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Opening extract from

Eat Your Greens, Goldilocks: A Story About Eating Healthily

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This book belongs to:

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Once upon a time there was a little girl called Goldilocks. She had big blue eyes, curly, golden hair... and a very bad temper!

"Eat your cereal," said her mum.

"Yuck!" shouted Goldilocks. She would NEVER eat anything healthy.

"Just try it," begged her dad.

"NO!" she screamed. "I WANT JELLY AND ICE CREAM AND I WANT THEM NOW!"

But she didn't get them, so she got up and ran away!



Goldilocks ran through the forest. Before long, she was lost and tired and her tummy was rumbling. She wished she'd eaten her breakfast.

Then she smelled something yummy!

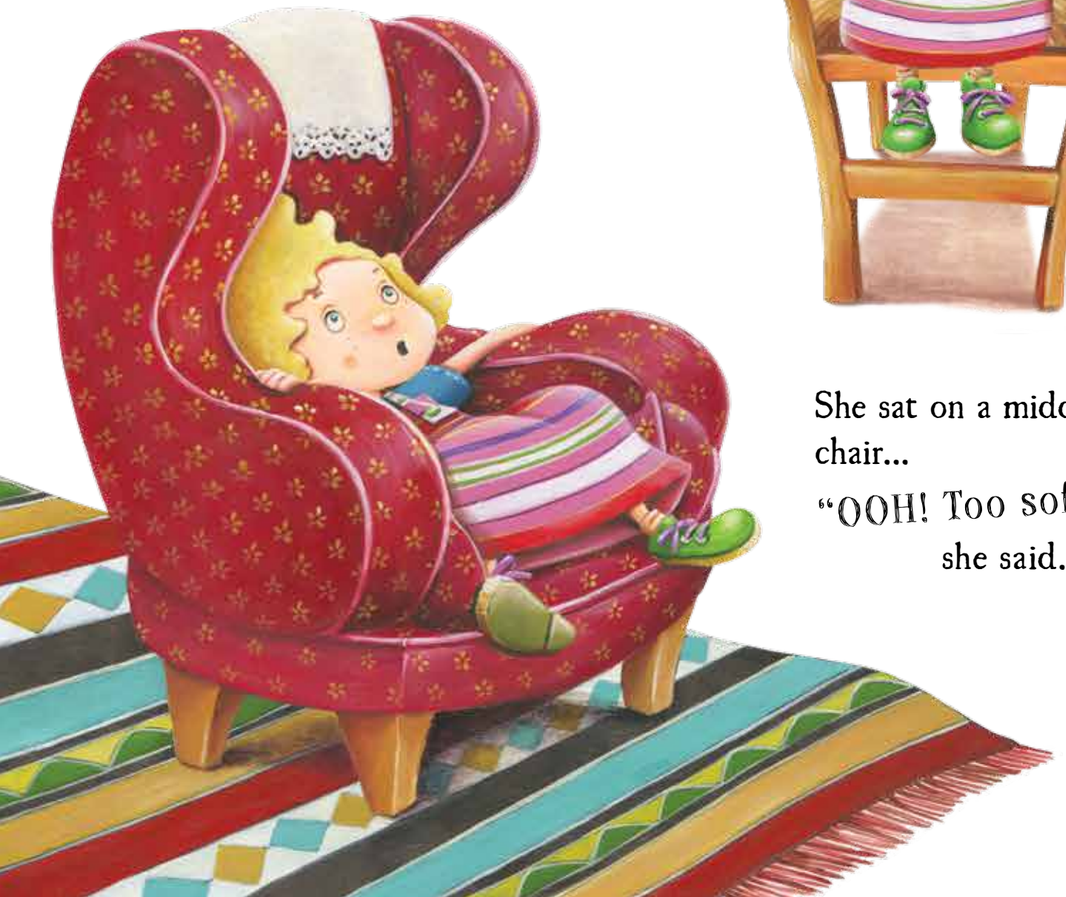
She followed her nose to a little cottage. No one was home, so she went inside.

"Phew, I need a sit down!"
said Goldilocks.

She sat on a big chair...

"OUCH! Too hard!"
she said.





She sat on a middle-sized chair...

"OOH! Too soft!"
she said.

She sat on a little chair...

"Ahh," she said, then,
"EEEEEK!" as the
little chair fell to pieces.





She landed,

BUMP,

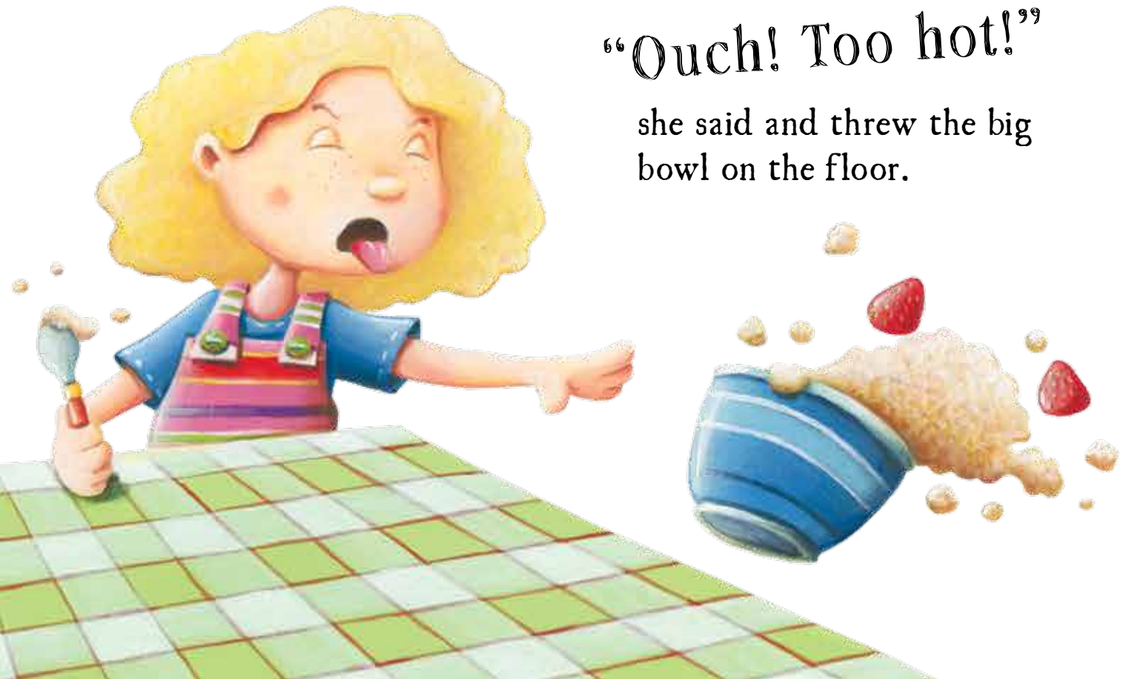
on the floor.

Then she smelled the
yummy smell again.
It was coming from
the next room...

On the table were three bowls of porridge!



"Not poopy gloopy porridge!" moaned Goldilocks.
But her tummy grumbled so loudly that she
decided to give it a try.



"Ouch! Too hot!"

she said and threw the big
bowl on the floor.

"Blegh! Too cold!"

she said and threw the
middle-sized bowl at
the wall.





"YUMMY!
Just right!"

she cried as she tried
the little bowl. Then
she gobbled it all up!

By now Goldilocks felt sleepy, so she crept upstairs and found the bedroom.



She tried the big bed...



"OUCH! Too hard!" she said.

She tried the middle-sized bed...



"OOH! Too soft!" she said.



She tried the little bed...





"Ahhh," she sighed. "Just right!"



And she fell fast asleep.


While Goldilocks slept, three bears came into the cottage.
A BIG Daddy Bear, a middle-sized Mummy Bear and a little Baby Bear.
They found Baby Bear's broken chair, Mummy and Daddy Bear's porridge all over the kitchen and Baby Bear's porridge... all gone!
Then they saw muddy footprints leading up the stairs...

"Somebody's been sleeping in my bed!" said Daddy Bear.

"Somebody's been sleeping in my bed!" said Mummy Bear.

"Somebody's still sleeping in my bed!" said Baby Bear. "Look!"

"WHO ARE YOU AND WHAT HAVE YOU DONE TO OUR HOUSE?" roared Daddy Bear.

Goldilocks woke up.

"I... I'm Goldilocks and I'm sorry!" she cried.

"You'd better come to the kitchen," growled Daddy Bear.

"They're going to eat me!" thought Goldilocks.

First, Daddy Bear made Goldilocks mend the chair.

"Time for a snack," said Mummy Bear.

"They're going to eat me!"
thought Goldilocks.





But Mummy Bear handed Goldilocks a banana and a glass of milk.



Goldilocks ate the banana and drank the milk.

"Yummy!"

Then Mummy Bear made her clean up the porridge.



"Time for lunch!" said Daddy Bear.

"They're going to eat me!"
thought Goldilocks.





But Daddy Bear handed her a bowl of soup and a slice of bread.

Goldilocks ate the soup and bread.

"Yummy!"

When the stairs were washed,
Daddy bear smiled and said,
"Time for dinner!"



"Please don't eat me!"
cried Goldilocks.

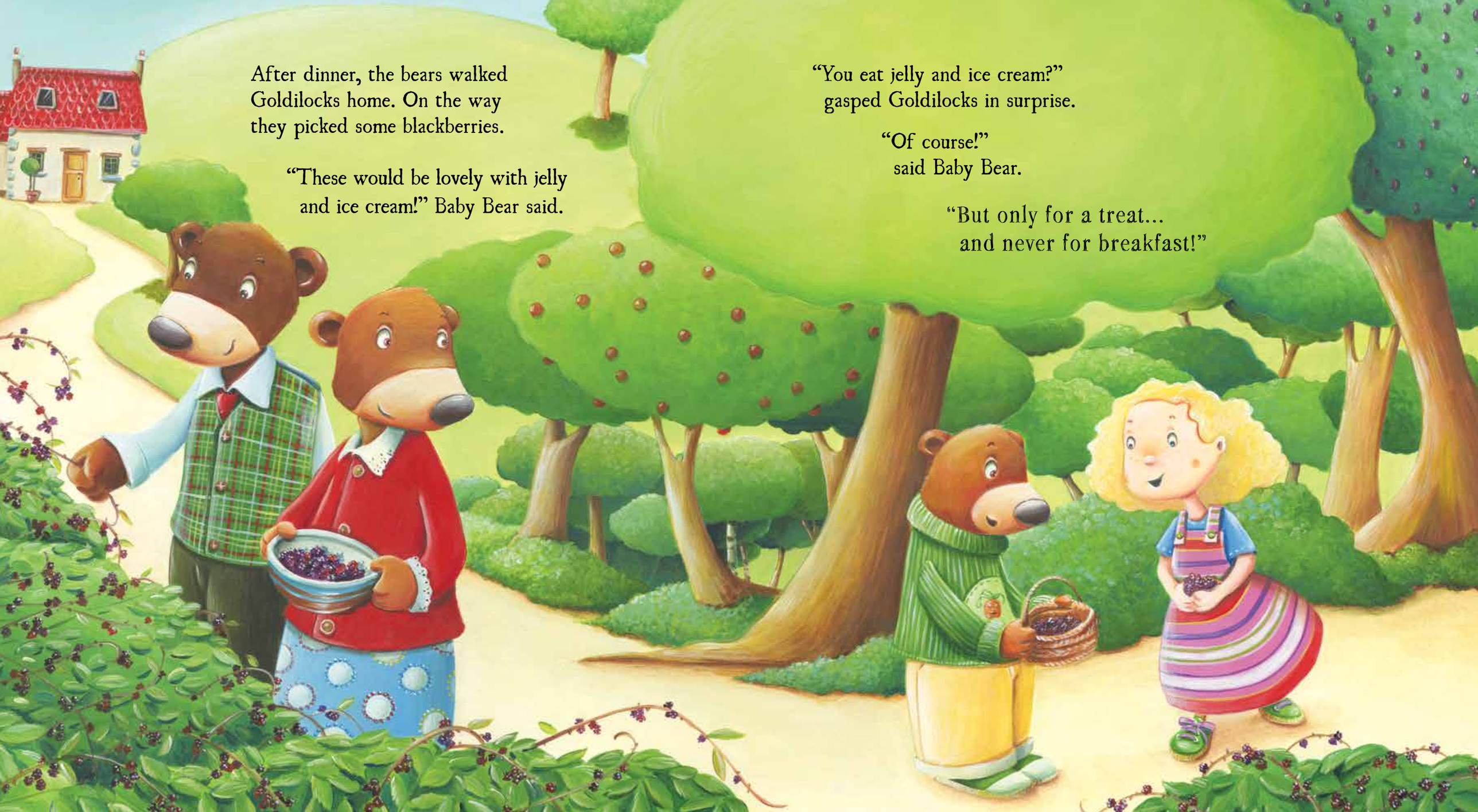
"We don't want to eat
you!" said Daddy bear
"We only eat nice,
healthy food."

Mummy Bear put a chicken casserole and
bowl of steaming vegetables on the table.

Goldilocks was so hungry after all the
work that she helped herself to a huge
portion and ate it all up!



"SCRUMMY!"



After dinner, the bears walked Goldilocks home. On the way they picked some blackberries.

"These would be lovely with jelly and ice cream!" Baby Bear said.

"You eat jelly and ice cream?" gasped Goldilocks in surprise.

"Of course!" said Baby Bear.

"But only for a treat... and never for breakfast!"

Next steps

Show the children the cover again. When they first saw it did they think that they already knew this story? How is this story different from the other story? Which bits are the same?

Goldilocks was very naughty inside the three bears' cottage. What did she do that was wrong? When Daddy Bear woke Goldilocks up how was he feeling? Was it fair that the bears made Goldilocks do all that hard work, cleaning and mending ?

What did Goldilocks think that the bears were going to do with her? What did they actually do?

Did Goldilocks think the food the bears gave her was going to be nice? Was it nice? Ask the children if they have ever thought something was going to taste yucky, and it was actually yummy.

Ask the children if they have ever had jelly and ice cream for breakfast. Goldilocks was surprised that the three bears sometimes ate jelly and ice cream. Why?

Ask the children to draw their favourite food. Do they think this food is healthy, or should it just be eaten as a treat? Why is it important to eat healthy food?

