

Reggie's Shrinking Clothes

Reggie Mouse loved cheese.

So he ate cheddar cheese for breakfast, blue cheese for lunch and Swiss cheese for dinner.

All day, Reggie ate cheese and nothing else.

Reggie's mum always said to him, "It is fine to eat cheese, but you should also eat healthy foods like fruits, vegetables, cereal, breads, chicken and fish."

Before breakfast, Reggie got dressed into his favourite white shirt.

POP, POP, POP went the chest.

During the day, Reggie put on a pair of his smart, school trousers.

RIP, RIP, RIP went the knees.

After school, Reggie pulled over a cosy, woolly jumper.

TEAR, TEAR, TEAR went the arms.

Reggie cried and cried and said, "Oh no! All of my clothes have shrunk! What can I do?"

The next morning, he ate juicy fruit for breakfast. At lunchtime, he enjoyed a delicious ham sandwich with carrot sticks. For dinner, he had vegetable pasta with potatoes.

Soon he realised that what he ate was important because he was eating too much of the wrong food group and therefore needed to improve his diet. He even started to exercise and wasn't out of breath.

In a very short time by eating a balanced diet and exercising, Reggie's clothes un-shrunk!

Before breakfast, Reggie got dressed into his favourite white shirt.

FASTEN, FASTEN, FASTEN across the chest.

During the day, Reggie put on a pair of his smart, school trousers.

BAGGY, BAGGY, BAGGY over the knees.

After school, Reggie pulled over a cosy, woolly jumper.

COMFY, COMFY, COMFY on the arms.

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Year 3 250-300 words