



FAST FOOD AND HEALTHY

by childbook.ai





Faris and Jasmine were best friends who loved to play together. They also loved eating fast food. Every weekend, they would visit the new burger place in town. They enjoyed the taste but didn't think about the health effects. One day, Faris's mom warned them about eating too much fast food.



Faris started feeling tired and sluggish. Jasmine noticed she was getting stomachaches more often. Their parents decided to take them to the doctor. The doctor explained that fast food was making them feel sick. He told them they needed to eat healthier foods like fruits and vegetables.



Faris and Jasmine decided to take on a healthy eating challenge. They started packing their own lunches with fresh fruits, vegetables, and whole grains. They also began drinking more water instead of sugary sodas. At first, it was hard to give up their favorite fast foods. But soon, they began to feel more energetic and happier.



Faris and Jasmine discovered that healthy food could be delicious too. They found new recipes and started cooking together. Their friends noticed the change and wanted to join the healthy challenge. Faris and Jasmine were proud of their new lifestyle. They realized

that making healthy choices was the best decision they ever made.