

An illustration of a young boy and girl in a kitchen. The boy, on the left, has dark hair and large eyes, wearing a blue shirt and holding a glowing flashlight. The girl, on the right, has long red hair with a white flower, wearing a white shirt. They are surrounded by various food items like tomatoes, bread, and bottles. A semi-transparent white box with text is centered over the image.

Tom's Healthy Journey

Mu Ryan

Scene 1 of 10

Tom sat on his bed late at night, surrounded by colorful candy wrappers and the bright glow of his video game console. While the moon shone through the window, he stayed awake munching on sweets, ignoring how late it was getting.



The next morning,
the sun streamed into the room,
but Tom could barely lift his head
from his pillow.
He felt heavy and sluggish,
his eyes drooping as he struggled
to find the energy to start his day.



Scene 3 of 10

During school recess, Tom tried to keep up with his friends on the playground, but he quickly ran out of breath. He sat alone on the grass clutching his stomach, feeling weak and sad while everyone else ran and played.



My tummy
has been hurting
since this morning.

I'm sorry to hear that, Tom.
Healthy food, water, and sleep
are like fuel for a superhero!



Fuel for your superpowers!



Healthy Food



Water



Sleep

When you give your body
these things, you'll feel
strong, happy, and ready
for anything! ❤️

Scene 5 of 10

That afternoon, Tom looked at a plate filled with vibrant green broccoli, bright orange carrots, and a fluffy bed of rice. Remembering Lily's advice, he picked up his fork and decided to give the colorful vegetables a try.

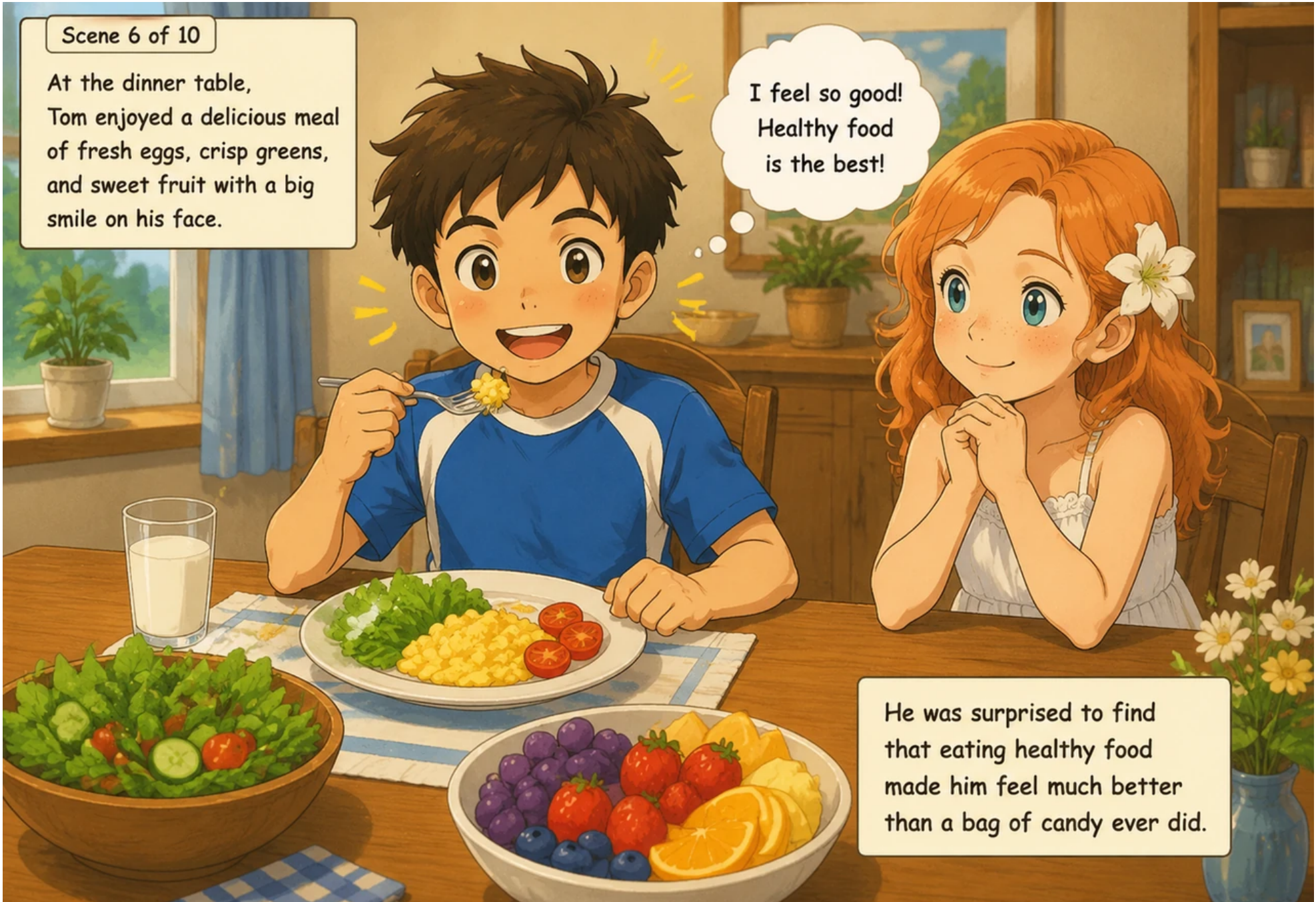


Scene 6 of 10

At the dinner table, Tom enjoyed a delicious meal of fresh eggs, crisp greens, and sweet fruit with a big smile on his face.

I feel so good!
Healthy food
is the best!

He was surprised to find that eating healthy food made him feel much better than a bag of candy ever did.



SCENE 7 OF 10

Instead of reaching for a sugary drink, Tom poured himself a tall glass of cool, refreshing water.



He felt the hydration wake up his body, giving him a sense of clarity and brightness he hadn't felt in a long time.



A few days later, Tom raced across the green soccer field, kicking the ball with newfound strength and speed. He laughed out loud as he played with his friends, feeling light on his feet and full of endless energy.



When the evening came,
Tom tucked himself into his cozy bed
as soon as the stars appeared.
He closed his eyes and drifted
into a deep, peaceful sleep,
knowing his body was resting
and growing stronger for tomorrow.



Scene 10 of 10

Tom stood tall in the park, his eyes sparkling with health and happiness as he shared an apple with Lily.

He realized that taking care of his body made life much more fun, and he promised to always choose the path of health.



★ Tom's Promise ★

I will always choose
the path of health!



**Eat
Healthy**



**Stay
Active**



**Drink
Water**



**Be
Happy**