

# Amir's Healthy Lunch

Amir was getting ready for school. His mother packed his lunch box with rice, grilled chicken, and some vegetables. She also added an apple and a glass of milk.

“Why do I need to eat all this?” Amir asked.

His mother smiled and said, “These foods are good for you. Rice gives you carbohydrates for energy. Chicken is meat that has protein to help your body grow strong. Fruits and vegetables are full of vitamins and nutrients that keep you healthy.”

At school, Amir saw his friend eating chips and sweets. He wanted to share, but he remembered what his mother said. Amir ate his healthy lunch instead. After lunch, he felt active and ready to play. His friend felt tired and slow.

“I think I should eat healthy food like you,” his friend said. Amir smiled and replied, “Yes! Eating the right food helps our body stay strong and happy.”