

# CAN WE EAT SOMETHING SPECIAL TODAY?



Written by Emily Lim-Leh



Illustrated by John Lim

This is the second in a series of four health-themed books targeted at early readers. These books aim to raise awareness of healthy lifestyle habits (**P**lay, **E**at, **E**xercise, **R**est) in young children using simple sentences, eye-catching illustrations and interactive activities.

In this book, we hope to show the importance of making balanced food choices with the concepts of 'Everyday' food and 'Sometimes' food. 'Everyday' food refers to healthy food which we can eat every day and 'Sometimes' food refers to less healthy food which we should only enjoy sometimes.

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Two children follow their mother to the supermarket.  
They are buying food for a special day.





Mum, since today is a special day, can we have food that we eat sometimes only?

I want super-cheesy macaroni!



Okay! Let's have  
super-cheesy macaroni.

Yay!  
My favourite  
'Sometimes' food!



Can we have chicken nuggets too?

Yes, but this will be enough 'Sometimes' food for today. Let's buy our 'Everyday' food next.



Let's go!  
Vroom!

Since today is a special day, the children get to choose their favourite vegetables and fruits.



Vegetables are our 'Everyday' food!


I like carrots.





I like apples!  
It's my most favourite  
'Everyday' food.

The children bump into their friend.



Wow! You have nuggets.

Yes, we can have fried food sometimes, but not every day.

MEATS

We'll have that for a special day, okay? Today, we'll have chicken noodle soup - our 'Everyday' food.

Ma, I want nuggets too!



The children help their mother to carry the food and fruits home.





Vegetables  
go here.

Fruits go...  
there!

The children help their mother to prepare dinner.



Everyone is getting hungry.



No snacks please.  
We are having dinner soon.

Aww...

You can have your  
favourite fruit after  
dinner instead.



Apple!  
Yippee!

The children wash their hands  
and get ready for dinner.







Surprise!

Dad  
is home!

YAY!

# LET'S PLAY!



1. Vegetables, meat and rice are some examples of 'Everyday' food. Can you find 2 'Everyday' food items in the story pages?



2. What is your favourite 'Everyday' food?  
What is your favourite 'Sometimes' food?



3. Kitten appears 3 times inside the book. Can you find her?



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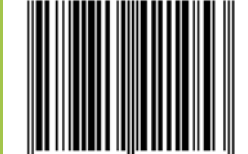
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**In Can We Eat Something Special Today?,**  
children learn about what food they can eat every day and what  
food they should only enjoy sometimes.

Filos Community Services has teamed up with award-winning  
duo Emily Lim-Leh and John Lim to create this picture book. The  
sometimes-repeated words and always-fun illustrations make this  
book a delicious read every day.



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