

NO MORE Sweets!

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Andy loves sweets!

He likes to eat candy after school.

"No more sweets," says Andy's mom.

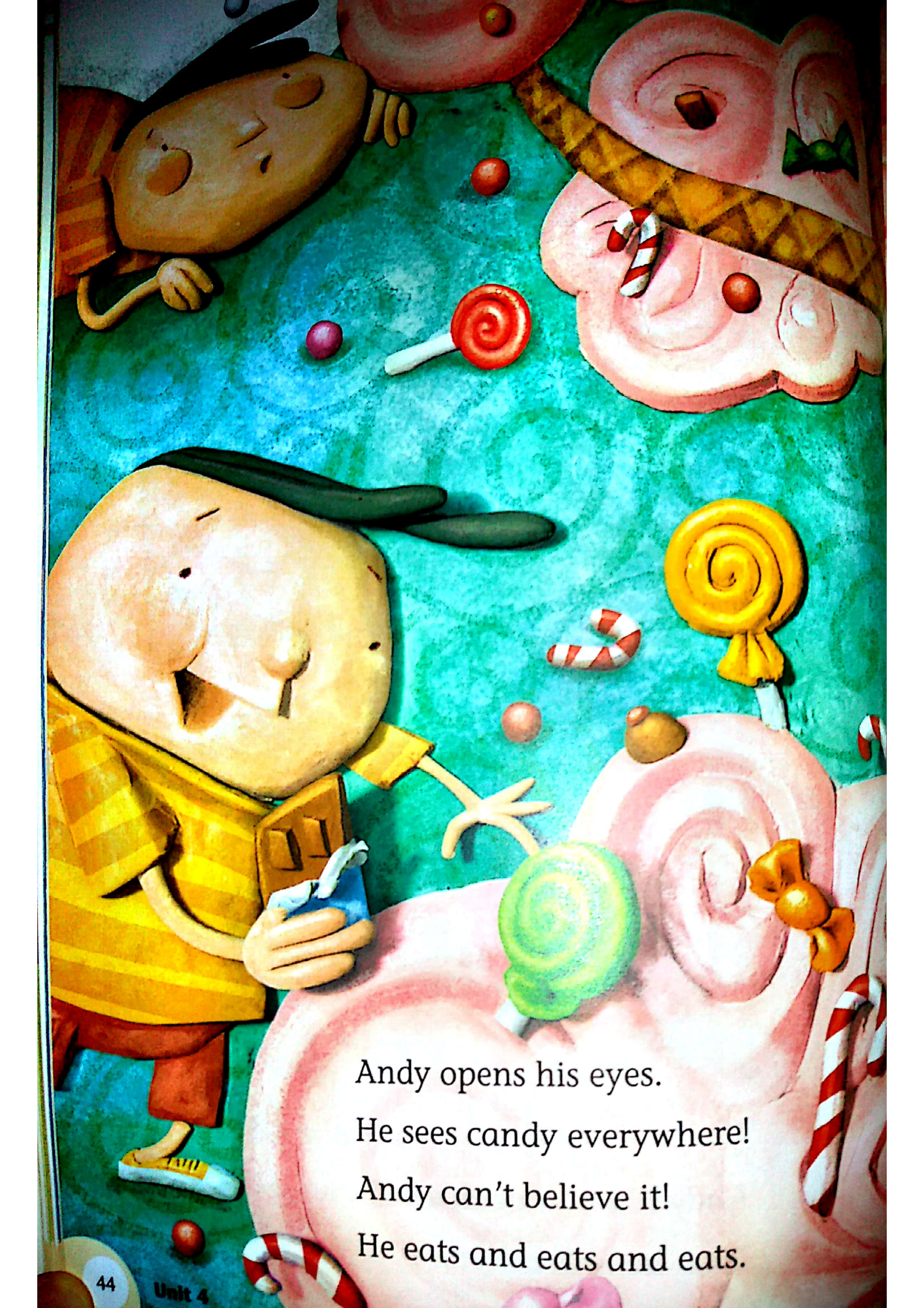
"Go outside and play."



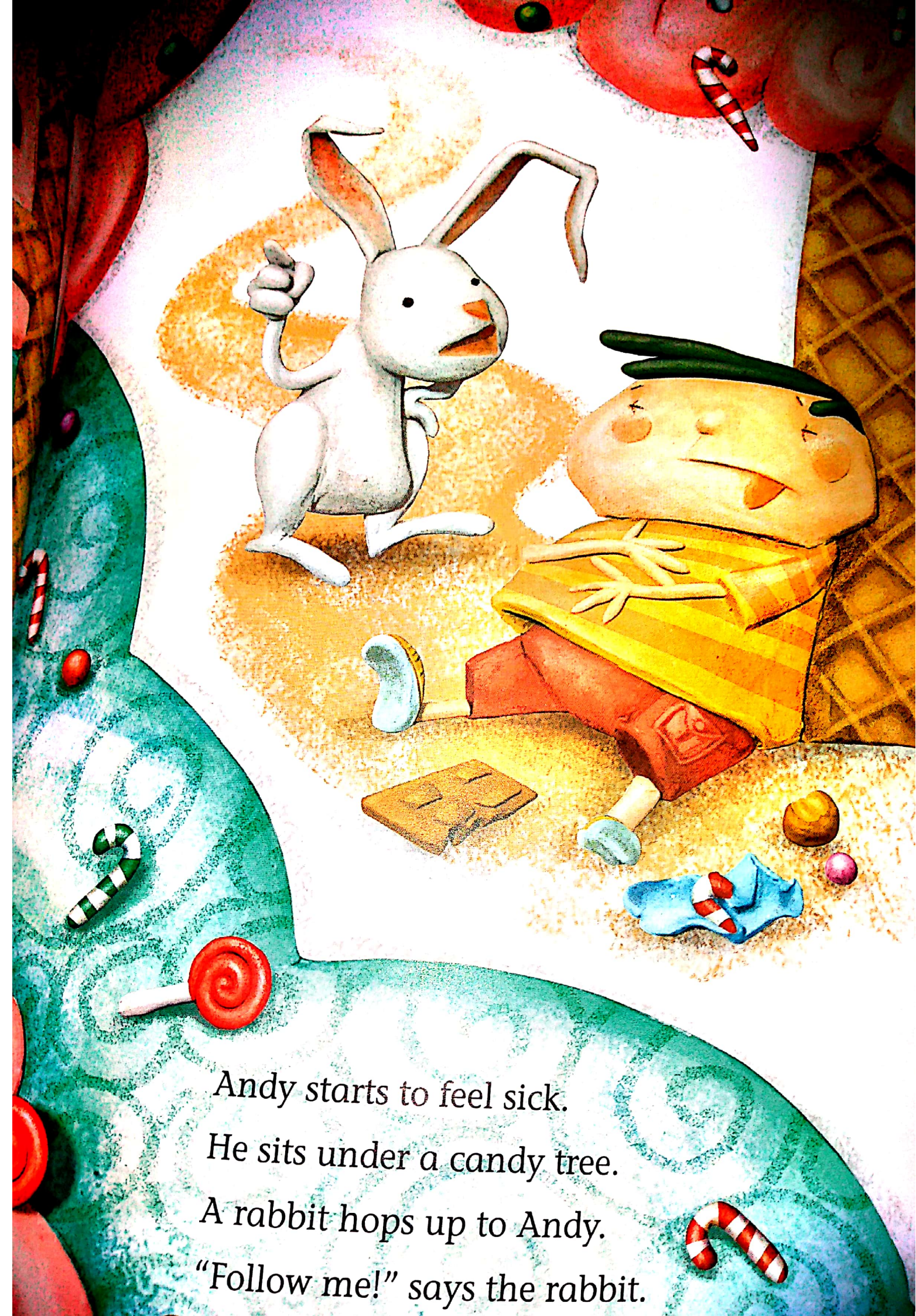
Andy is mad!
He runs to his room.
He doesn't want to play.



Andy hides under his bed.
Then he falls asleep.



Andy opens his eyes.
He sees candy everywhere!
Andy can't believe it!
He eats and eats and eats.



Andy starts to feel sick.
He sits under a candy tree.
A rabbit hops up to Andy.
"Follow me!" says the rabbit.



Andy follows the rabbit to a big garden.
“You need to eat fruits and vegetables!” says
the rabbit. “And you need to exercise!”



“I can do that!” says Andy.
Andy eats an apple.
He plays with his new friend.
He feels much better!



“This is fun,” says Andy.
But the rabbit is gone!
Andy hears someone calling him.
“Andy! Andy!”



Andy wakes up.

He runs downstairs.

"Do you want a snack?" asks Mom.

Andy smiles, "How about some fruit?"



Let's Reflect!

Answer the questions.

1. What snacks did Andy prefer at the beginning of the story?
2. What kinds of snacks does Andy prefer at the end of the story?
3. What are your favorite snacks?

Make a chart. List unhealthy snacks in the left column. List healthy snacks in the right column.

Unhealthy Snacks	Healthy Snacks

