

Gr R Storybook



My favourite food

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For further information about the project, please visit

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Malebogo is a smart girl.  
She is careful of the  
type of food she eats.  
This year she is in  
Grade 5.



When Malebogo goes to school in the morning, she eats brown bread and milk. She does not like white bread because she says it does not make her body strong.



Malebogo's grandmother keeps telling her to drink a lot of water in the morning. So, Malebogo takes a bottle of water when she goes to school.



Malebogo likes eating fruit. She likes it more than anything else. Each day she eats two different types of fruit.





On Monday, when Malebogo goes to school, she packs an apple and a banana in her lunchbox. She eats both of them.



On Friday, Malebogo packs a pear and a juicy orange with one sweet. She does not like more than that because she could get diabetes.





On Saturdays,  
Malebogo and her  
grandmother wake up  
at 6 o'clock to exercise.  
They run for an hour  
and then go home to  
eat a healthy breakfast.

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