Gr / Storybook

The food we eat
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My name is Thato. I am seven years old.
I like food, tasty food.
I like sweets, ice cream, Simba chips, and chocolate.
Every day I eat my favourite food.
I eat a plate full of my favourite food.
One day I fell sick. My tummy hurt, and I vomited.
My mom took me to the doctor, and he checked my stomach.
He told me that I was sick from eating sweets and fatty foods.
The doctor told me to start eating nutritious food to grow big and strong.
The food we eat

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