

Staying Healthy

There was a new animal in the forest. Bear had moved in. The other animals were excited to meet him.

Rabbit took Bear some carrots. 'Yuk!' said Bear. 'I only eat chips.'

'But carrots are very good for you,' said Rabbit.

Bear shook his head. Carrots were boring. He liked chips. Rabbit went on her way.

R: Who was the first animal to visit Bear?

R: What did they bring?

Fox invited Bear out for a walk. 'Oh, no!' said Bear. 'I don't like walking. I like watching the television.'

'But walking is very good for you,' said Fox.

Bear shook his head. Walking was boring. He liked the television. Fox went on his way.

Mouse invited Bear to the stream. It was the best place to get a drink of water.

'No way!' said Bear. 'I only drink fizzy drinks.'



'But water is very good for you,' said Mouse.

Bear shook his head. Water was boring. He liked fizzy drinks. Mouse went on her way.

E: Why won't Bear go for a walk?

P: Which do you think is healthier to drink, water or fizzy drinks?

A few weeks passed. Bear started to feel poorly. He didn't feel good at all. The animals were worried. They called the wise old owl. Owl visited Bear. Owl asked Bear lots of questions.

'Ah,' Owl said. 'Bear, you are very unhealthy. Your body can do amazing things. You need to look after it. You need to eat healthy food. You need to drink lots of water. You need to exercise. You need to get plenty of sleep. You need to keep clean.'

Bear felt bad. He let the animals help him. He ate the fresh food that Rabbit brought. He went on walks with Fox. He drank water with mouse. After a while, he felt much better. Feeling better made Bear very happy. He started enjoying the fresh food. He looked forward to walking with fox. He loved going to the stream with mouse.

E: Why did Bear feel poorly?

