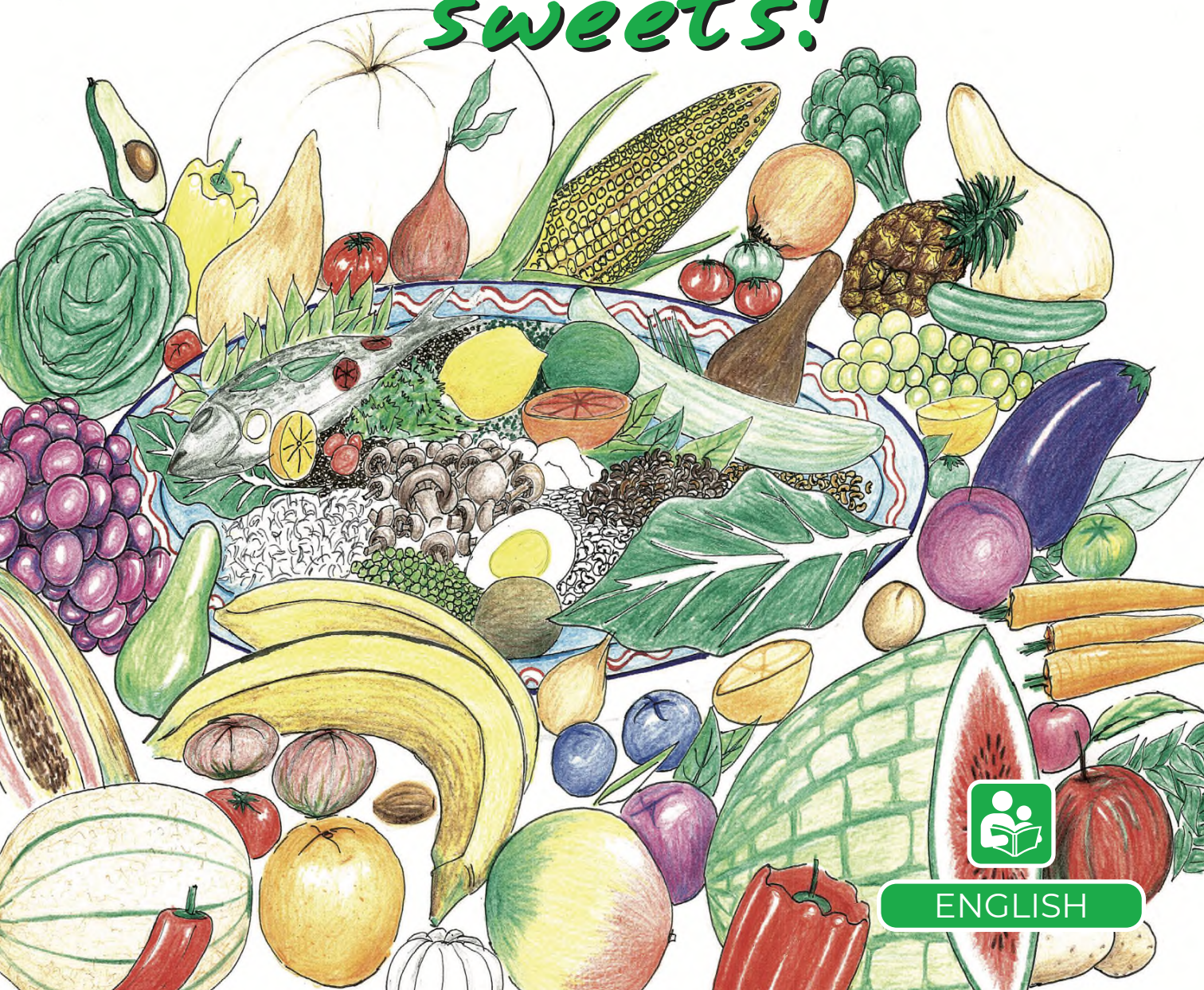


Not too many sweets!



ENGLISH

This book belongs to:



Not too many sweets!

Title: Not too many sweets!

Author: Hilma Weber

Illustrations: Shiya Karuseb

Layout and design: John Meinert Printing

Publisher: Development Workshop Namibia

20 Nachtigal Street

P O Box 40723, Ausspannpaltz

Windhoek, Namibia

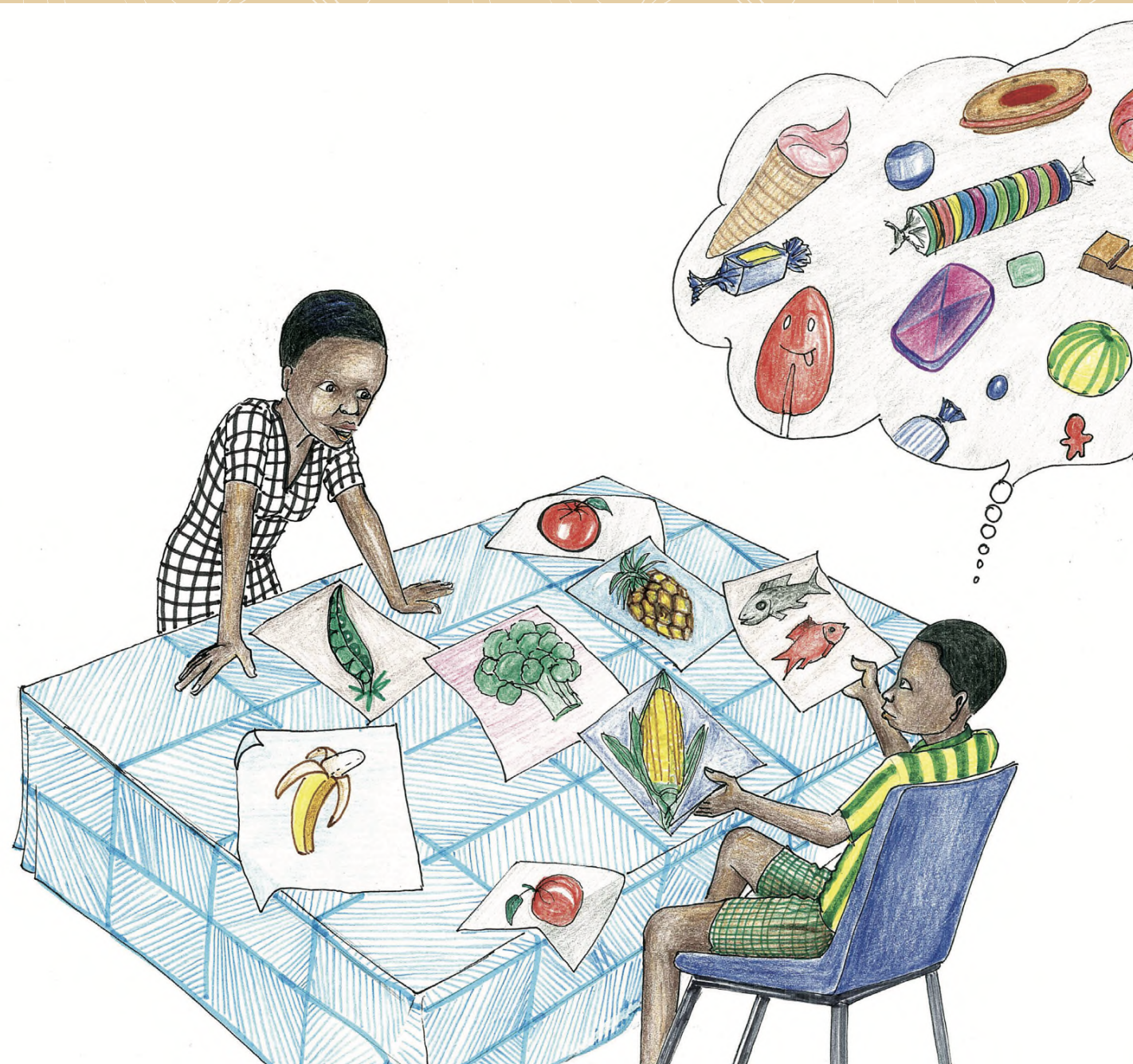
Printed by: John Meinert Printing

ISBN: 978-99945-58-38-4

Copyright: *All rights reserved by Development Workshop Namibia. School children and teachers can make copies and use this book in schools. This book and /or its content may not be reproduced or copied for commercial purposes.*

The production and printing of this publication is supported by:

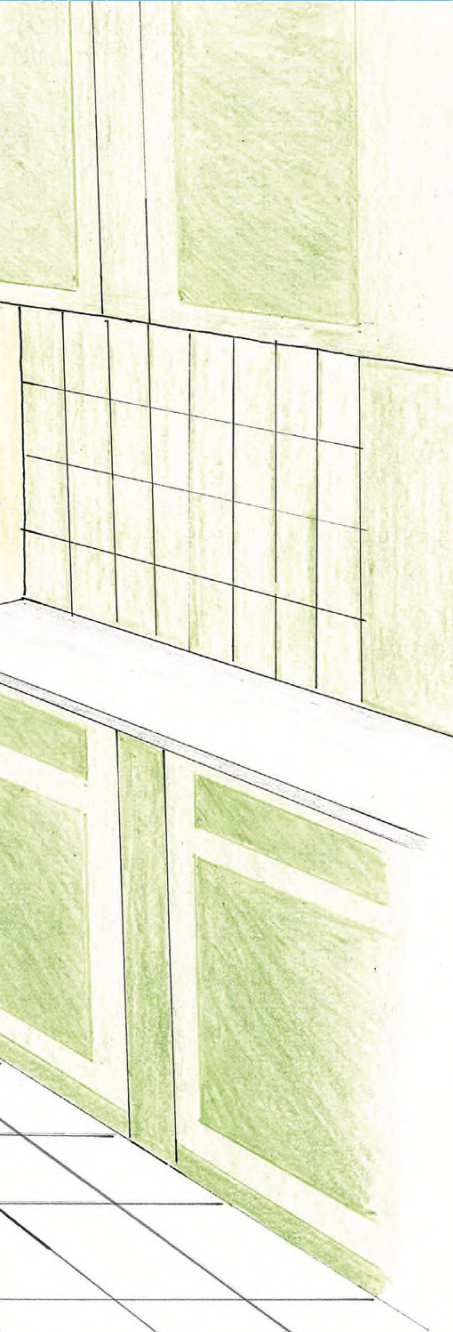






Sam likes to eat sweet things. “Eating too many sweets is not good for you, my boy.” said mother Sesilia.





Today Mother Sesilia cooked pap, fish and vegetables for lunch. She calls out, "Sam, lunch is ready!"

"What did you cook for lunch, Mom?"
Asks Sam.

"I have made a very tasty pap, fish and vegetables," she replied.



“Oh no... I do not want to eat such boring food Mom, I just want sweets,” said Sam.

“My dear boy, to be healthy our body needs good food, like pap, fish and vegetables. This meal I prepared is full of vitamins and it is so yummy. And I cooked it with love!” Mother Sesilia told Sam.



“Mom why is this food good for me? Why is it bad for me to eat too many sweets?” asked Sam.

“That is a very good question my boy – let me explain to you” – said Mother Sesilia.

“Our body needs good food to be healthy, have energy to move and grow. It is also important for us to eat balanced meals.”

“You see on our plates we have pap, fish and vegetables. The fish and vegetables help our bodies to grow strong muscles, bones and teeth and develop our brain. And the pap gives our bodies energy.”

“From each type of food we get different vitamins that our bodies need to be healthy.” Mother Sesilia explained to Sam.

“What are vitamins?” asked Sam

“Vitamins are so small that you cannot see them, but they are like tiny little helpers who make sure you stay healthy.”








Sam was still thinking about the sweets and wondered why his mother said they were not good for him. “But why not sweets?” He asked, interested to find out.

“Sweets taste nice because they are made out of sugar. But sweets have a lot of sugar and no vitamins. Too much sugar makes the body weak and sick and you will get bad teeth. That is why eating too many sweets is not good for our bodies.” Explained mother Sesilia.



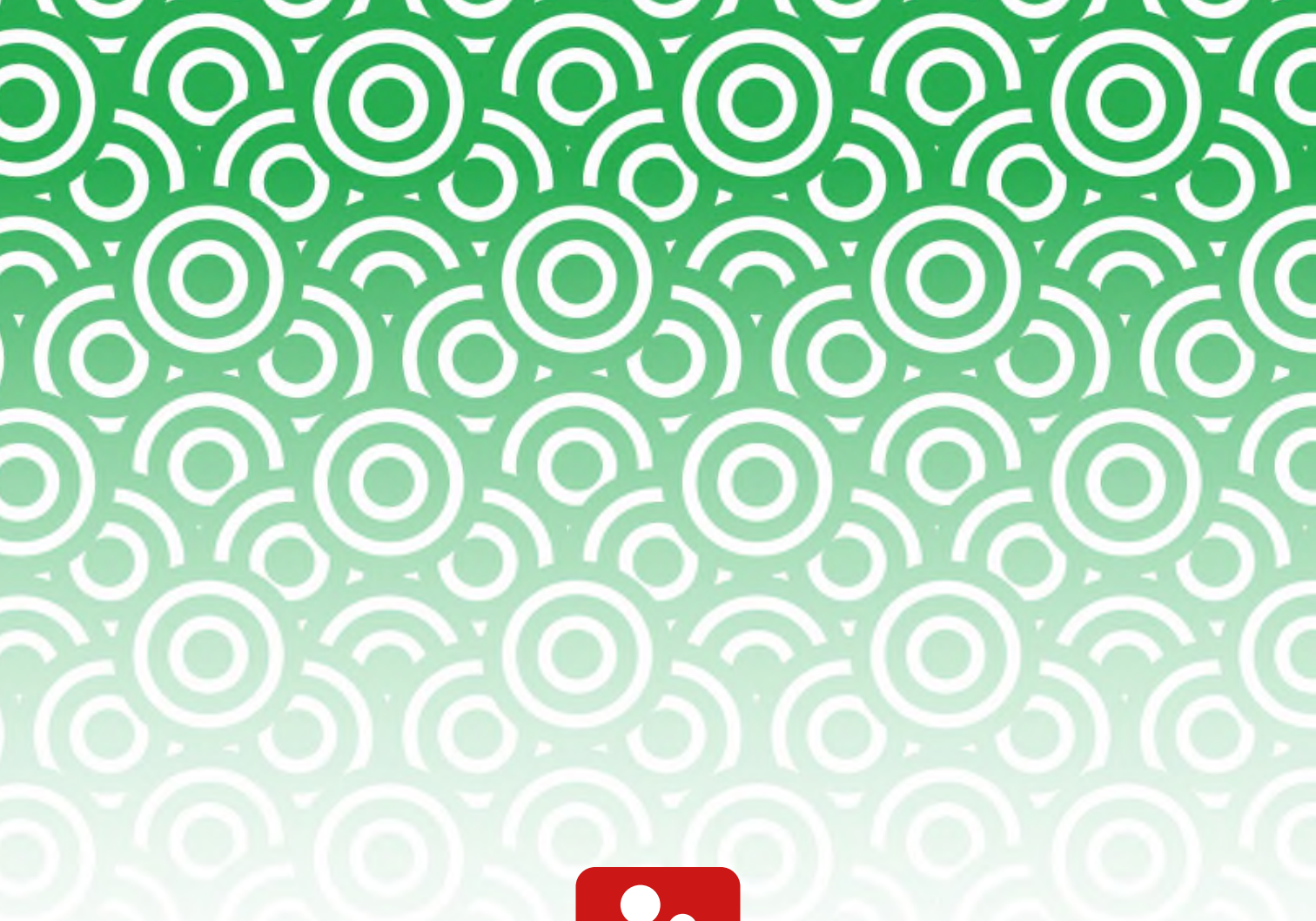
Sam and Mother Sesilia sat down together to eat a healthy and balanced meal for lunch. “Mom, this food is very nice and it is so yummy and it makes me really full. I like it!” Said Sam to his mother. “I am glad you like it my boy.” Replied Mother Sesilia.



Sam says: “What you said about sweets is so scary, I will never eat them again!”

“Oh my dear son, please don’t worry. Once in a while you can of course have some sweets. Just not too many and not too often, and we shouldn’t forget to clean our teeth every night and in the mornings. This helps us have strong teeth until we get old.” replied Mother Sesilia.
Sam’s favourite meal now is pap with fish and vegetables – what is your favourite food?

Did you know there are fruits which are sweet and sour just like the sweets from the shops? Which fruits do you know that taste sweet and which fruits taste sour?



Publication is supported by:



ISBN: 978-99945-58-38-4



9 789994 558384