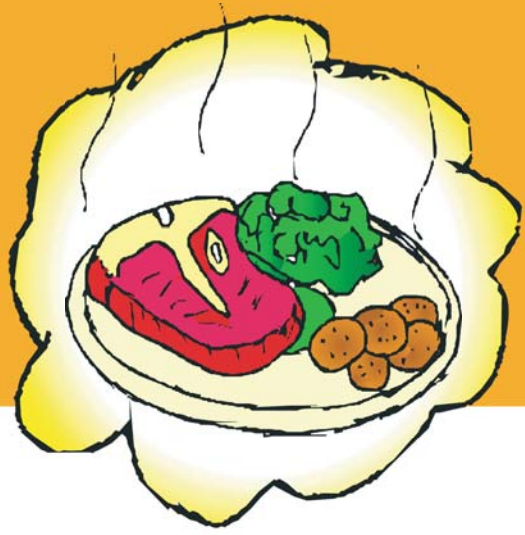




5

Mmmmm, mud pies!

Healthy eating



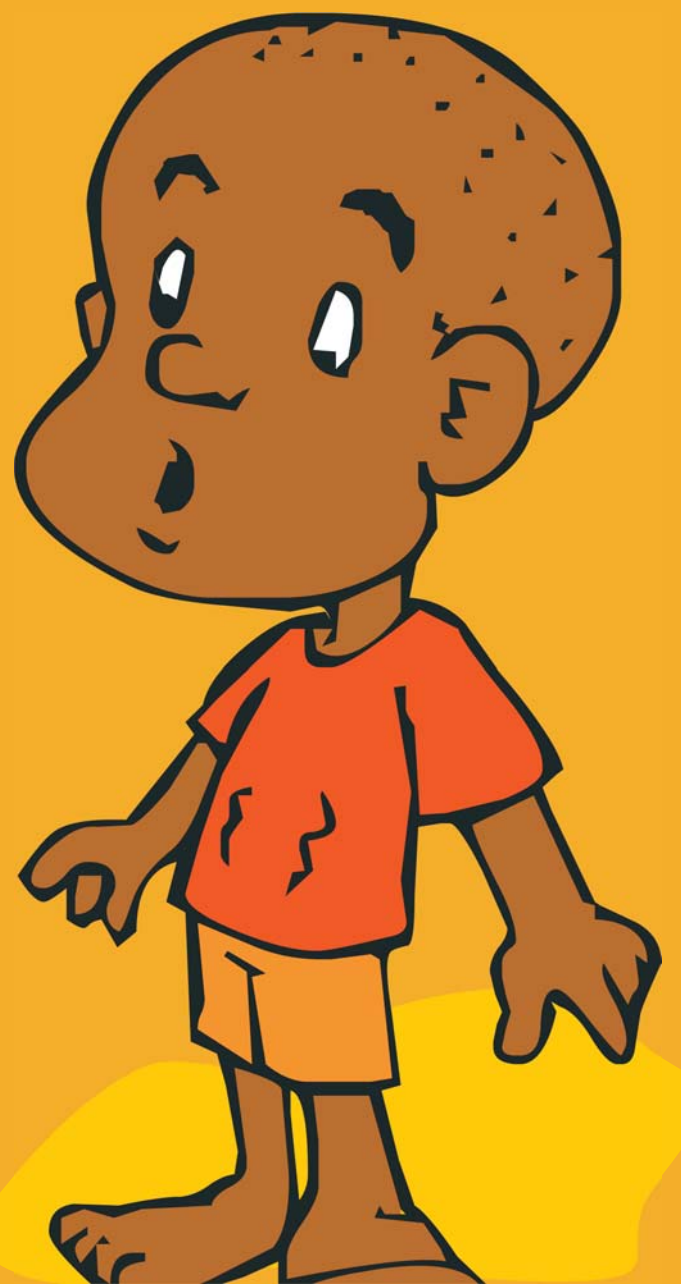
Mondli is making a marvellous muddy meal.
Let's see what he is cooking ...

- Meat
- Potatoes
- Spinach
- And yummy chocolate pudding!





"Come and share my lovely meal," says Mondli to his sister Thandile. Thandi licks her lips. "Mmm, this chocolate pudding looks delicious," she says. "You can't have any pudding until you've eaten all your veggies," says Mondli. "Can too," says stubborn Thandi. She grabs a mud pie and takes a big bite. "Yuck!!!" she shouts, spitting it out. "This tastes awful!"





"Mooooondliiiiiiii!" calls his mother.

"Come inside for supper."

"Guess what's for dinner?" says mom.

She takes the lids off the dishes and

Mondli's eyes light up at the sight of his favourite meal.

There is ...

-Meat

-Potatoes

-Spinach

-And yummy chocolate pudding!

"Tuck in," says Mondli's mom.

"Just remember, Thandi: no pudding until
you've eaten all your veggies!"

Thandi groans.

"I think I've lost my appetite," she says.

