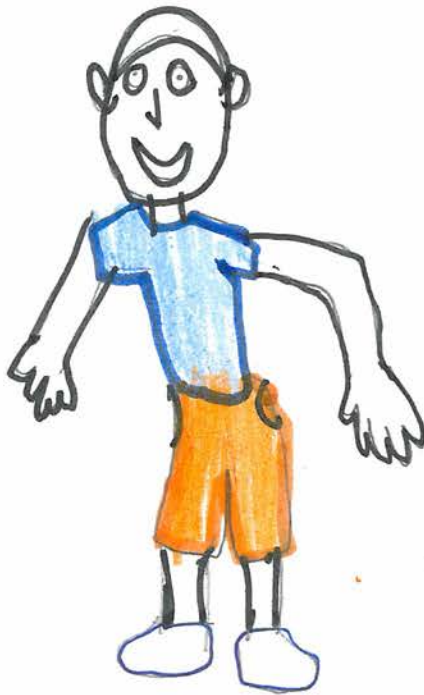
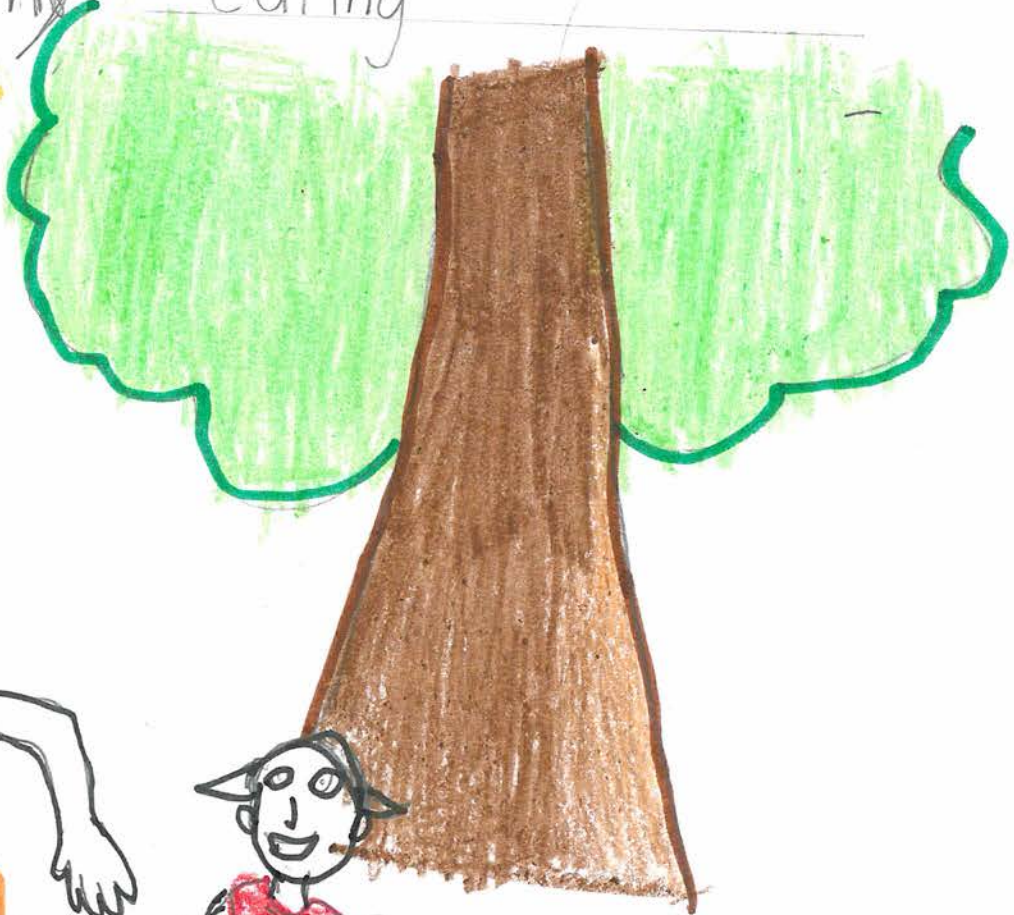
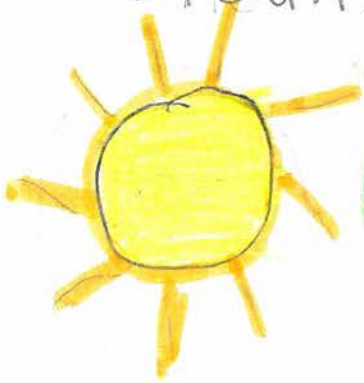


Alan and Aliss

healthy eating



Author and Illustrator

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Alan was an energetic seven
year old boy who loved his sister
Aliss. One day Alan and Aliss
went to see thier cousins.
Alan loved playing with cousins.
They liked to play board games.



When his cousin Jeff lost the game, he became very upset. Alan said "It's okay let's play again" But Jeff wanted to feel better by eating ice-cream. After he ate two big scoops of ice-cream,



they decided to play outside.

Jeff was tired. "Go to sleep then" said Alan. But Jeff said "When I am tired I eat candy."

In the evening, Jeff felt bored.

"Let's play a game then," said Alan.



But Jeff said "when I am bored, I eat chips." By night, Jeff felt sick and soon he threw up.

Jeff said Alan's mom "you should eat only when you are hungry, not when upset,



bored or tired. That's how
we keep our body healthy."

Jeff realised his mistake
and promised he would eat
only when he was hungry
and take care of his body.

The end