



Name: \_\_\_\_\_

Date: \_\_\_\_\_



- Cha-cha was a fussy eater, \_\_\_\_\_ always complained when asked to eat \_\_\_\_\_ and \_\_\_\_\_. And he always said “no” when his mother tried to give him healthy food.

**Cha-Cha:** (Ew) I don't like \_\_\_\_\_ and spinach! No, I don't want apples. No \_\_\_\_\_ or \_\_\_\_\_ for me either!

- One day. Miss Dorothy, Cha-Cha's teacher, made an announcement in the c\_\_\_\_\_.

**Ms. Dorothy:** Children, I have some good news for \_\_\_\_\_. We are organizing a fitness day at our school next month. There will be lots of different activities and it will be a lot of fun. If you compete, you could win prizes. We'll start practicing tomorrow.

- Cha-Cha was very excited about the fitness day. He liked to run races and win prizes.

**Cha-Cha:** I'm going to compete in all of the activities. And I'm going to run super fast!

- The very next day, Miss Dorothy started helping the children practice for the upcoming fitness day.

**Ms. Dorothy:** Ready, set, go!

- Cha-Cha's friends ran very quickly. But Cha-Cha felt tired and couldn't run very fast.

**Cha-Cha:** Others are really fast. Why am I so tired? And why am I not as fast as them?

- Cha-Cha felt quite sad when he realized that he was much slower than the other children. He slumped down quietly in the shade of a tree. Miss Dorothy saw Cha-Cha sitting by himself.

**Ms Dorothy:** Cha-Cha are you upset because you haven't been running as fast as your friends?





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**Cha-Cha:** That's right, Miss Dorothy. I want to run faster but I just can't.

**Miss Dorothy:** Cha-Cha if you want to run faster, you must take better care of your body. To be healthier, you must eat plenty of fresh \_\_\_\_\_ and \_\_\_\_\_. Once you start eating better, I'm sure you'll be able to run very fast and probably win some prizes too.

**Cha-Cha:** Really, Miss Dorothy?

**Miss Dorothy:** Yes, Cha-Cha.

- When Cha-Cha got home from school that evening, he surprised his mother by asking for \_\_\_\_\_ and vegetables.

**Cha-Cha:** Hi mom. I'd like to eat some fresh fruits and \_\_\_\_\_.

**Mom:** Really Cha-Cha?

**Cha-Cha:** Yes! Miss Dorothy says they will make me healthier and run faster.

**Mom:** I think Miss Dorothy is right, Cha-Cha!

**Cha-Cha:** began eating fruits and vegetables without making a fuss.

**Cha-Cha:** umm. These \_\_\_\_\_ are Yummy! May I have some more spinach? I'd like a banana with my lunch please, and some \_\_\_\_\_ and \_\_\_\_\_ too.

-After a few days, Cha-Cha found that he could run much faster than before, and without being tired. When fitness day arrived. Cha-Cha felt strong enough to run all the races.

**Miss Dorothy:** Ready?! Set! Go!

-Cha-Cha came first in many of the races. And he won lots of prizes.

**Cha-Cha:** I'm a winner today. I have the strength to run fast and win all these prizes, thanks to Miss Dorothy. She's the one who told me, that eating fresh fruits and vegetables would make me healthy. Thank you, Miss Dorothy! Thank you!

-Miss Dorothy had taught Cha-Cha a valuable lesson. Eating plenty of fresh fruits and vegetables certainly does make one healthier.