

Tim's Adventure in Search of Healthy Foods



Ce livre
appartient à :

mektabeti.com

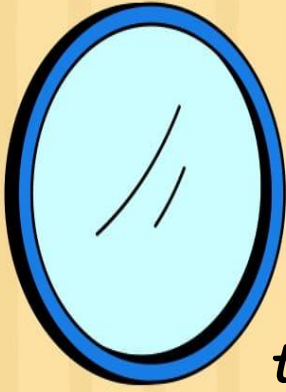
مكتبتى
www.mektabeti.com



Once upon a time, there was a young boy named Tim who lived in a small Village surrounded by rolling green hills and fields of wheat.



Tim was a curious and adventurous boy, and he loved nothing more than exploring the countryside and trying new things.



One day, Tim's mother told him that he needed to eat more healthy foods if he wanted to grow up strong and healthy. Tim wasn't sure what his mother meant by "healthy foods," so he set off on a mission to find out.



As he wandered through the fields and forests,
Tim encountered all sorts of delicious-looking
treats. There were juicy red berries hanging
from the branches of trees, crisp green apples
glistening in the sun, and plump purple grapes
ripening on the vine.



But Tim's mother had told him to be careful, so he made sure to only try a little bit of each new food. Some were sweet and juicy, while others were crunchy and tart. But no matter how tasty they were, Tim knew he couldn't eat too much of any one thing.



As he continued his journey, Tim came across a strange-looking plant with big, glossy leaves and bright orange roots. Intrigued, he dug up a few of the roots and took them home to his mother.



"What are these?" he asked as he presented the orange roots to his mother.

"Those are carrots," she replied, smiling.

"They're very good for you. They have lots of vitamin A, which is important for your eyesight."



مکتبتی
www.mektabeti.com

Tim was thrilled to have discovered a new, healthy food. He ate his carrots with gusto and felt his energy levels rise. From that day on, Tim made sure to include a variety of healthy foods in his diet, and he grew up to be strong and healthy, just like his mother had hoped.

