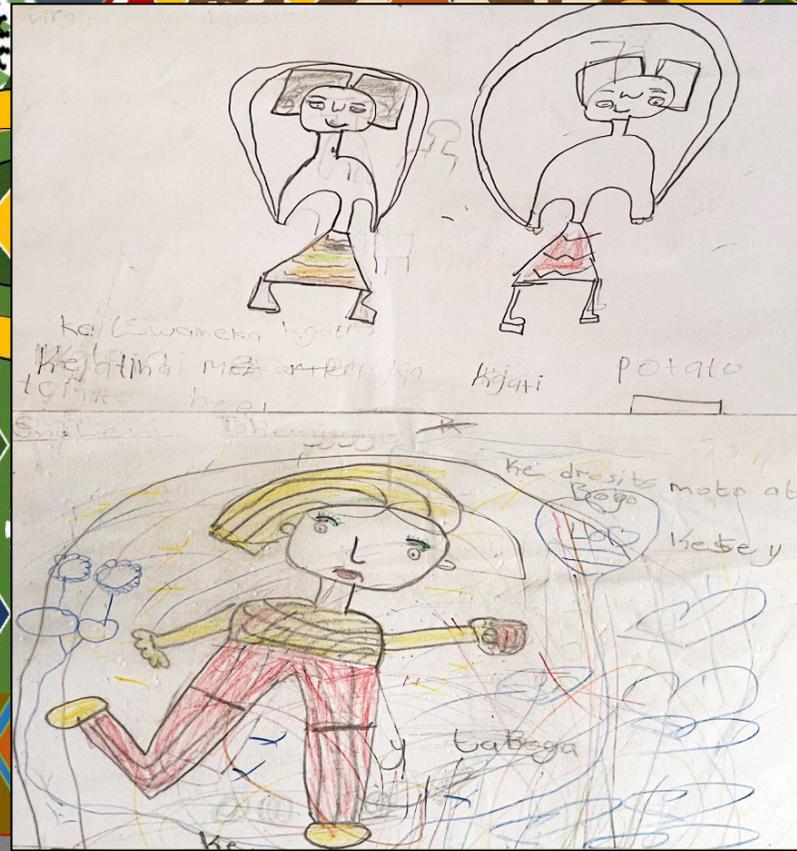


Gr 3 Storybook



Taking care of my body

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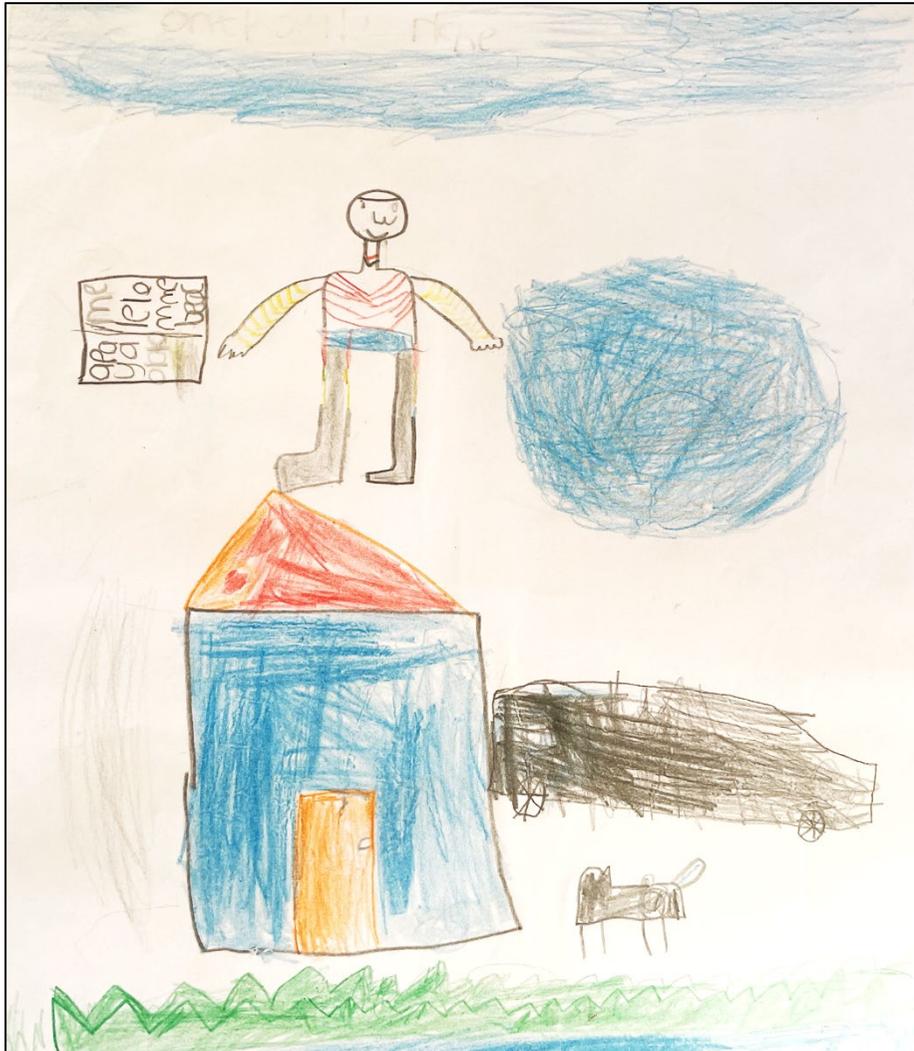
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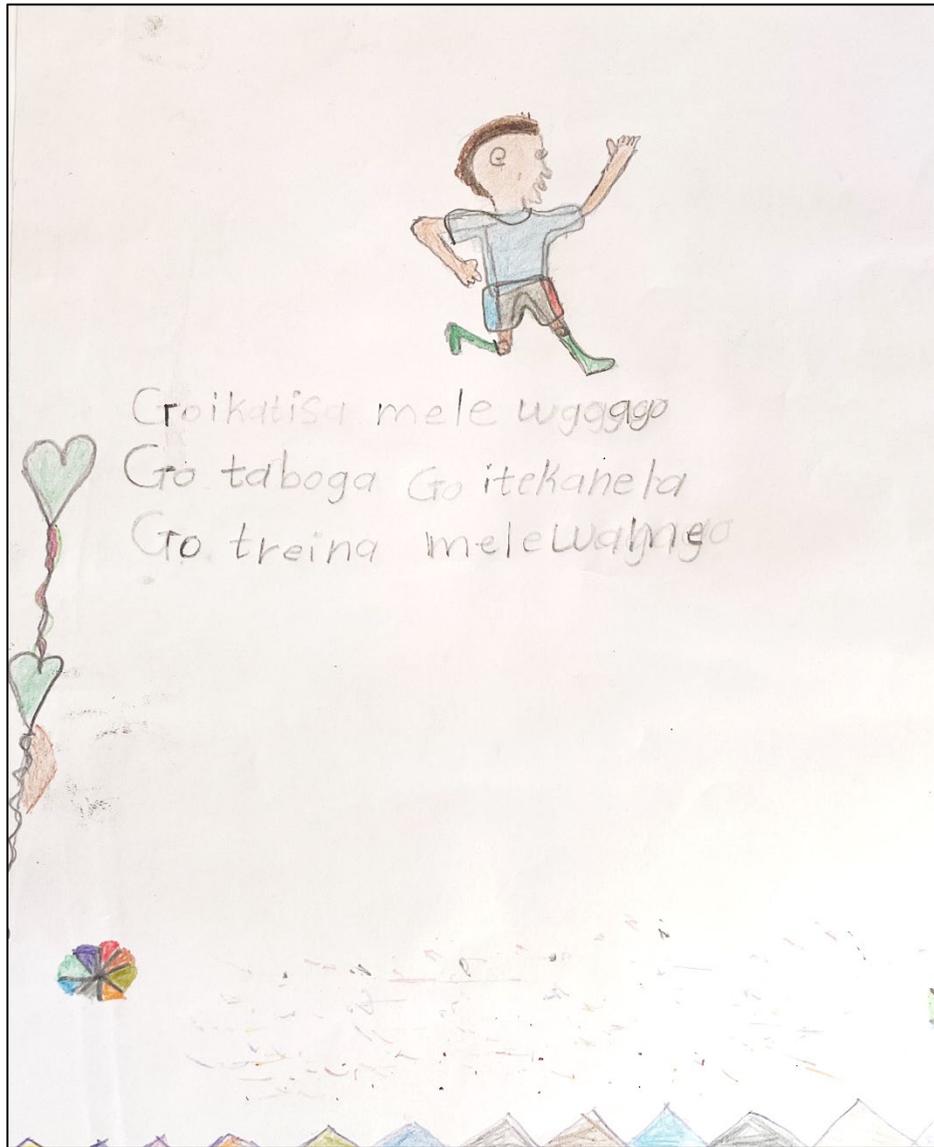
There was once a village called Matile. There was a boy who lived in that village named Tsholofelo.



He was a tall boy with a moustache.



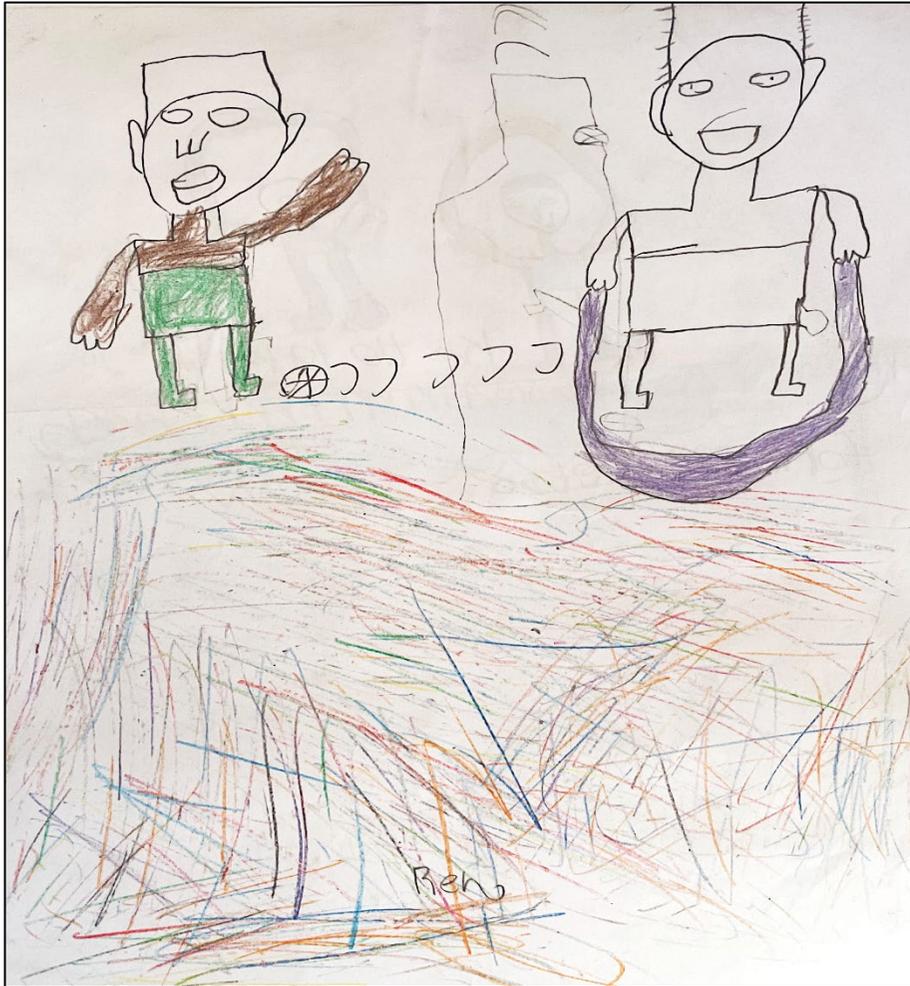
This boy was a soccer player. He played for a soccer club called Roovas. His team mates called him "machine" because of his skills when it comes to soccer.



He liked to exercise his body at home by doing push ups, jumping rope, jogging and running. Then he visited the gym with his team mates to do body warm ups before playing soccer.



One day the team left Matile and went to Setlagole to meet other soccer teams to compete for a soccer cup.



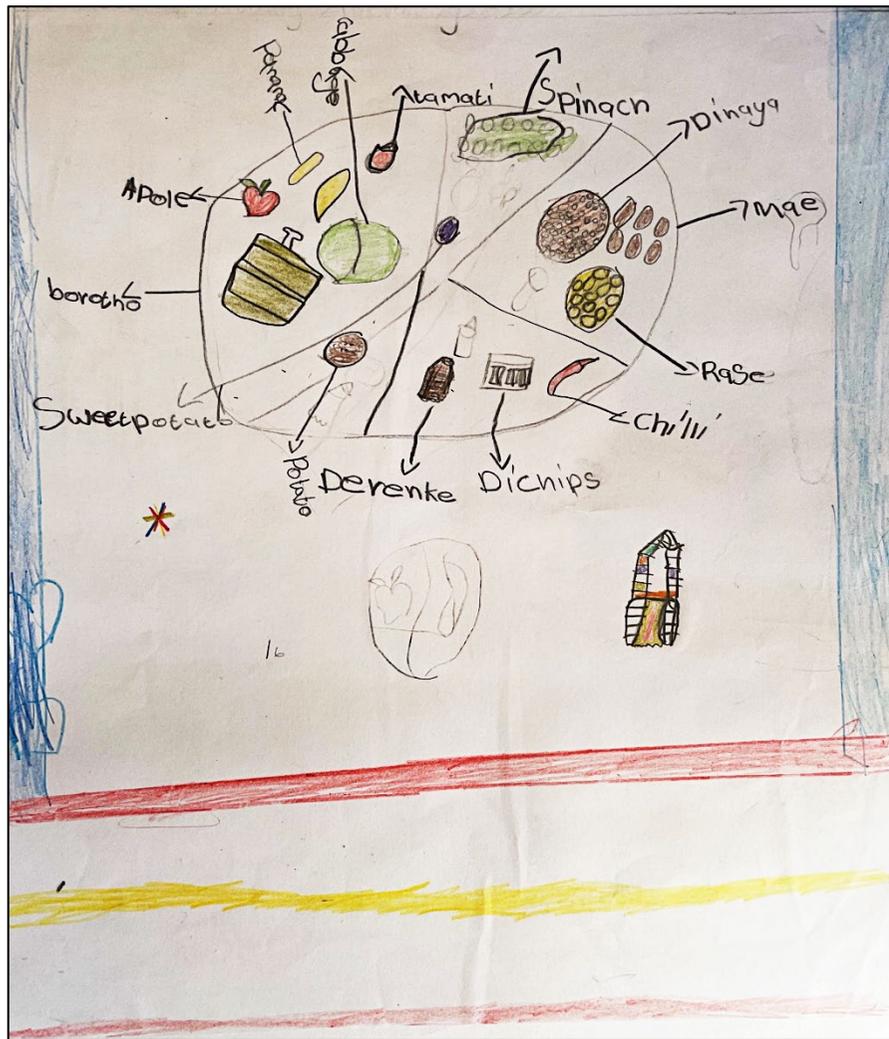
The coach and his soccer team were expecting more from him because of his skills. He had a skill to change the game when they were losing. This worked for them because the skill let them win the game.



The game began well but when the game was on, Tsholofelo hit the ball with his head trying to score a goal. He fainted after scoring. His coach and other team mates took him to the hospital.



When they arrived at the hospital they met up with the doctor who checked his body.



After examining him the doctor found out that Tsholofelo's eating style was not a healthy one, which made him unhealthy. The doctor advised him to start eating fruits and vegetables, proteins and carbohydrates because these types of food are important in the body.



Tsholofelo did what the doctor advised him to do which helped him to be healthier. His health also increased by him exercising.

He went back to play soccer again and this made his coach and team mates very happy.

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