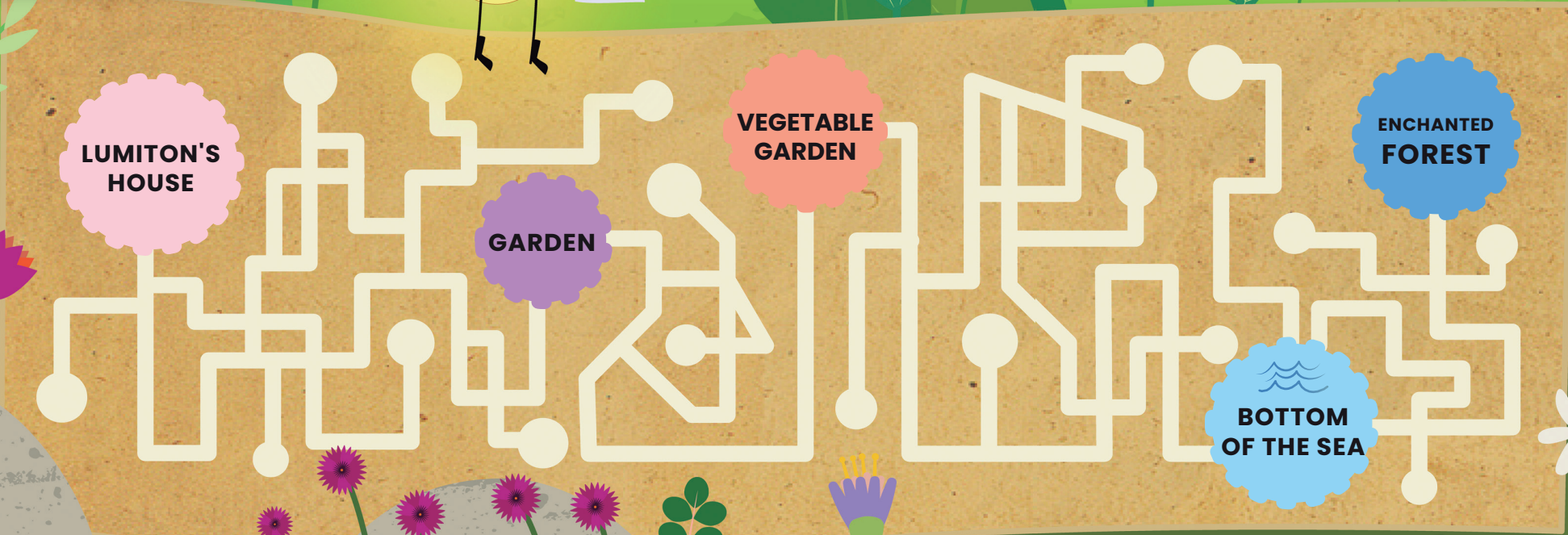
THERE ARE LOTS OF NEW PLACES TO DISCOVER, HOW FUN!

AND SEAWEED AT THE BOTTOM OF THE SEA! DOES ANYONE KNOW HOW TO SWIM?

OH! THE ENCHANTED FOREST, THEY SAY THERE ARE LOTS OF BEAUTIFUL SURPRISES THERE!

THE LAST INGREDIENT IS HIDING IN THE ENCHANTED FOREST.

CAN YOU HELP US FIND THE SHORTEST PATH TO THE ENCHANTED FOREST?



THERE'S A BUNCH OF FLOWERS.
HOW BEAUTIFUL!

HELLO MRS. BEE, DO YOU
PRODUCE YOUR OWN HONEY?

MY FRIENDS AND I PRODUCE IT. WE GET IT
FROM THE POLLEN OF THE FLOWERS. DO YOU
WANT TO HELP ME FILL THE HONEYCOMB
WITH COLORS?

It is crucial for people
with LC-FAOD to keep
their food in safe and
hygienic conditions.

DO YOU WANT TO PAINT THE
HONEYCOMB FOLLOWING THE
COLORS OF EACH FLOWER?

1	5	5	4	3	3	5	5	4	3	3	4	4	1						
4	3	4	5	2	5	4	3	5	2	5	4	1	1	4	3	4			
2	4	4	3	3	5	4	1	1	5	5	4	1	2	1	4	4			
2	1	1	3	4	3	4	1	2	1	3	3	2	2	1	6	2	1		
4	1	2	1	3	3	4	4	1	1	3	4	3	4	2	6	6	1		
3	4	1	1	4	4	2	2	6	4	4	3	3	2	2	6	5	6	1	
2	4	6	4	4	6	2	4	2	4	3	4	6	6	1	1	6	6	3	
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5	5	5	1	2	2	3	6	1	1	6	6	6	6	6	6	6	4	4	6
5	4	5	2	3	2	5	1	2	1	4	2	2	3	2	4				

HELLO MR MOLE, WE ARE COLLECTING SOME INGREDIENTS THAT WE NEED FOR OUR HEALTHY RECIPE.

CAN YOU HELP US DRAW THE MISSING ROOMS OF MR. MOLE'S HOUSE?

COME IN! YOU CAN HARVEST FRUITS AND VEGETABLES.

BEDROOM

BATHROOM

LIVING ROOM

KITCHEN

DINING ROOM



Resting is important for conserving energy and not reaching exhaustion. Also, it can be a great opportunity to observe the world around us.

THE SEAWEED IS AT THE BOTTOM OF THE SEA.

HOW ARE WE SUPPOSED TO GET IT? OUR WINGS CAN'T GET WET.


I'LL HAPPILY GET YOU SOME. IT IS MY FAVORITE FOOD!

WHILE THE TURTLE GETS THE SEAWEED, I'LL TAKE THIS OPPORTUNITY TO REST AND HAVE A SNACK, MY LIGHT IS FADING...

HOW MANY LEAVES OF EACH SEAWEED DO YOU FIND?






WE JUST ARRIVED AT THE ENCHANTED FOREST. HOW ARE WE SUPPOSED TO KNOW WHICH IS THE LAST INGREDIENT?

I CAN HELP YOU! I HAVE IT HERE WITH ME. BUT IF YOU WANT IT, YOU'LL HAVE TO GUESS THE FOLLOWING RIDDLE:

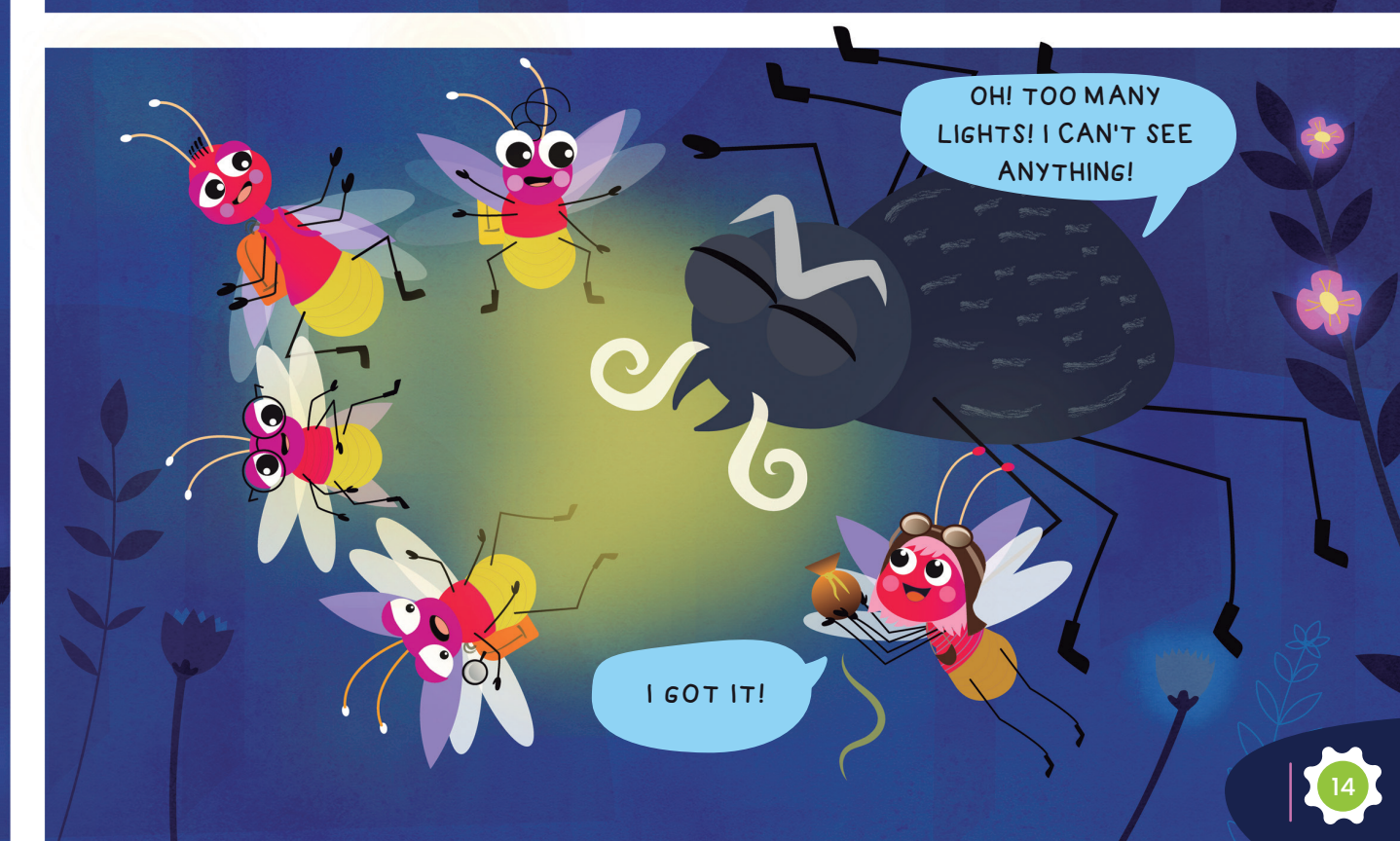
"RABBITS LIKE TO EAT ME WHEN I'M IN THE FIELD. I'M AN ORANGE VEGETABLE THAT TASTES BEST WHEN PEELED. WHAT AM I?" IF YOU DON'T GUESS, YOU WON'T GET THE LAST INGREDIENT.

THE ANSWER IS:

I CAN'T THINK OF ANYTHING. DO YOU HAVE THE ANSWER TO THIS RIDDLE?



YOU GUESSED IT! BUT I WON'T GIVE YOU THE LAST INGREDIENT.



OH! TOO MANY LIGHTS! I CAN'T SEE ANYTHING!

I GOT IT!



WE HAD A TRULY ENJOYABLE ADVENTURE!

AND MOST IMPORTANTLY: WHEN WE DO THINGS TOGETHER, IT'S MORE FUN!

HOW DELICIOUS IS THIS SOUP! LOOK HOW I SHINE!

WE LEARNED MANY THINGS, SUCH AS TAKING CARE OF OURSELVES AND READING MAPS.

STOPPING WHEN NECESSARY, OBSERVING SMALL THINGS AND RESPECTING EACH OTHER'S SPACE.

WHAT NAME WOULD YOU GIVE TO THIS DELICIOUS SOUP?

A child with LC-FAOD can do almost anything, but they need to watch their energy levels and plan their outings with their family, doctors and caregivers. It is important to eat healthy and stay well hydrated, especially when engaging in physical activities.

THE RECIPE NAME:
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WE INVITE YOU TO ADD YOUR SPARKLE AND COLOR TO LUMI AND HER FRIENDS' DINNER

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MRCP-UX007-00707 07/2023
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