



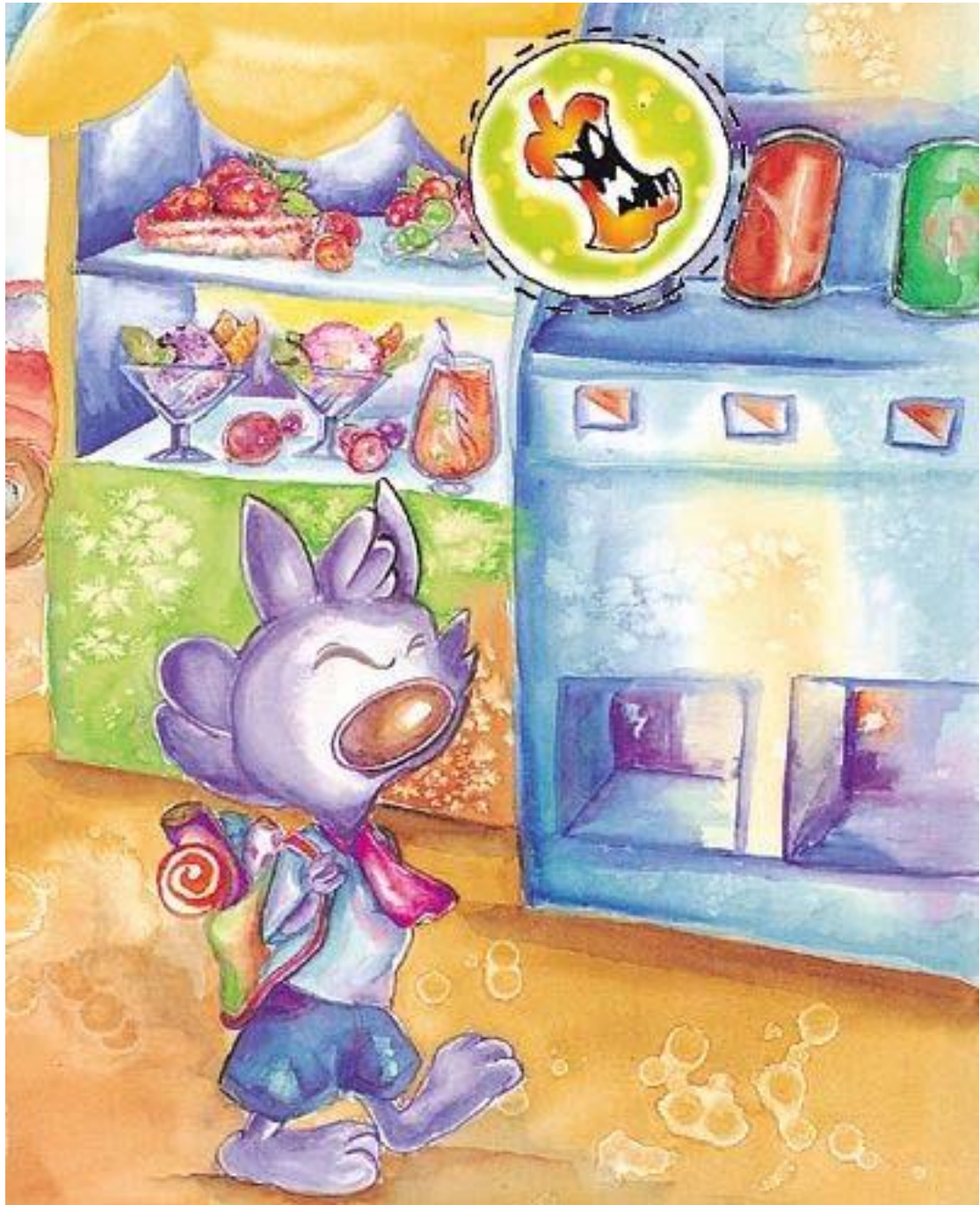
Little Bear and Little Cat are neighbours as well as classmates. Early this morning, Cat's Mum and Bear's Mum prepared a big breakfast for Little Cat and Little Bear.



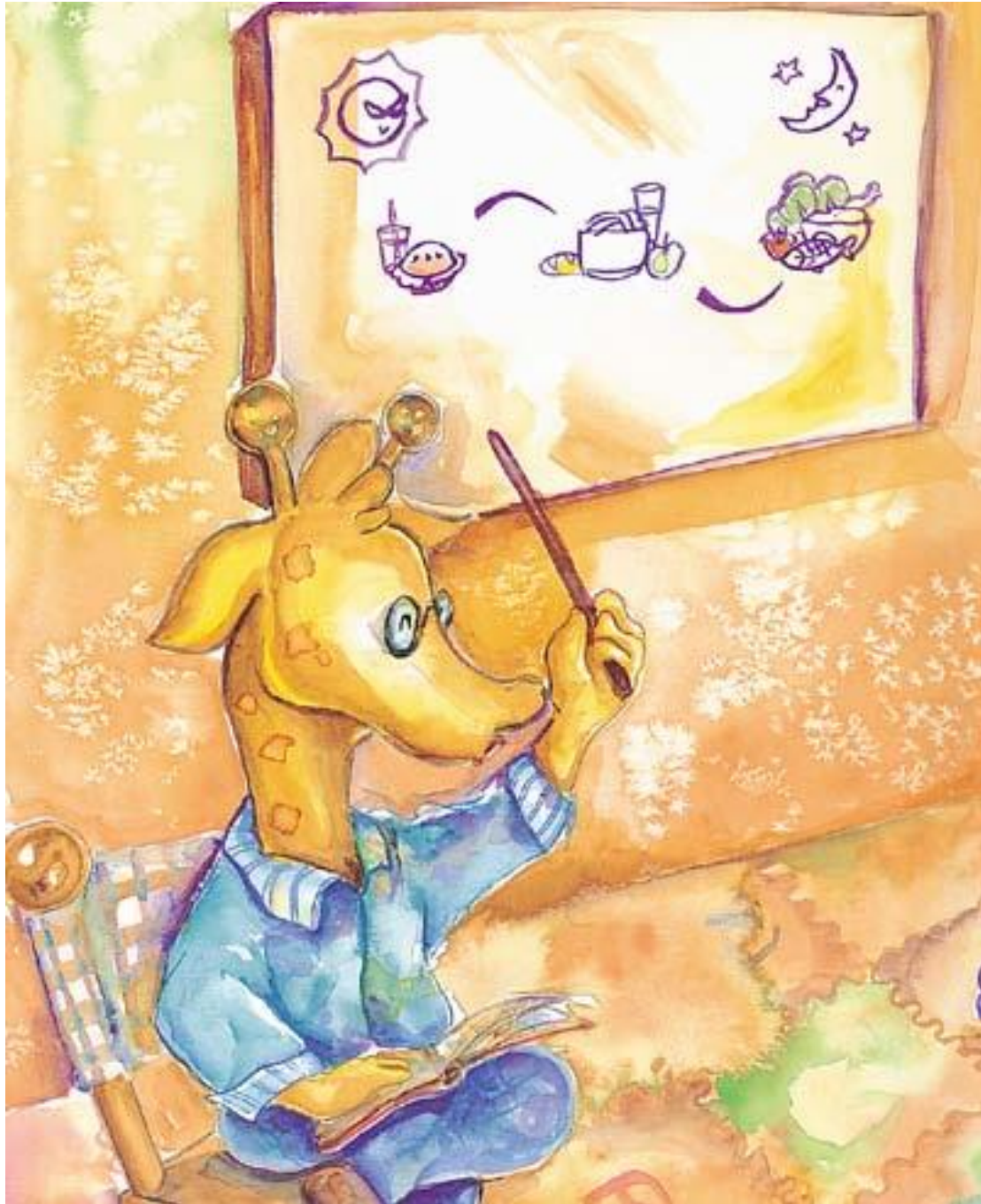
Little Bear finished her breakfast properly but Little Cat only ate a little bit briefly.



Little Bear and Little Cat went to school together. On the way, Little Cat passed through many snack shops and soft drink vending machines. He cried for snack and soft drink.



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



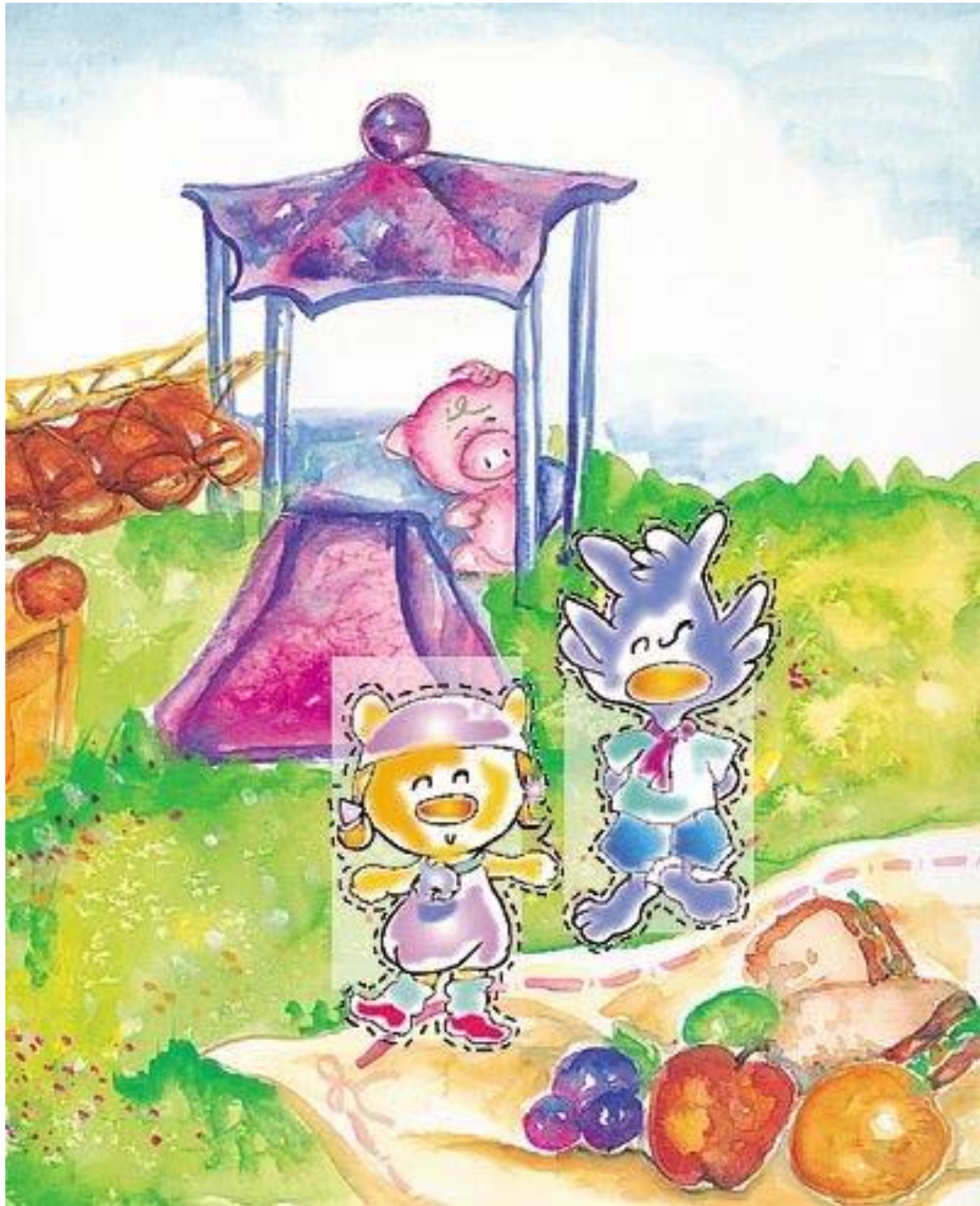
In a class, Teacher Giraffe taught the children that they should have breakfast, lunch and dinner as regular meals every day. The meals would provide rich nutrients that make them grow strong. Little Cat raised up his hand and asked, "What if we feel hungry in-between meals?"



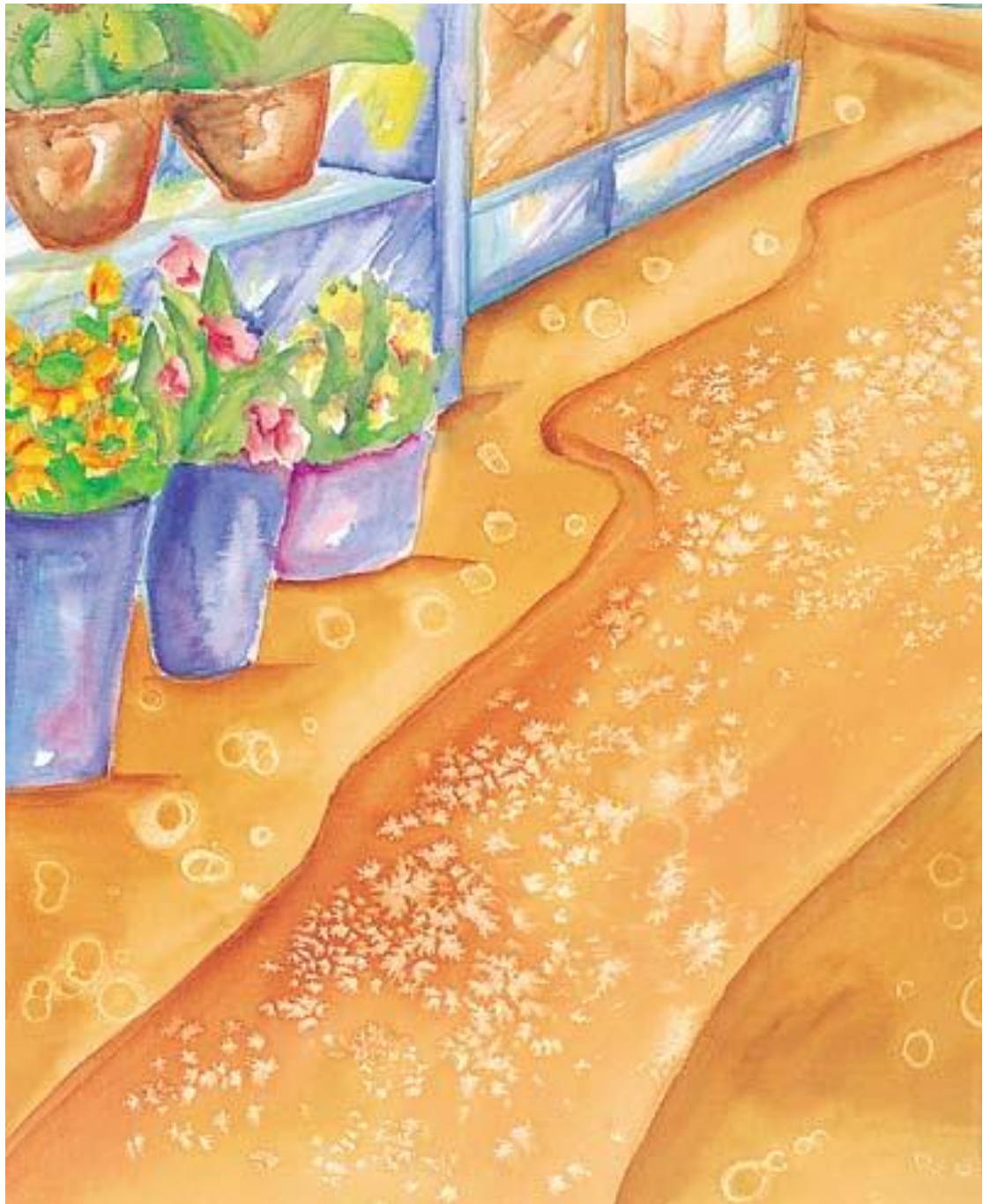
Teacher Giraffe replied, "If you have taken sufficient amount of meal, you would not feel hungry between meals. However, sometimes you may feel hungry after many activities. In that case, you may take one snack between the two meals. For any other time of the day, you should avoid taking snacks. This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



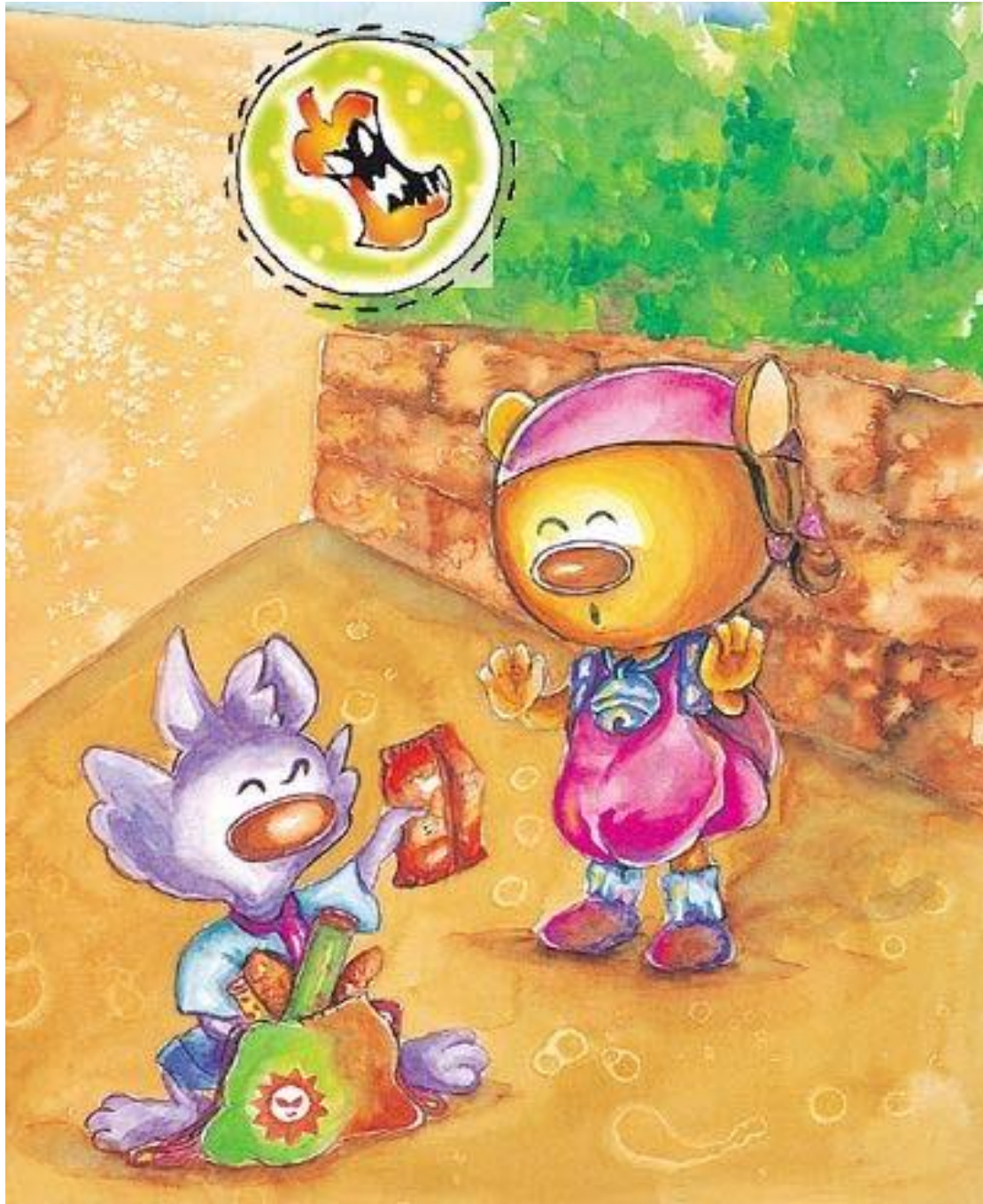
Then they had a physical education lesson. After the lesson, the children enjoyed the snack prepared by their teacher.



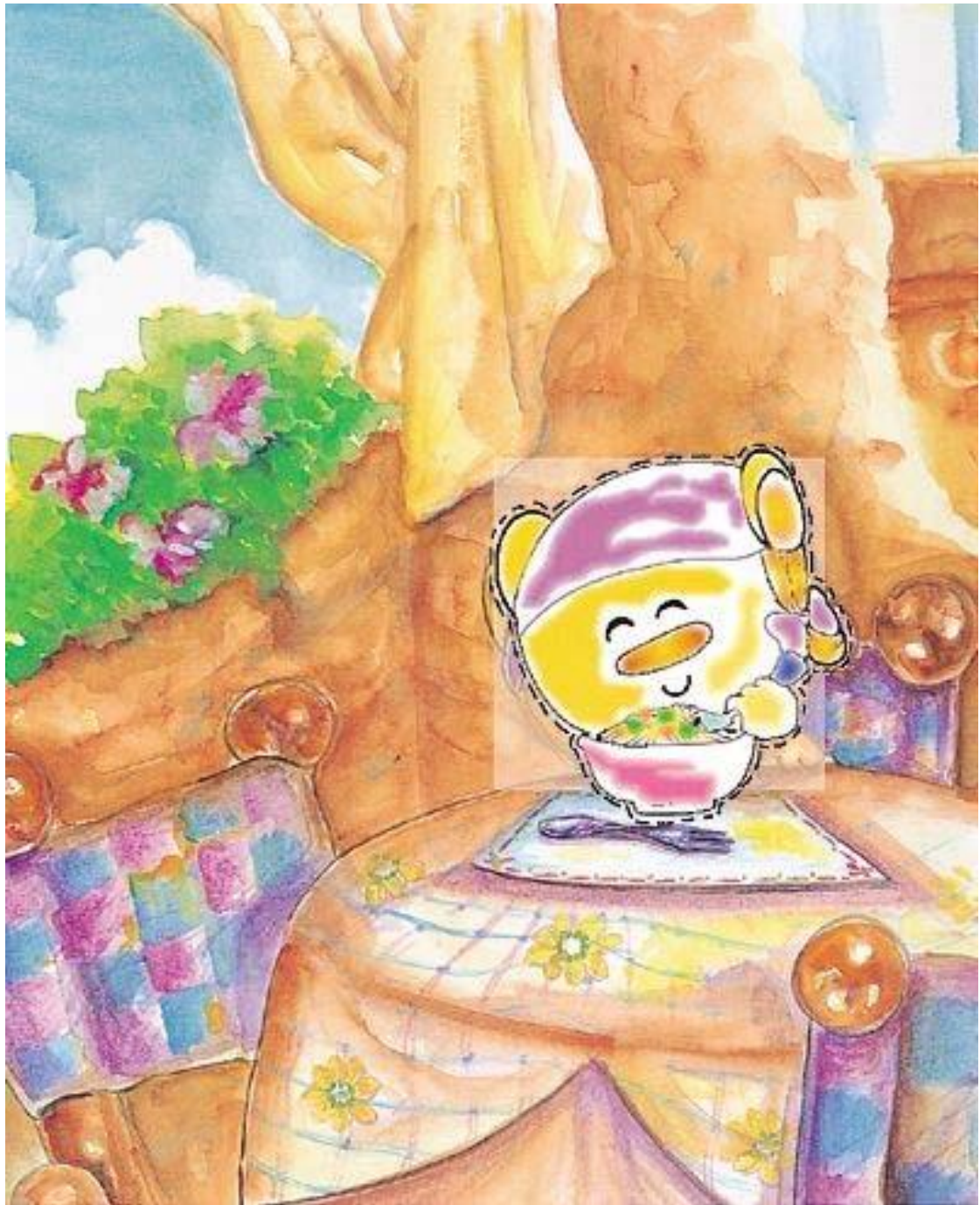
After school, little Bear and Little Cat went home together.



On the way home, Little Cat 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 had taught her and said, "Thank you, but I don't snack."



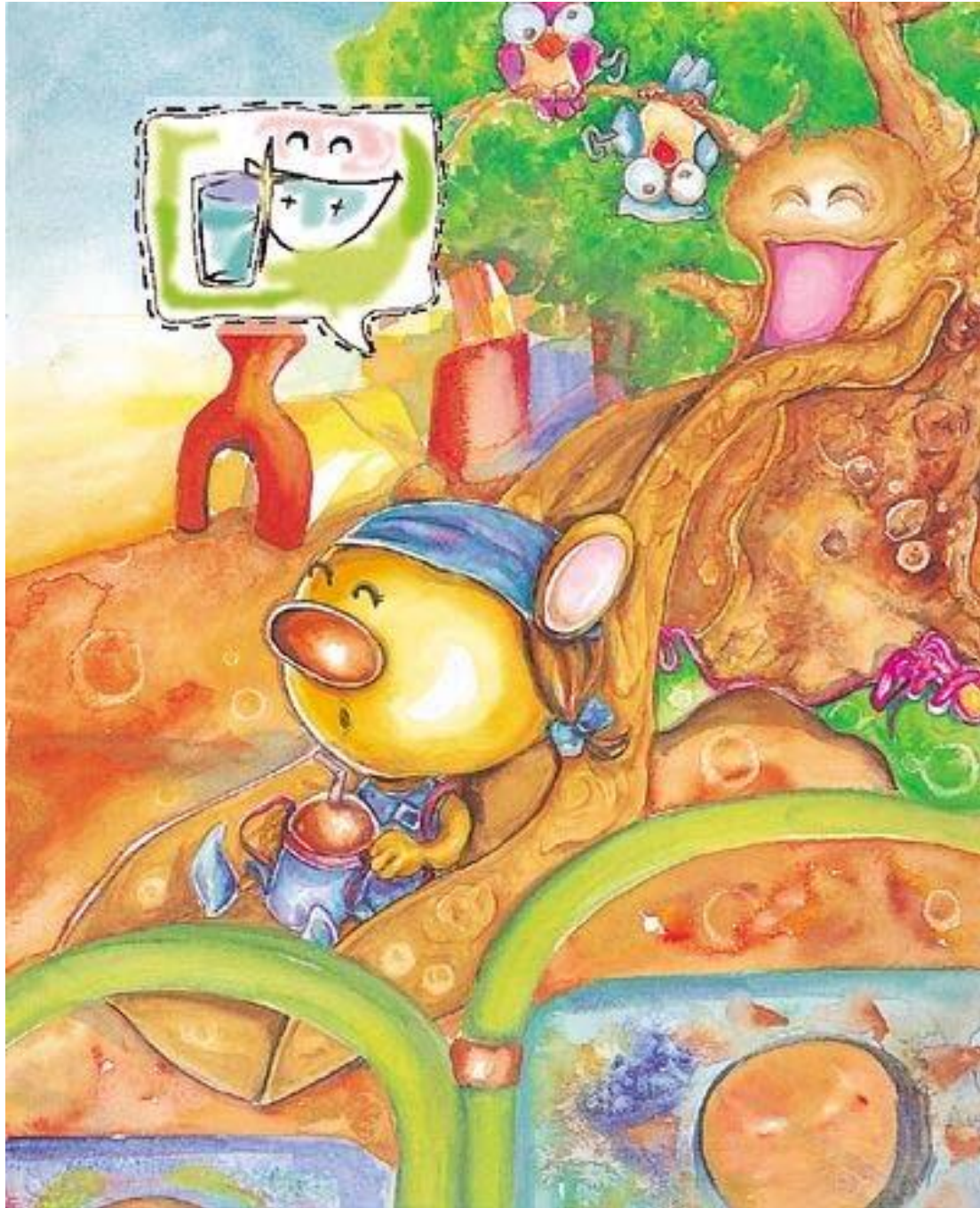
At home, Little Bear enjoyed the lunch prepared by her mother.



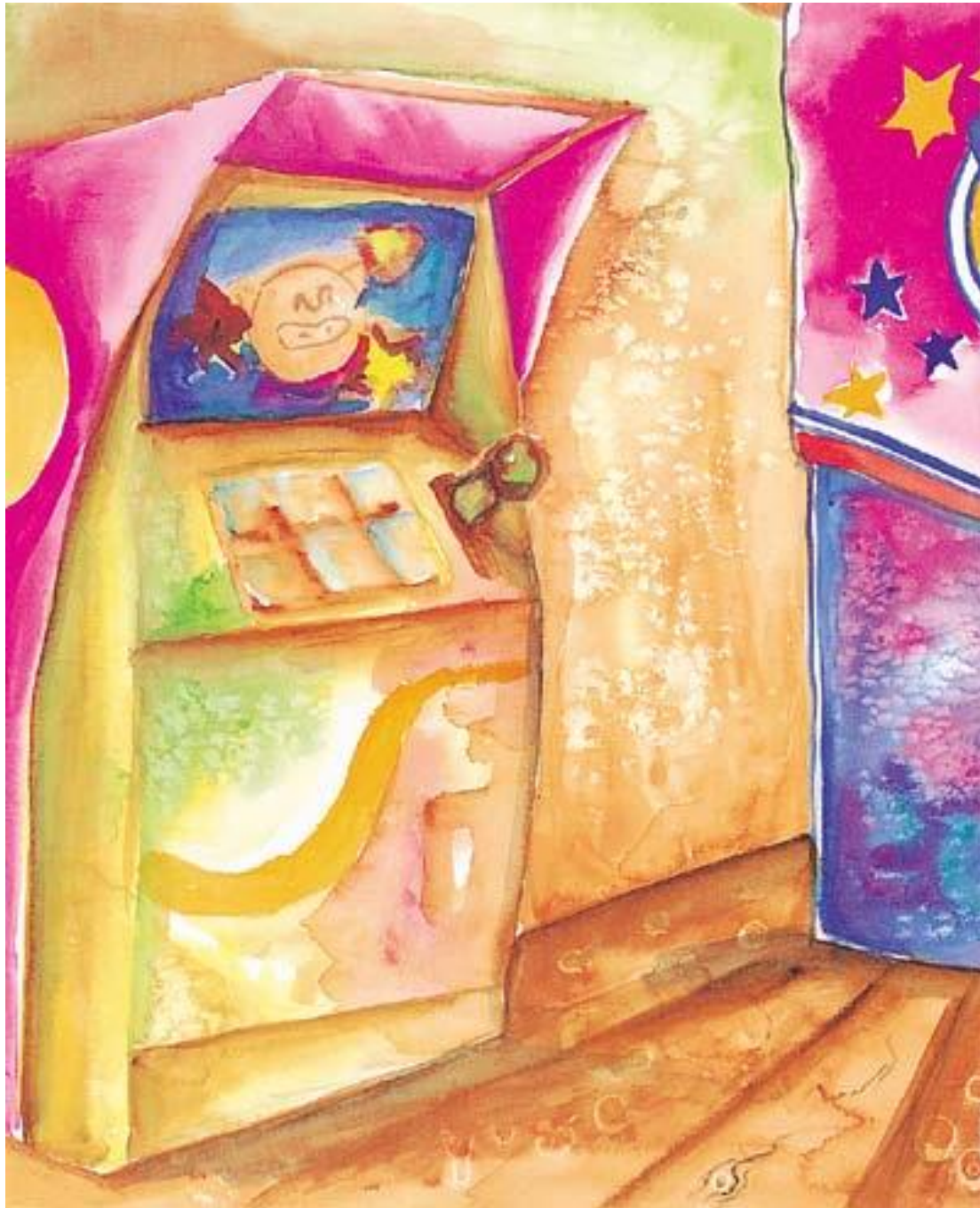
Little Cat had no appetite for lunch because he had taken too many snacks.



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



After a while, they felt thirsty. Little Bear drank the water she brought along. But Little Cat bought a can of soft drink.



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



Together they stood in front of the mirror to see if they were looking good. Little Cat 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.



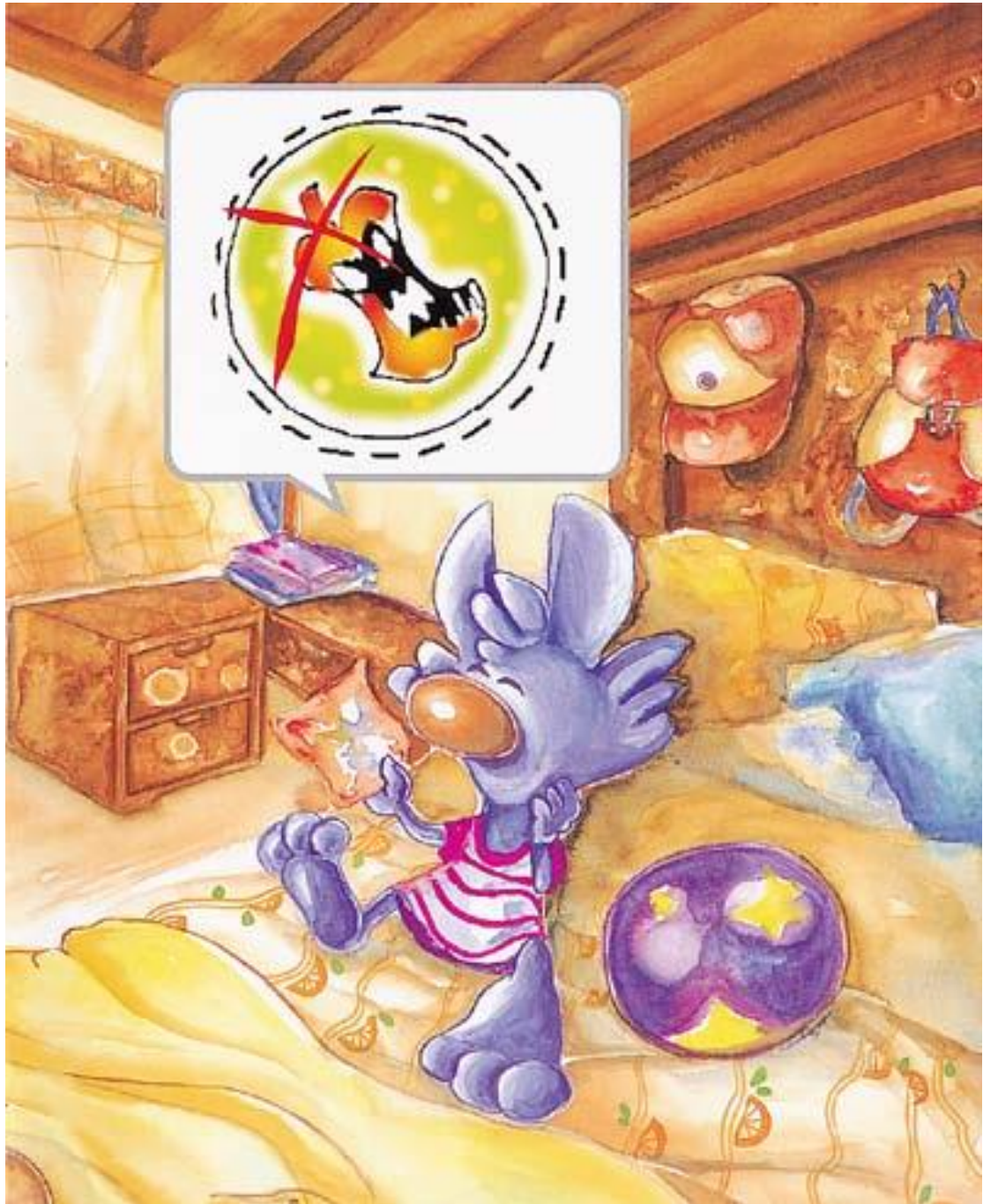
Little Cat remembered how Teacher Giraffe had taught them to avoid taking snacks. He understood that the black holes in his teeth were the result of frequent snacking.



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



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



Little Cat also promised his mother that he would eat as much as he could at breakfast, lunch and dinner. He would avoid taking snacks as well. His mother was very pleased and praised him "Good Boy".

Questions

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

Answers

1. Snack once in-between meals only.
2. The teeth of Little Cat looked like "rotten apple cores" but the teeth of Little Bear were healthy, white and pretty.
3. Little Cat 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 every day and only drank water when she was thirsty.
4. He promised to eat as much as he could at breakfast, lunch and dinner and did not take snacks any more.
5. We should
 - a. Have breakfast, lunch and dinner as regular meals every day.
 - b. Take sufficient amount of food at meal times.
 - c. Snack only once in-between meals if we were hungry.
 - d. Drink water when we feel thirsty.