

## Healthy Lifestyle

Kitty, Dad and Mum are in the living room after dinner. Kitty is eating a chocolate bar.

Mum says, 'You mustn't eat chocolate after dinner, Kitty.' But, Kitty feels great so she doesn't care.

Then, Kitty and Mum are in the bathroom. Mum says, 'You must brush your teeth, Kitty.' Kitty says, 'No!' Mum feels angry.

Suddenly, Kitty feels her teeth hurt. She feels sad.

Mum and Dad take her to the dentist to see her teeth. At last, Kitty feels better and she says, 'I will brush my teeth every day. Sorry, Mum.'