

Little Miss Unhealthy

Little Miss Unhealthy woke up. She had been dreaming about a cream cake which was covered in chocolate buttons as big as the moon.

She got up and hurried downstairs to open the fridge. There she found a scrumptious cake which she ate for her breakfast.

She decided to wait for the school bus because she was so full from her breakfast. She had no energy and didn't want to walk.

Little Miss Unhealthy learned about healthy foods and exercise at school. She told the other children that eating fruit and vegetables was boring but junk food full of sugar was delicious.

For lunch she had a large packet of cheese and onion crisps, a whole cream cake, half a tube of sweets and she guzzled a sweet, fizzy drink.

Little Miss Unhealthy came last when she ran in a race. She found it very difficult and had no energy. Why was she always last?

She felt ill and missed the school bus home. She started to walk very slowly. Her stomach rumbled, gurgled and grumbled. She felt terrible.

From that day on she ate healthy food, had lots of sleep and exercise. Little Miss Unhealthy became Little Miss Healthy.

200 words

Year 2 200-250