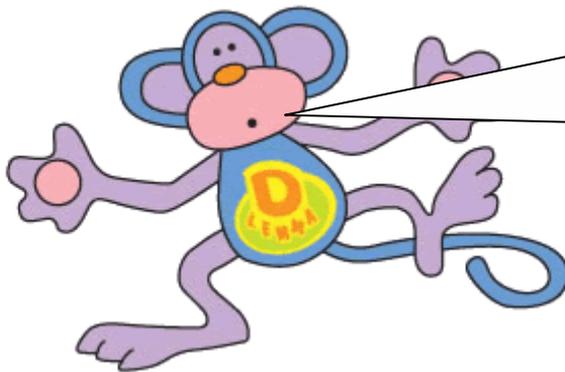


Di Lemma feels sick



Hi Guys I hope you are all ok. I'm not, I feel so sick. I ate four massive bags of sweets and now I wish I hadn't!

Di Lemma got home from school on Friday night after school. He was so happy it was the weekend. It meant he wouldn't have to get up for school for two whole days. Di Lemma ran around his house cheering about the weekend.

His mum told him to calm down and to come and eat his dinner. His mum gave him some chicken and pasta with some broccoli carrots and sweet corn. Di Lemma looked at his plate and moaned "Muuuuuummmmm you know I hate vegetables, I'm not going to eat them. Can't I just have some crisps, sweets and fizzy pop?" His mum frowned at Di Lemma. "Di Lemma you know you are not allowed any sweets until you have eaten up all of your dinner, including the vegetables!" "I'm not going to eat it". Moaned Di Lemma "and you can't make me!" Di Lemma's mum told him that he wasn't allowed to leave the table until he had eaten it all up. She told him that vegetables were good for him and they helped his body's insides stay healthy, and they also helped to keep his teeth, and coat shiny and healthy.

Di Lemma stayed at the table but his mum didn't give in and his mum didn't give him any sweets. His mum just made him sit there. His dinner had gone stone cold, but he still wasn't allowed to leave the table, because he hadn't eaten his vegetables. The minutes went by and then the hours until it was Di Lemma's bed time. Di Lemma's mum and dad sent Di Lemma to bed, he hadn't eaten his tea and he hadn't had any crisps either. His mum had said he definitely wasn't allowed crisps. Di Lemma had been soooooo stubborn and wouldn't eat his vegetables that he went to bed cross and really hungry. Di Lemma woke up the next morning and his mum gave him cereal with some fruit for breakfast. Di Lemma said "Mum I don't like fruit. Can't I just have sweets? They taste fruity. Di Lemma's mum said "You must eat it all up. It is good for you. It is full of vitamins that make you grow up big and strong; and if you don't you won't be going out to play. Now sit there and eat it up or you will stay at the table again until you do".

Di Lemma sat again for about two hours. His mum then sent him to his room. Some weekend this was turning out to be. Di Lemma was still really hungry and he wasn't allowed out to play. All he wanted was some sweets and

crisps. Di Lemma's mum called up the stairs, she said she was taking Di Lemma's sister to dance class, but his dad was in his study if he decided he wanted to eat some fruit or vegetables. His mum told him if he ate two pieces of fruit and three portions of vegetable he could go out and play. YUK!!!! "NEVER" shouted Di Lemma.

Di Lemma heard his mum leave. He peeped his head round his bedroom door. His dad was busy working in his study and he had head-phones on. He didn't hear Di Lemma creep passed, creep down the stairs and into the kitchen. Di Lemma got a chair because his mum always kept the sweets in a high cupboard, so they were out of reach. Di Lemma climbed into the cupboard, grabbed as many bags of sweets, crisps and fizzy drink as he could carry and ran into the shed to hide, muttering "I'll show them".

In the shed Di Lemma began to open all the bags of sweets, he had one fruity bag, one chocolatey bag, six or seven packets of crisps in all different flavours. He then washed it all down with a massive bottle of fizzy drink.

Di Lemma then started to feel a little bit funny, his tummy started to gurgle and he started to feel hot and faint. Di Lemma managed to creep back out of the shed and back up the stairs to his room. He lay on his bed; he really didn't feel at all well now. He heard his mum open the front door. She was back from his sister's dance class. She came up the stairs and into Di Lemma's room. Di Lemma looked white as a sheet, his mum took his temperature and it was normal. "Mum I really don't feel very well." Di Lemma's mum couldn't think why Di Lemma didn't feel very well. Di Lemma was rolling around on his bed because his tummy hurt so much. He leant over the bed and was sick all over the floor, sweets, crisps and fizzy drink. Di Lemma's mum asked Di Lemma what he had been eating. Di Lemma started to cry, "Mum I wanted some sweets. I didn't want to eat the fruit or vegetables!" Di Lemma's mum told him off for taking things without permission and for eating all those sweets when he was told he wasn't allowed them. Di Lemma's mum gave Di Lemma some medicine to stop his tummy hurting and Di Lemma fell asleep. When he woke up he felt a bit better. He went downstairs and it was dinner time. His mum had cooked sausages, green beans, broccoli, carrots and potatoes. Di Lemma ate it all up followed by a big bowl of fruit salad. Fruit and vegetables had never tasted so good. Di Lemma said he was really sorry to his mum and dad. They said he was never to do that again. He said he wouldn't because he felt so poorly and the vegetables and fruit had made him feel so much better.

Di Lemma has learnt his lesson now; he still has some sweets, but only as a treat. He now prefers fruit and vegetables because they make him grow up big and strong and they don't make him feel so sick.

Di Lemma tells all his friends you should eat fruit and vegetables because they make you grow up big and strong; and they don't actually taste that bad, they are actually quite nice!!!!

Di Lemma says bye until next time

Before you go Di Lemma says can you plan your school lunches for the next week from the choices below and fill in the table. Remember Di Lemma's story and how he was so sick when he ate too many crisps. Try to get a balance in what you eat. This way you will also stop your lunch being boring.

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch					

Main meal

Ham salad sandwich

Jacket potato with cheese

Burger and chips

Spaghetti bolognaise

Big plate of chips

Shepherds pie

Pizza and chips

Chicken salad sandwich

Sausage, green beans, broccoli, carrots and mash potato

Four packets on crisps

Deserts

Orange, plum and nectarine

Big Chocolate bar

Packet of fizzy chews

Yoghurt

Fruit salad

Apple crumble

Sugar free jelly and a little bit of ice-cream
Chocolate cake
Five jaffa cakes and two chocolate digestives
Rice pudding

Drinks

Coke

Water

Orange juice

Apple juice

Orange squash

Coffee

Lemonade

Cherryade

Ribena