



Selena and Her Food Adventures

by Heather Stewart



Selena loved attending her Montessori school. She was a bright and curious girl, always eager to explore new things. One of her favorite times was lunchtime, where she could socialize with her friends and enjoy her meal.



At the table, Selena's plate was filled with colorful foods. There were carrots, peas, and a yummy sandwich. Selena, however, had other ideas about how to enjoy her meal.



Instead of eating, Selena began to play. She made a little house out of her sandwich and used the carrots as walls. The peas became tiny, green balls for a game.



Her teacher, Miss Lily, noticed Selena's playful approach. She smiled gently and sat beside Selena. Miss Lily understood that Selena was learning about her food in her own way.



Miss Lily explained that it's important to keep the food on the plate and in our tummies. She showed Selena how the food gives her energy to play and learn.



Selena looked at her food with new eyes. She realized that Miss Lily was right. She could use the food to build her body, not just play with it.



Selena decided to try eating her carrots first. She took a bite and crunched happily. The carrots tasted sweet and made her feel strong.



Next, she ate her peas. She used her fork like a tiny shovel, scooping up the peas one by one. She giggled as they rolled around on her tongue.



Finally, Selena ate her sandwich. She imagined the sandwich fueling her adventures for the rest of the day. She felt full and content.



From that day on, Selena still enjoyed her mealtimes, but she also learned to eat her food with respect. She understood that food was for nourishment and for fun, but in the right way.