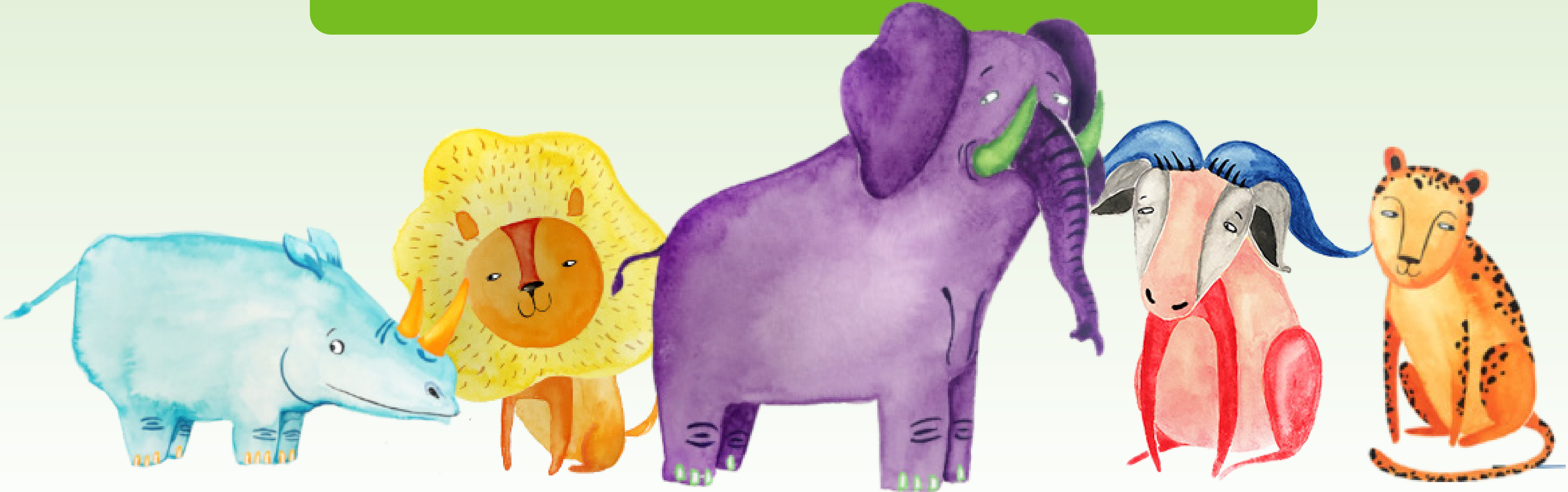




IT'S STORY TIME!



HELLO!

LEETO LION



MEET LEETO

Hello! My name is Leeto. I am a boy lion and my name means “One Who Seeks Adventure”.

WHERE DO I LIVE?

I live in the scrub and love to explore the grasslands and woodlands near my home.

HOW BIG AM I?

I am 1,7m long and weigh 146kgs - that’s about 13 of you. And, my tail is 79 centimetres long!

WHAT AM I LIKE?

I am friendly and love playing games. I’m adventurous and always have stories for my friends.

WHAT DO I LIKE?

I love running SUPER fast, taking long naps and hunting for food.

WHAT DON’T I LIKE?

I don’t like being interrupted while I’m taking a nap or eating my dinner. I don’t like missing out on any fun!

MY FAVOURITE VEGETABLE:

Peas

MY FAVOURITE FRUIT:

Blueberries





WHY LEETO LION BECAME SO FORGETFUL

Leeto Lion loved adventure. From the moment the **SUN ROSE** until it set in the mountains behind them, he was out looking for adventure and exploring new places.

Leeto was so eager to go on his adventures every morning that he would leave without eating any breakfast. He was always in a *HURRY*.

Every morning, his mom would tell him, “*Leeto please don’t forget to eat your breakfast. It’s very important that you start your day with a healthy meal to give your body energy!*”



But he would already be half way down the path, leaving a big dusty trail behind him.

And because Leeto was always rushing and forgetting to eat a healthy breakfast, he started to forget other important things too.

He would forget where he was going and get horribly lost. He would forget where he put his favourite sticks which made him angry. He would forget where he was supposed to meet his friends to play, and sometimes he would even forget the day of the week!

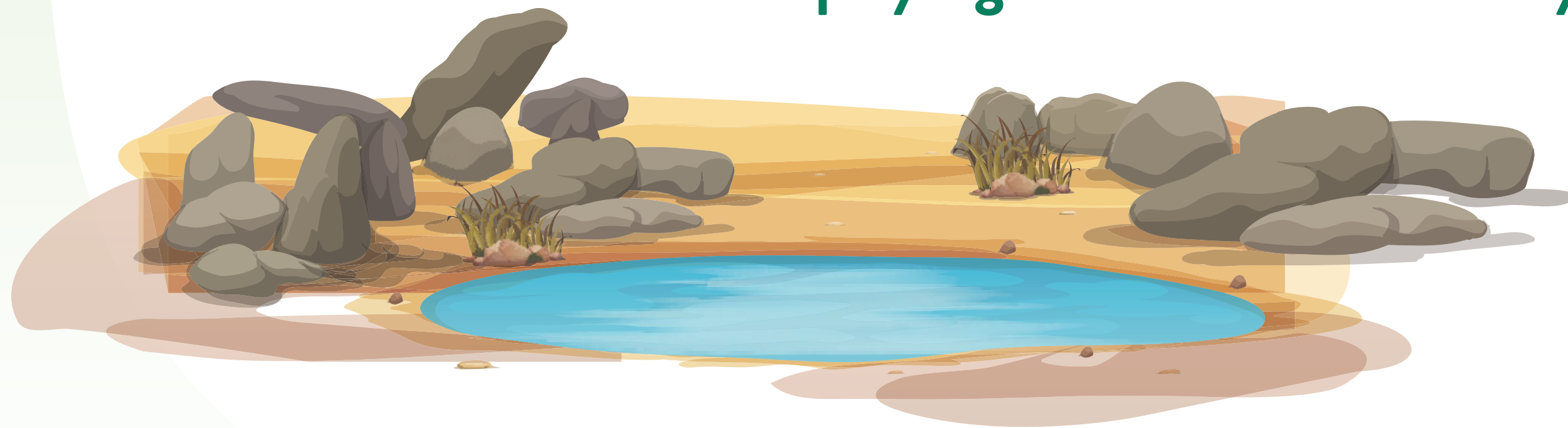


One morning he ran off down the path in a ***BIG RUSH***, forgetting to eat his breakfast. Soon his head started to feel a little dizzy. He stopped for a moment and thought to himself “Where am I going? I can’t remember..”

When he got to the big rock, he saw that no one was there. Leeto sat down near the big rock and tried to think where his friends could be. Leeto had forgotten what day of the week it was!



It was Saturday, which meant that all his friends were meeting at the watering hole. By the time Leeto remembered what day it was and made his way to the watering hole, his friends were finished playing and were on their way home for lunch. Leeto realised that he had missed out on a whole morning of fun and adventure, all because he had forgotten to slow down and to eat a healthy breakfast.



Luckily his friends were all very kind. They saw how sad Leeto was to have missed out on all the fun and so they invited him back to play the next day.



The next morning when Leeto woke up, he remembered everything he had missed out on. So before rushing to the watering hole, he made sure he ate the **BIG HEALTHY BREAKFAST** his mom had made for him.



He ate a bowl of porridge and a **BIG TUB** of blueberries, which his mom said were very good for his memory and brain. His tummy felt full and his mind felt sharp. He could think clearly for the first time and was ready to play!



QUESTIONS:

Do you forget things?

What foods do you think are good for your brain?

BOMANI BUFFALO



HELLO!

MEET BOMANI

Hi! My name is Bomani. I am a boy buffalo and my name means “Great Warrior!”

WHERE DO I LIVE?

On grasslands in southern Africa but I also love exploring dense reeds and thickets.

HOW BIG AM I?

I am 1,3 meters tall and weigh 600 kgs. That’s tall but some of my friends are even taller!

WHAT AM I LIKE?

I am funny and can be silly! I love making others laugh and reminding them not to take life too seriously. I am brave and protective and will always help others who are in trouble.

WHAT DO I LIKE?

Dinner! It’s my favourite meal.

WHAT DON’T I LIKE?

I don’t like it when my mom tells me it’s bath time. I’d rather play, sing songs and watch the sunset.

MY FAVOURITE VEGETABLE:

Carrots

MY FAVOURITE FRUIT:

Peaches



THE BUFFALO WHO LIKED TO EAT ALONE

Bomani Buffalo loved his food. Everyday he would eat a small breakfast, a medium lunch, and a **BIG DINNER**. Dinner was his favourite meal! He would arrive home after a long adventure with his friends and ask his mom “*What’s for dinner, I’m*



STAAAAAAAARVING!!



Bomani’s mom always had food ready to feed him. She would spend all afternoon cooking his favourite dishes: potatoes and gravy, carrots with cinnamon sprinkled over them, chicken stew with heaps of delicious vegetables and **BIG BOWLS** of fresh fruit for dessert.



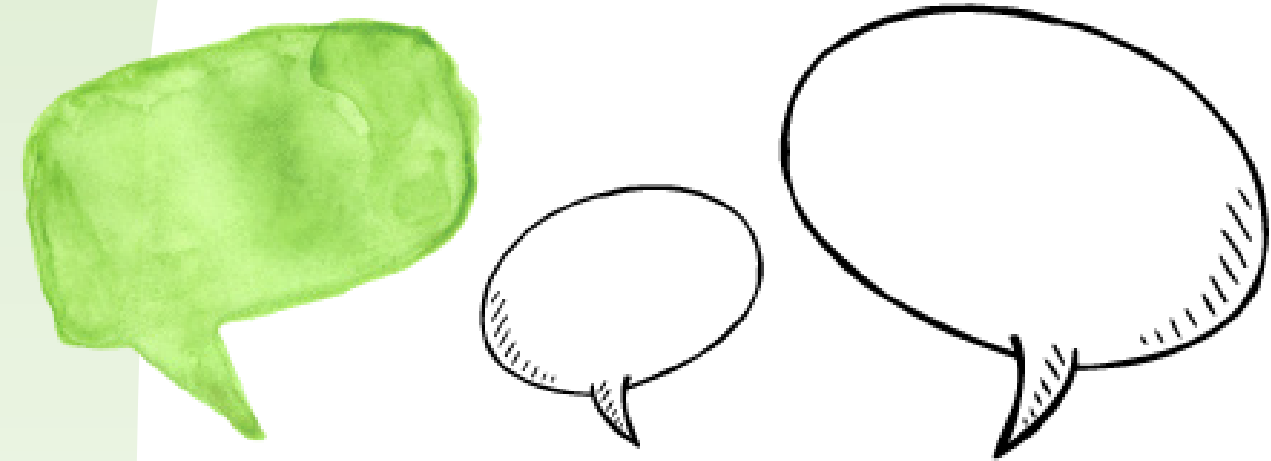
Bomani would help himself, piling up as much food as he could on his plate and sneakaway to his room to eat his dinner alone. He thought that if he sat at the table with the rest of his family, he would be asked to share his food. He was worried there wouldn’t be enough.



One day while walking home with his friend Leeto Lion, he was invited in by Leeto's mom to join them for dinner. "Thank you" he said. "I'm **STARVING!**" Leeto's mom asked him to sit at the table before they all began to eat. He looked at Leeto with big wide eyes. "Do you eat with your family around the table?" he asked.



"Yes" replied Leeto, "We like to eat our dinner together and talk about our day. We put all the food on the table and share it."



Bomani looked around, worried there wouldn't be enough for him. He was about to dish up a **HUGE SPOON** of food when he noticed how Leeto and his family take their time and pass the food around the table.



He saw how they all had plenty on their plates. But more than that, he noticed how happy they all were to be together. Instead of wolfing down his food in a hurry, Bomani learned to eat slowly and take small bites. He was surprised and enjoyed chatting to Leeto in between bites.

Every night Leeto and his family would take turns to share something special with everyone. They would go around the table and share something about their day. Then Leeto's dad would tell his favourite jokes and everyone would laugh until their bellies hurt.

HEEEEEEE HAAHAHAHAHHAAAAA!

Leeto and his family taught Bomani that food is so much better when we enjoy it with **FRIENDS AND FAMILY**.

From that day on, Bomani ate dinner with his family around the kitchen table. And every night when it was his turn to share he always said the same thing, *"I am thankful for good food, but even more thankful for my family who I get to share it with!"*



QUESTIONS:

Who do you eat your dinner with every night?
What do you like to talk about?

HELLO!

EKUA ELLIE



MEET RAIMI

Hello! My name is Euka. I am a girl elephant and my name means “The One Who Converts Pain to Happiness”.

WHERE DO I LIVE?

In the bushveld and forests in Southern Africa.

HOW BIG AM I?

My tallest point and it's 3.3m and I weigh almost 6000kgs which makes me one of the world's largest land mammals.

WHAT AM I LIKE?

I am fun-loving and compassionate, which means I care how my friends feel. I have a very good memory, which comes in handy! I am also playful and curious.

WHAT DO I LIKE?

I like cheering up my friends and making sure that everyone is having fun. I also like going for long walks and standing in the sun.

WHAT DON'T I LIKE?

I don't like it when any of my friends feel sad.

MY FAVOURITE VEGETABLE:

Beans

MY FAVOURITE FRUIT:

Bananas



EKUA ELLIE LEARNS TO ENJOY MEALTIMES

Ekua Ellie was a fun-loving and happy elephant who loved to eat. She ATE and ATE and ATE! She guzzled down food from the moment she woke up in the morning until she closed her eyes at night.

≡ MUNCH MUNCH! CRUNCH CRUNCH! ≡

Sometimes she would even fall asleep while she was in the middle of eating something.

Ekua Ellie would rather eat than be with her friends. She would sit around the swamp while the others would have mud fights and she use her trunk to find more food.



Her trunk could always be heard sniffing up trees or, worming its way through thorny bushes. Every day she became less and less interested in playing with her friends. She didn't play with anyone anymore, choosing to sit under the trees and eat while her friends had fun together.

This was becoming a big problem for Ekua. Nobody wanted to sit with her at lunch because they were worried she would eat their lunch too!



Soon her friends knew better than to bring their lunch anywhere near Ekua. They knew that if they did, she would snatch it from them. She would use her **BIG LONG TRUNK** and take it all in one big slurrrrrp.

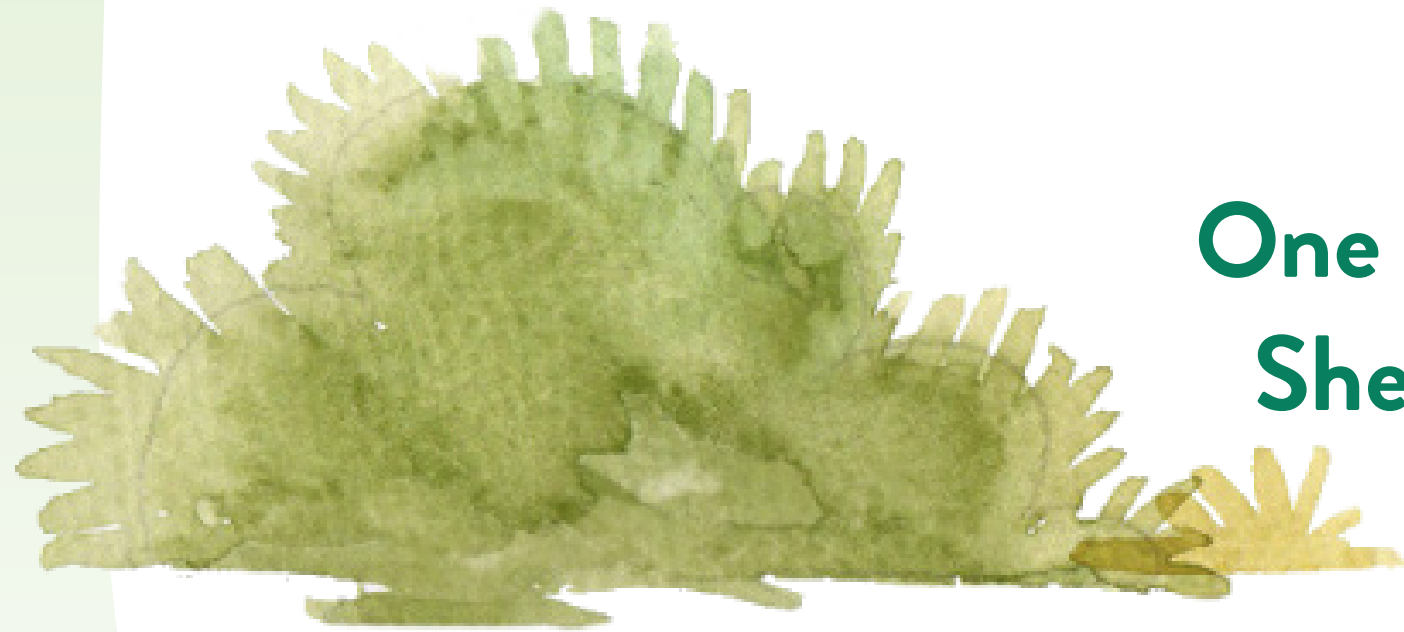
≡ **SHLOOOOOOOOOOOOP!!** ≡

Ekua Ellie who was once a happy and friendly elephant, became lonely. She had become so **BIG** from eating too much that she couldn't keep up with her friends, even if she tried. She began to spend her days alone, eating.

One day, feeling sad, she sat watching her friends from behind some bushes. She watched them for a long time, remembering when she was happy too. She noticed that there was something different about them.

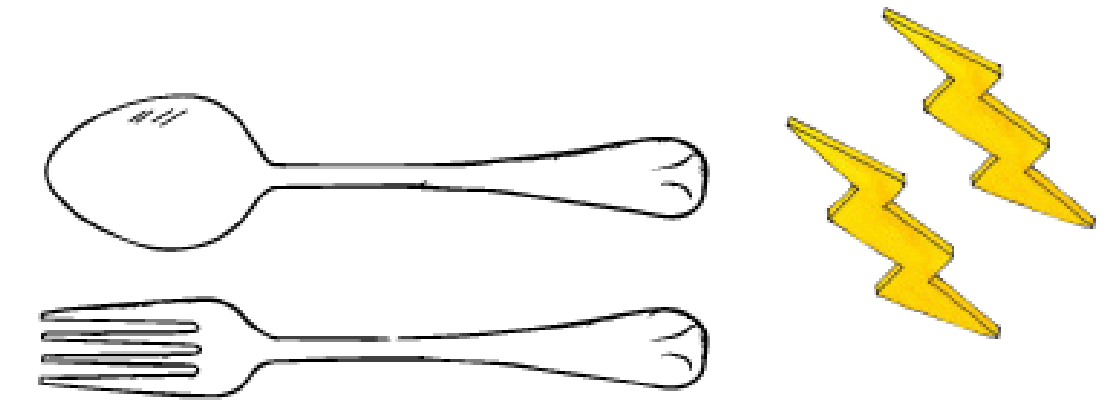
She saw them play and laugh and have fun. She saw them jump and roll around on the ground wrestling each other in fits of laughter. But then she noticed the most important thing — they only ate three meals a day.

↪ **one two** ↪ **three**



They ate their **BREAKFAST** in the morning, stopped for **LUNCH** and then went home for **DINNER**. Sometimes, if they walked far or did more running and jumping they would enjoy a small snack with their water, but they certainly never ate all day like she did.

Ekua Ellie, didn't want to miss out on any more fun. She wanted to look after her body too! So she decided she would stop eating everything and eat only enough to give her body energy at meal times.



She learnt to enjoy mealtimes which meant she could also enjoy play time with her friends. She learnt that eating healthy food when your body needs it is so important and that eating too much, **≡ ALL THE TIME ≡** can be bad for you.

From that day on, Ekua began to eat three healthy meals a day, packed with fruit and vegetables. Her favourite meal of the day was lunch! And not just because it had her favourite vegetables in it, but because she got to share it with all her friends.

QUESTIONS:

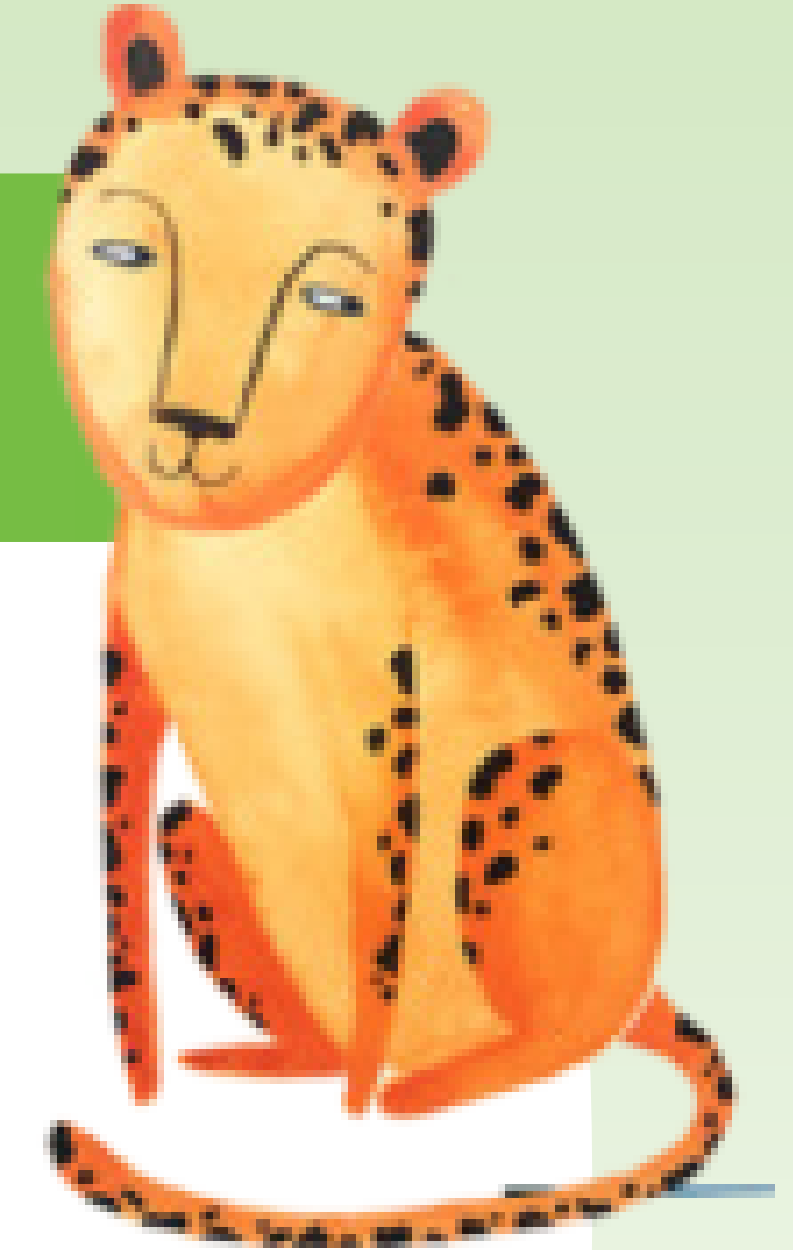
Can you guess what Ekua Ellie's favourite vegetable is?

What are the three main meals we eat in a day called?

What's your favourite vegetable?

HELLO!

LOBA LEOPARD



MEET LOBA

Hello! My name is Loba. I am a girl leopard and my name means “Sharing a Conversation”.

WHERE DO I LIVE?

In the desert in Southern Africa. But I like sleeping in trees.

HOW BIG AM I?

I am very small. I’m only 60cm tall and weigh 35kgs.

WHAT AM I LIKE?

I am very sociable and love being around others. I am loving and loyal and will always stand up for my friends.

WHAT DO I LIKE?

I love staying up late and exploring new places. I’m the bravest of all my friends, always the first to say “YES!” to something scary! But like my name says, I REALLY love to talk.

WHAT DON'T I LIKE?

I don’t like it when others are rude and unkind.

MY FAVOURITE VEGETABLE:

Baby Marrow

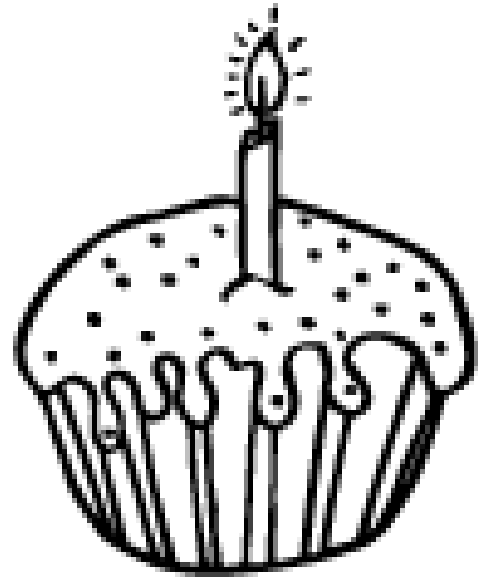
MY FAVOURITE FRUIT:

Guavas



THE GREATEST GIFT OF ALL IS FRIENDSHIP

Bomani Buffalo loved playing and going on adventures. But playing was never quite as much fun without his friends around.



One Saturday morning, as the sun was beginning to rise, Bomani opened his sleepy eyes and remembered what day it was. It was Loba Leopard's **BIRTHDAY PARTY** and all his friends were invited!

He had painted Loba a beautiful hand-made card and couldn't wait to give it to her. Bomani wanted her to know how special she was, and how happy he was to be her friend. On the way to the party, Bomani Buffalo began to wonder if the card was a **BIG** enough gift for Loba. He didn't have anything else to offer her. No big presents wrapped up in ribbon or fancy bows.



With a lump in his throat he asked his mom, "Mom, should I have got Loba a real present? What if she doesn't like my card?" His mom replied "*Oh son, she will love your card. After all it was made by a special friend!*"



At the party Bomani ran to greet Loba who was already opening her other gifts. She opened a small square shaped gift from Leeto Lion. It was a new book!

She loved story time and couldn't wait to read it. After that, Loba opened a beautifully wrapped basket filled with of all her favourite fruit. She smiled and licked her lips shouting, *"I can't wait to eat these, thank you Raimi!"*



Bomani Buffalo began to feel very sad. He didn't have a big, fancy gift to offer his friend. He wondered if he should give his card to Loba at all.



Next, Loba opened the biggest gift. She tore off the stripy wrapping paper and squealed with excitement, *"WOW! A scooter! I've always wanted one! Thank you Ekua!"*

Loba waited for Bomani to step forward but she could see he wasn't sure what to do next. So she gently asked him, *"Bomani, is that for me?"* pointing to the card he was trying to hide behind his back. Eventually he put his hand out and shyly said, *"Yes Loba, I'm sorry it's not very exciting."*



Loba took the card and saw that it was picture of Loba with all of her friends around her. Bomani Buffalo noticed that Loba's eyes had filled with tears. He began to worry, had he done something wrong? Did she not like the card?



Instead, Loba ran to him and hugged him tight. *“Thank you Bomani, this is the best gift ever! You thought to include everyone in the picture and put me right in the middle. Whenever I look at your card, I will remember how lucky I am to have such special friends.”*

The friends made their way to the table of treats. Loba's mom had made so many delicious, healthy snacks! Best of all were the Squish ice-lollies! As they all sat licking their lollies, Loba looked around her and her heart was full. She realised that all she really needed to be happy was good friends and delicious food.

QUESTIONS:

How do you like to make your friends feel special?

How can we show we love our friends?

Would you like to make lollies like these?

HELLO!

RAIMI RHINO



MEET RAIMI

Hi! My name is Raimi. I am a boy rhino and my name means “Compassionate”.

WHERE DO I LIVE?

In the grassland and open Savannah in Southern Africa.

HOW BIG AM I?

I am big! My shoulder is my tallest point and it's 1.8m from the ground. I also weight 2 tons - not that's a lot.

WHAT AM I LIKE?

I am polite and compassionate, but rather serious at times. I am soft-spoken and quiet. I am also surprisingly gentle and sensitive despite my tough skin.

WHAT DO I LIKE?

I LOVE to wallow, covering myself with mud and letting it dry. You see I'm clever too, because this protects my skin from the hot sun! I love my friends and going on adventures with them.

WHAT DON'T I LIKE?

don't like it when others are rude and unkind.

MY FAVOURITE VEGETABLE:

Butternut

MY FAVOURITE FRUIT:

Gooseberries





RAIMI RHINO'S LONG WALK HOME

After a long hot day at school, Raimi Rhino and his four friends were walking home. Raimi Rhino had the longest walk because his home was on the other side of the jungle! As they walked by the old baobab tree towards Leeto Lion's den, Leto's mom greeted them.

“Hello children! Would you like to stop for some fresh fruit juice before you head off? You must be thirsty after a long day at school!”



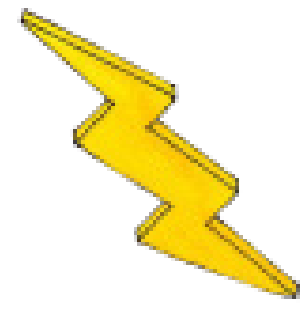
*“No, thank you Mrs Lion. Good bye Leeto” they all said as Leeto ran to greet his mom.
“See you tomorrow!” Leeto waved back.*



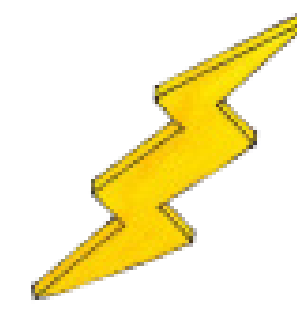
SQUELCH! SQUELCH! SQUELCH!



They walked past the watering hole down a slippery slope where they met Bomani Buffalo's dad. *"Hello"* he said in a deep voice, *"Would you like a healthy snack? Your bodies need energy for the journey ahead."*



"No thank you, we have LOTS of energy, we don't need food!" they replied. They waved goodbye to Bomani Buffalo.



They walked and walked, over a **BIG HILL** and through the long grass and soon they arrived at Loba Leopard's Cave. Loba's mom was cooking a **BIG POT** of vegetable stew.

"Would you like to stop for some lunch before you carry on?" She asked. *"You must be getting hungry."* *"No thank you"* they replied *"we don't like vegetables!"*



Leeto Leopard knew that vegetables were tasty and good to eat and that if his friends tried it, they would **LOVE** his mom's vegetable stew. But off went the two friends, back into the deep dark jungle.



After a while they slowed down and stopped talking. By the time they reached the path that would take them home, they collapsed in a **BIG HEAP**.

“I’m so hungry!” cried Ekua Ellie.

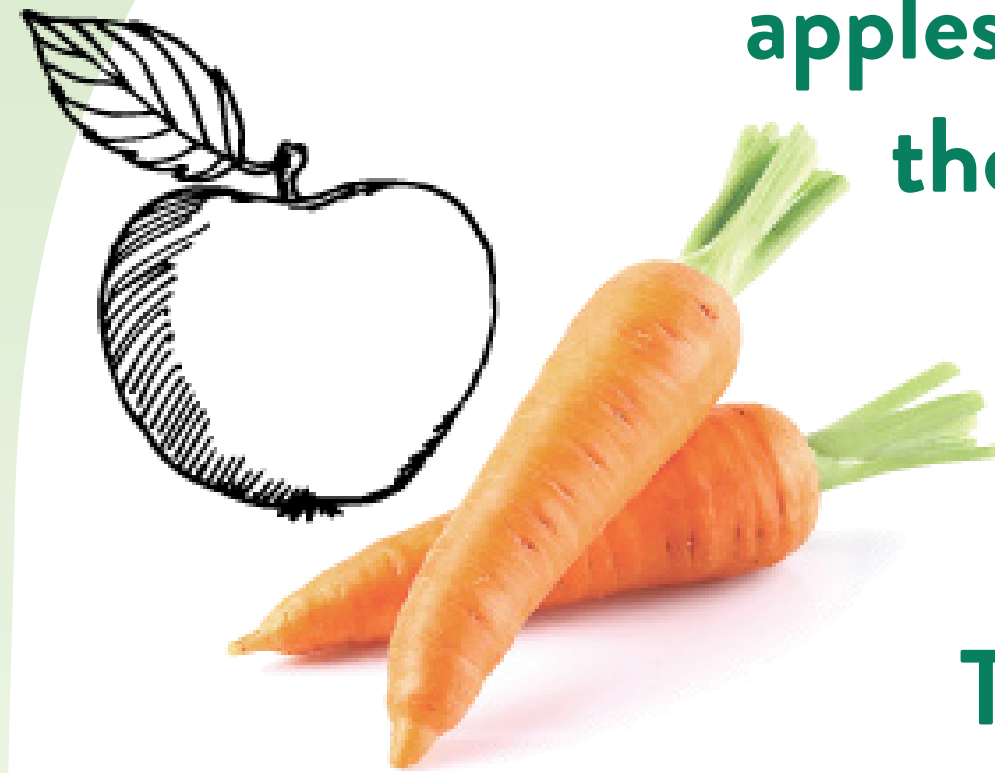
ME TOOOOOOO!

wailed Raimi Rhino.

“We should have had the fresh fruit juice and snacks offered to us.”
“Yes” agreed Ekua, *“I wish we had eaten that delicious vegetable stew!*
Maybe then, we wouldn’t be so TIRED and so HUNGRY!”

They both began to feel sleepy and started to drift off.

GRUMBLE! GRUMBLE!



It was the sound of their grumbling tummies that woke them up with a big fright! Ekua sat up with excitement. She remembered she had some apples and carrots in her backpack. They ate the carrots and apples and before they knew it their tummies were full and they had energy. They got up, shook off the mud and walked the rest of the way home.



The friends learnt a very important lesson that day. They learnt that food is fuel for our bodies. When we play and go on adventures, we need healthy fruit and vegetables to give our bodies energy.

QUESTIONS:

What vegetables do you like to eat to give your body energy?
What is your favourite thing to eat when you go on long adventures?





SQUISH™

THE END