



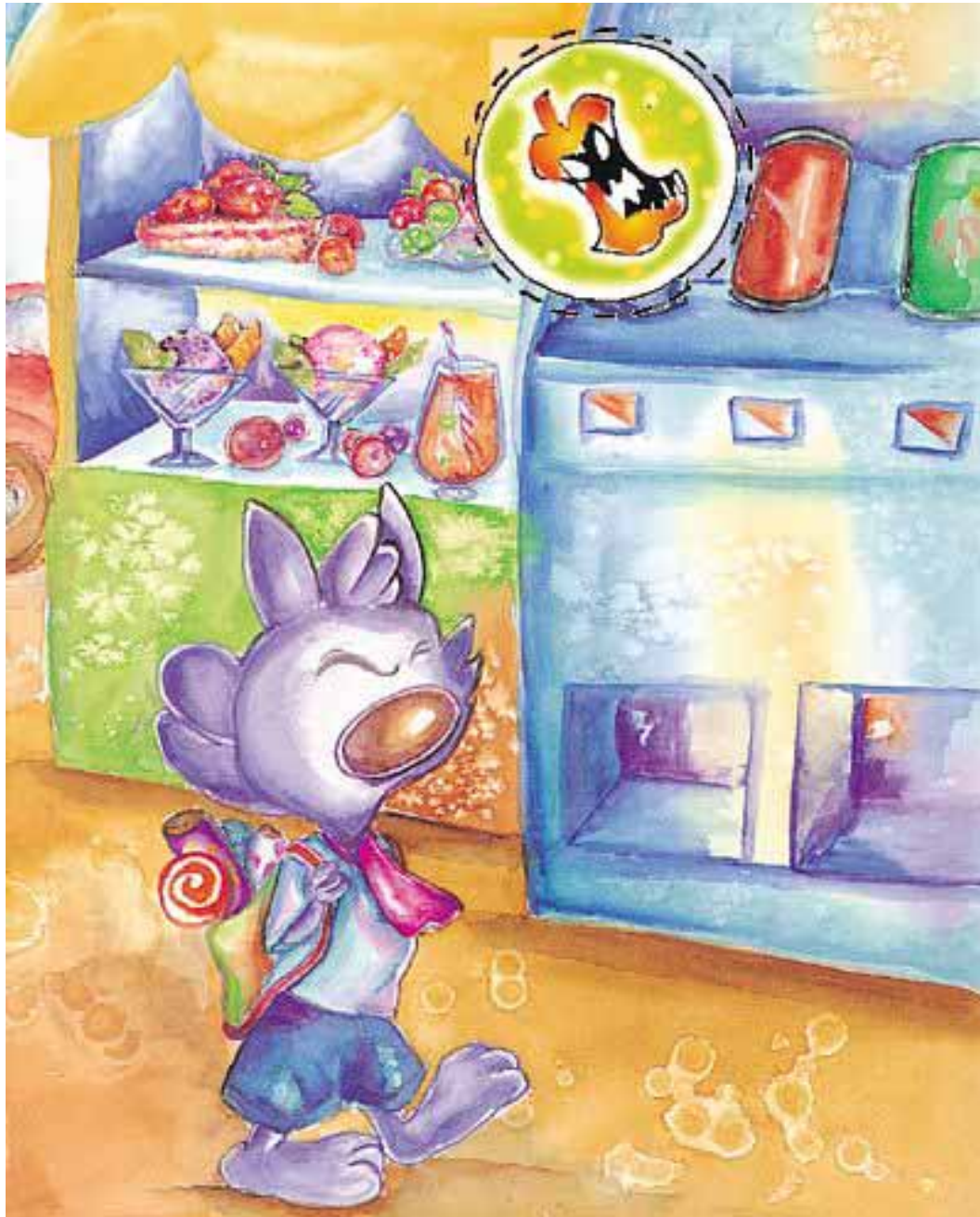
Little Bear and Little Kitty are neighbours as well as classmates. Early this morning, Kitty's Mum and Bear's Mum prepared a rich breakfast for Kitty and Bear respectively.



Little Bear finished her breakfast but Little Kitty only ate a little bit.



Little Bear and Little Kitty went to school together. On the way, Little Kitty passed through many snacks shops and soft drinks vending machines and cried for some.



Thus Little Bear said to Little Kitty, "Mum told me not to eat snacks in-between meals because they make me prone to tooth decay." But Little Kitty did not care, he bought some snacks and ate them on his way to school.



In class, Teacher Giraffe taught the children that they should have breakfast, lunch and dinner as regular meals everyday. The meals would provide rich nutrients that make them grow strong. Little Kitty raised up his hand and asked, "What if we feel hungry in-between meals?"



Teacher Giraffe replied, "If you have taken sufficient amount of meal, you would not feel hungry between meals. However, sometimes you may feel hungry after much activities. In that case, you may take one snack between the two meals. For any other time of the day, you should avoid taking snacks. This way, you will protect your teeth and keep them free from tooth decay."



Then they had a physical education lesson. After the lesson, the children enjoyed the snack prepared by their teacher.



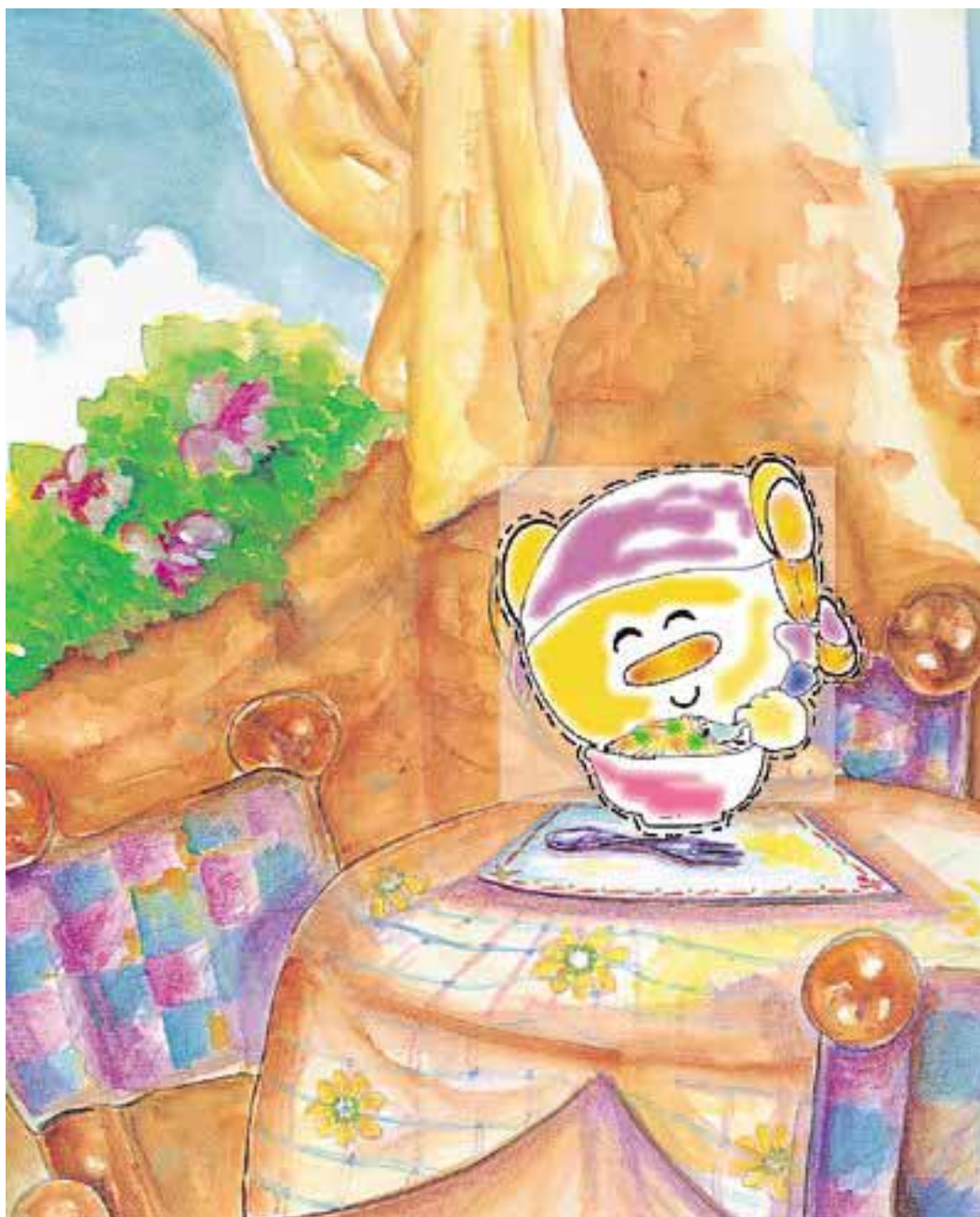
After school, little Bear and Little Kitty went home together.



On the way home, Little Kitty took some snacks out of his school bag to eat. He also offered some to Little Bear.



Little Bear remembered what Mummy Bear and Teacher Giraffe taught her and said, "Thank you, I don't snack."



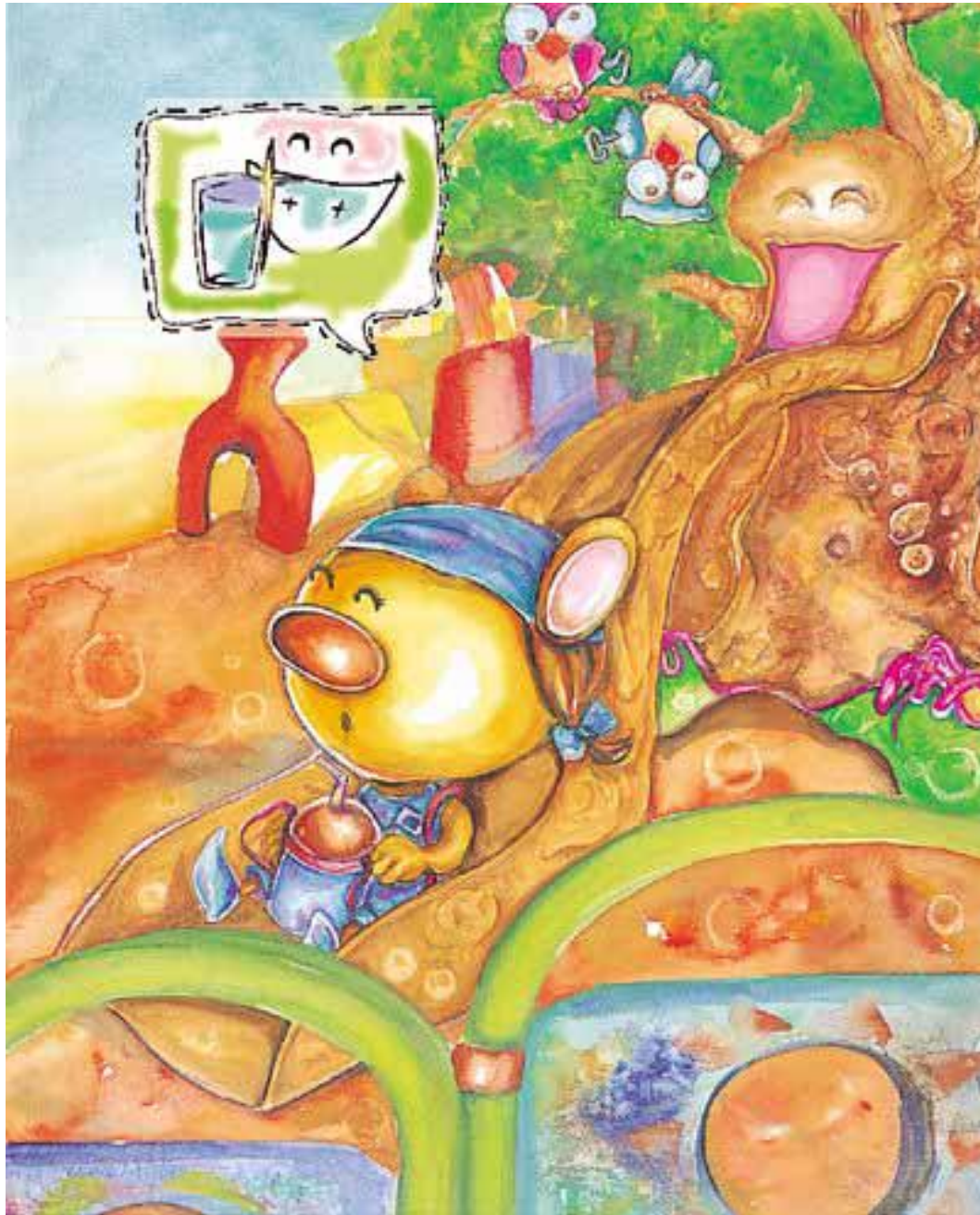
Back at home, Little Bear enjoyed the lunch prepared by her mother very much.



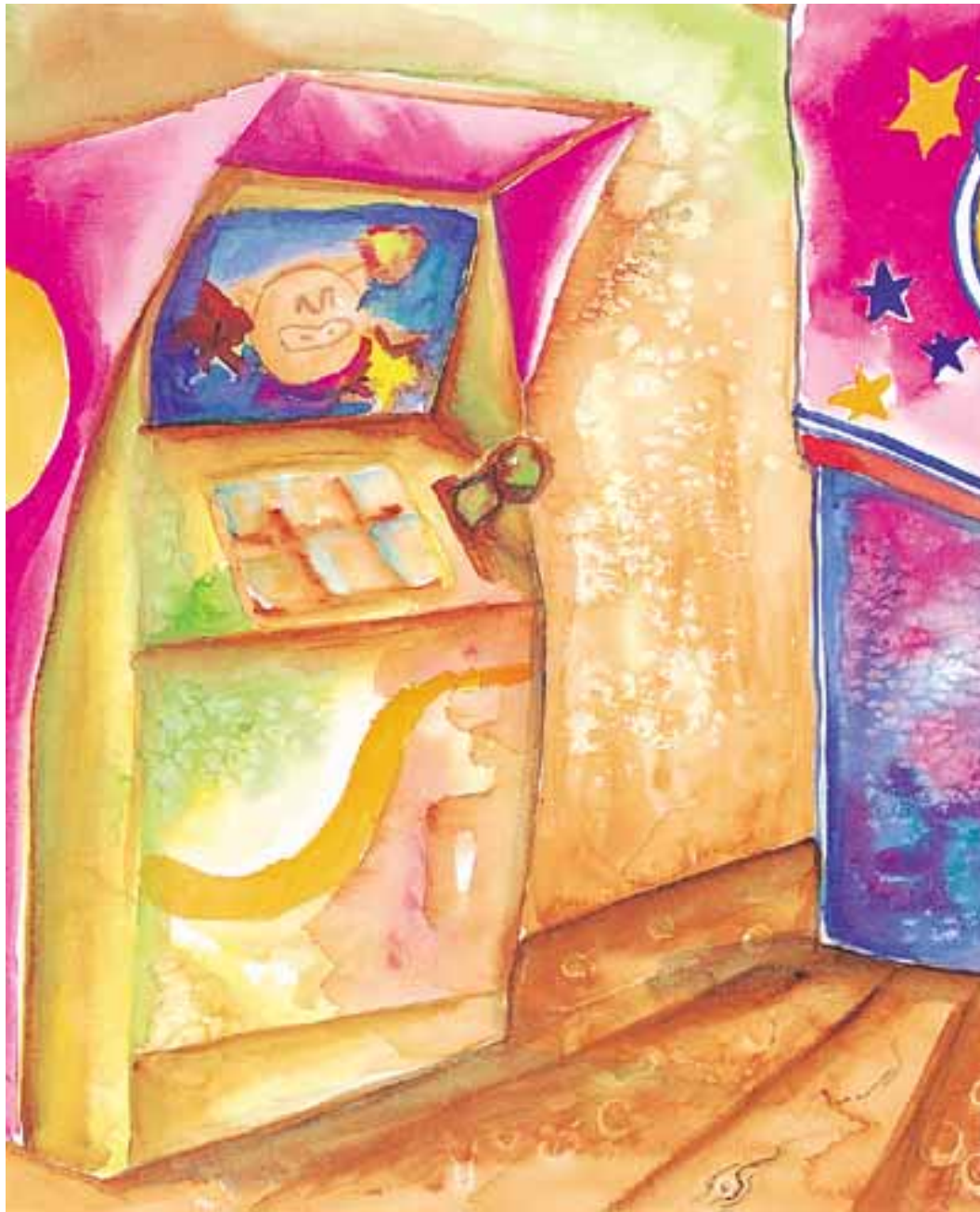
Little Kitty had no appetite for lunch because he had taken too many snacks.



After lunch, Little Bear and Little Kitty played in the park.



After a while, they felt thirsty. Little Bear drank the water he brought along. But Little Kitty bought a soft drink.



On their way home, they passed through Uncle Rabbit's sticker photos' shop. They decided to take some sticker photos.



Together they stood in front of the mirror to see if they were looking good. Little Kitty saw his black decayed teeth look like "rotten apple cores". He was shocked. But Little Bear's teeth were different. They were healthy, white and pretty.



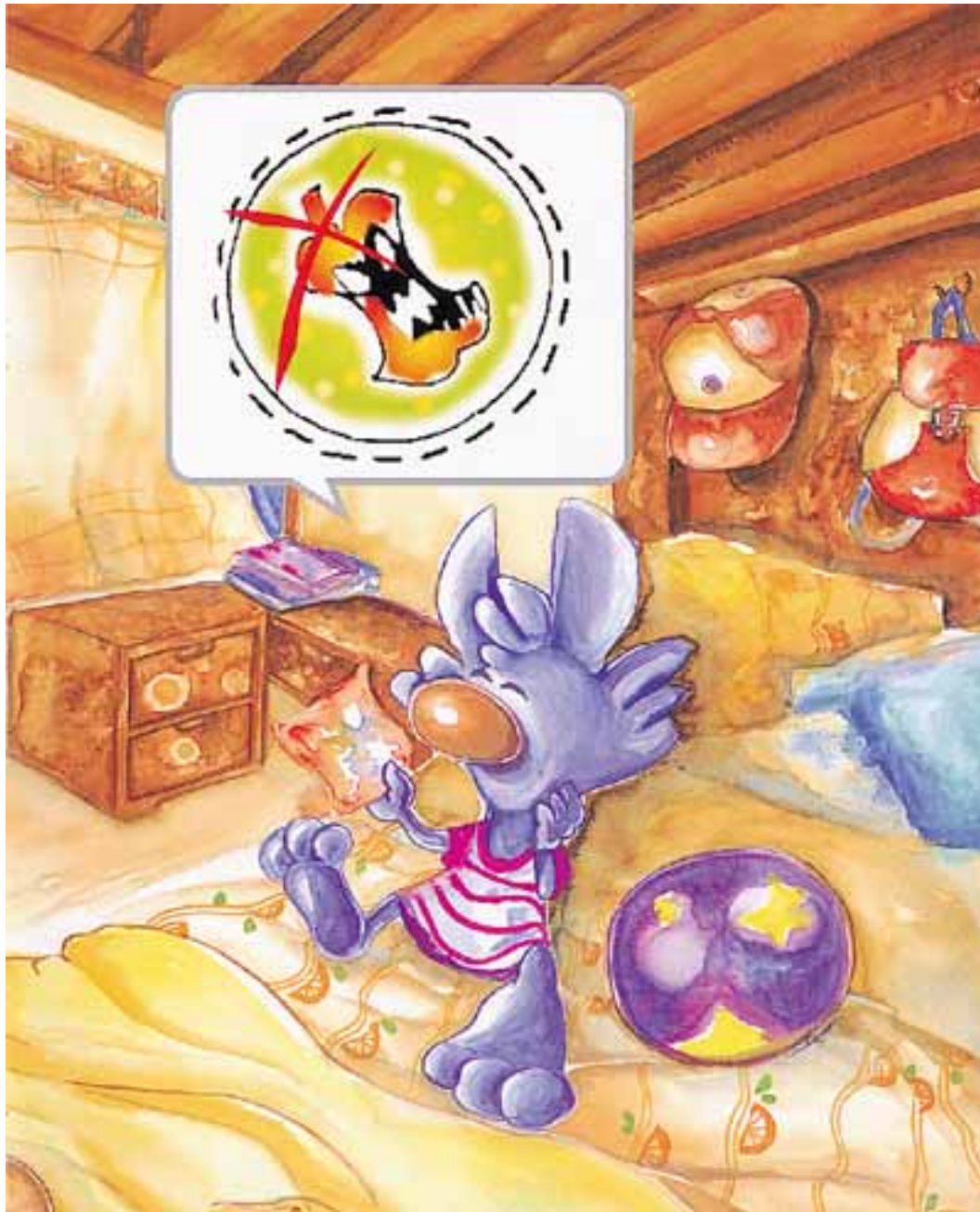
Little Kitty remembered how Teacher Giraffe taught them not to snack. He understood that the black holes in his teeth were the result of frequent snacking.



From then on, Little Kitty decided not to snack any more. He began to take good care of his teeth as Little Bear did.



At this moment, the sun was setting and they went home. At dinner time, Little Kitty finished the dinner prepared by his mother.



Little Kitty also promised his mother that he would eat as much as he could at breakfast, lunch and dinner. He would not snack any more. His mother was very pleased and praised him "Good Boy".

Questions

1. Teacher Giraffe taught the children under what condition could they snack?
2. Teacher Giraffe said how many times could children snack between two meals only if they felt hungry?
3. What were the differences between the teeth of Little Kitty and Little Bear?
4. What were the differences between the eating habits of Little Kitty and Little Bear?
5. When Little Kitty realised that his decayed teeth were due to frequent snacking, what did he promise to his mother at dinner time?
6. What should we do if we want healthy teeth?

Answers

1. Only when they felt hungry after much activities, they could take snacks.
2. Snack once in-between meals only.
3. The teeth of Little Kitty looked like "rotten apple cores" but the teeth of Little Bear were healthy, white and pretty.
4. Little Kitty ate very little for breakfast and lunch. He took soft drinks when he was thirsty and he always snacks. Little Bear is different, she took the breakfast and lunch prepared by her mother everyday and only drank water when she was thirsty.
5. He promised to eat as much as he could at breakfast, lunch and dinner and did not take snacks any more.
6. We should
 - a. Not to take snacks
 - b. Have breakfast, lunch and dinner as regular meals everyday
 - c. Take sufficient amount of food at meal times.
 - d. Snacks only once in-between meals if we were hungry.
 - e. Drink water if we felt thirsty.