



My Beautiful World

The Health City



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**Maher went off to look for
a nice city to live in.**

**Maher walked a lot until
he reached a crossroad.**

**Maher didn't know which
way to go.**



His parrot said:

“You must be very tired. I’ll fly around to find out the best city to go to.”

The parrot came back after a while and said:



**“The first city I saw is ugly and polluted.
There are lots of black smoke in the air
and the city is full of insects everywhere.
Those living there are quite lazy.”**



“The other city is beautiful.

The air is fresh.

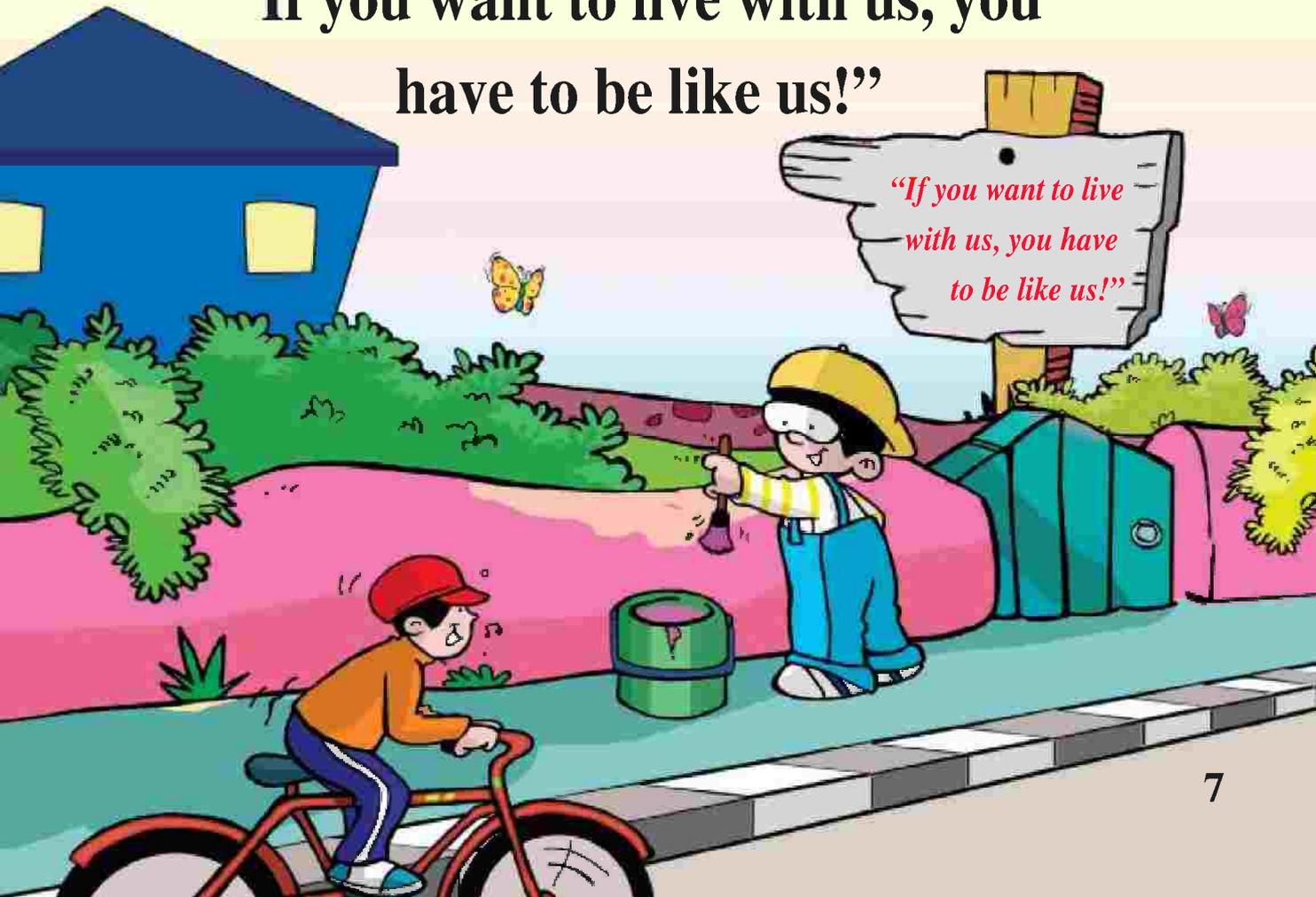
**The streets are clean with lots of
flowers and trees everywhere.”**



**“The people there are quite happy.
They are lively and they love work.”**

There is a sign sayin :

**“If you want to live with us, you
have to be like us!”**



**Maher was very delighted to hear the news.
He decided to go straight ahead to the
health city, hoping to live there.**





The people of this city
sleep early.

Sleeping is very important
for human health.



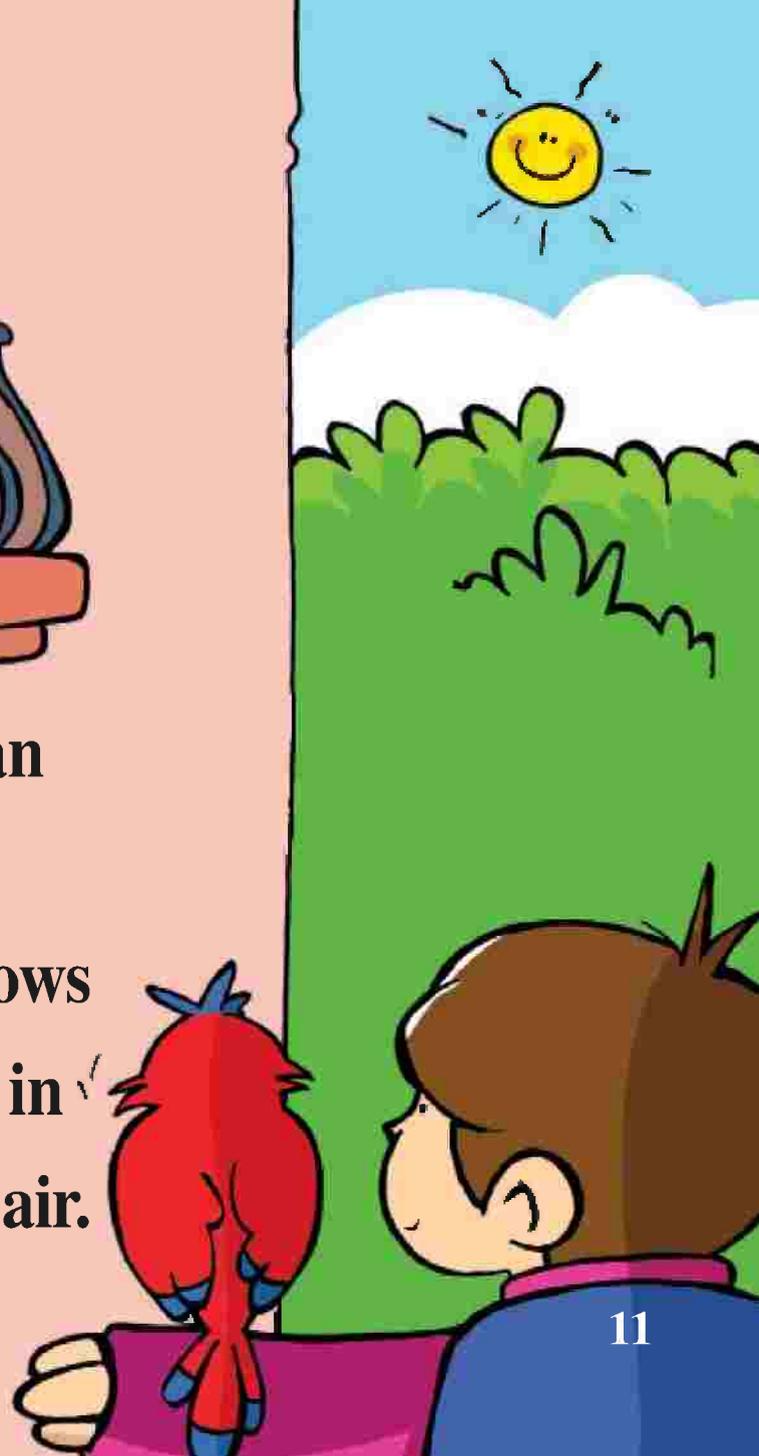
They take care of their
cleanliness,
because hygiene is very
important to stay healthy.





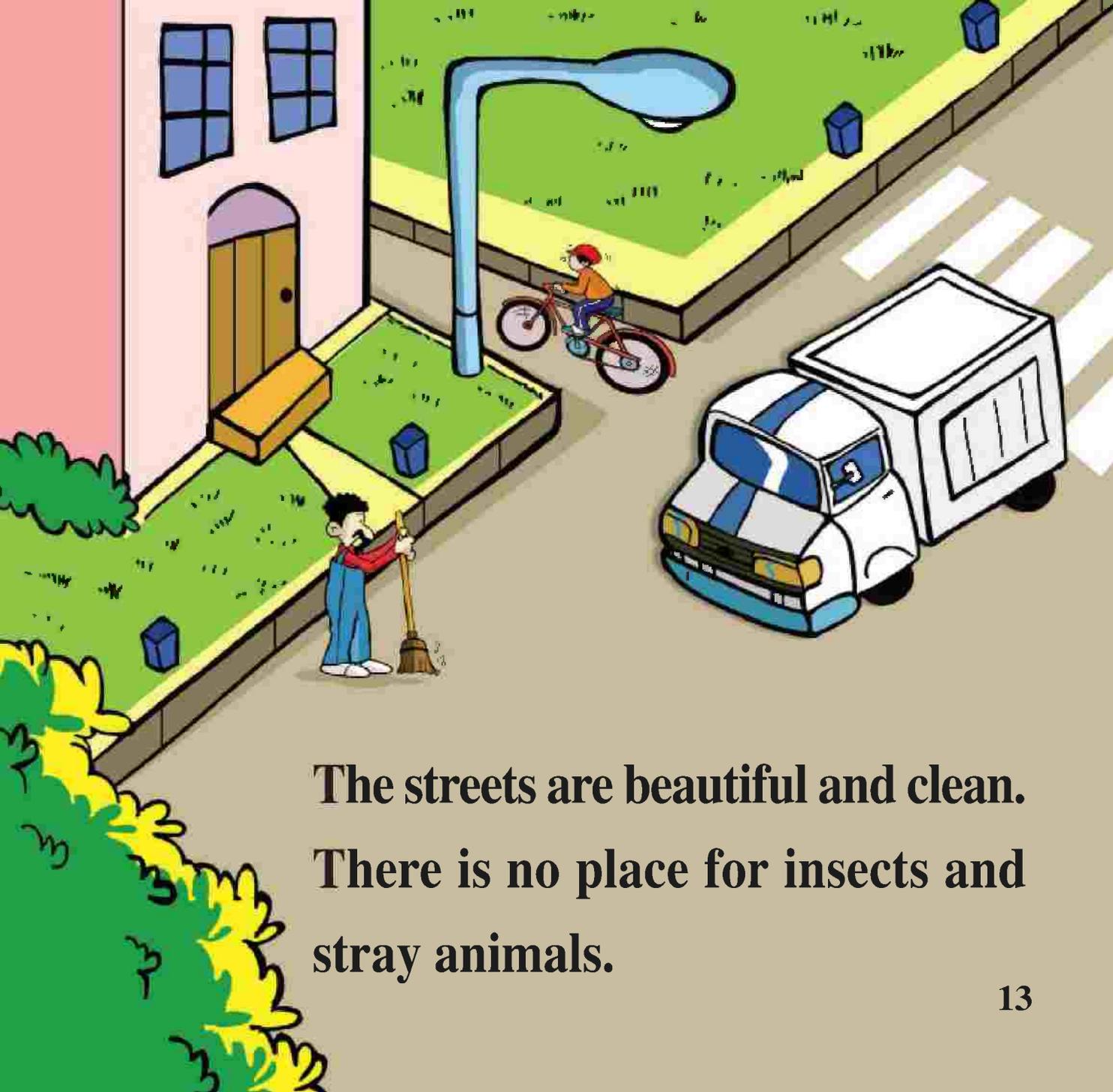
**Their homes are clean
and tidy.**

**They open their windows
every morning to let in
the sun and the fresh air.**





**Children help their parents
clean and tidy their homes.**



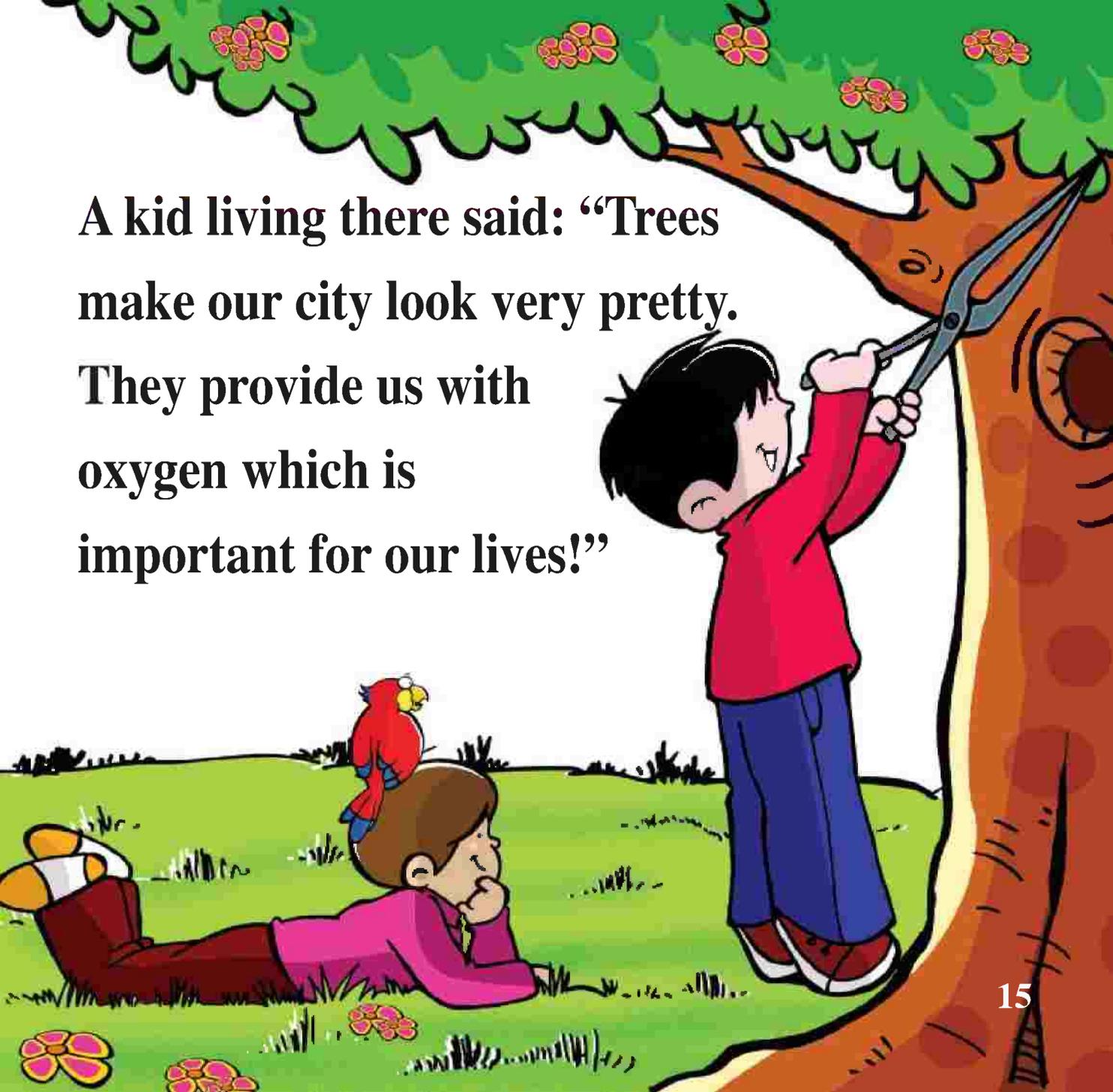
**The streets are beautiful and clean.
There is no place for insects and
stray animals.**

They love trees and flowers.

**“Let’s help them clean the city and grow
some trees there.”**



**A kid living there said: “Trees
make our city look very pretty.
They provide us with
oxygen which is
important for our lives!”**



**Another one said:
We love sports.**

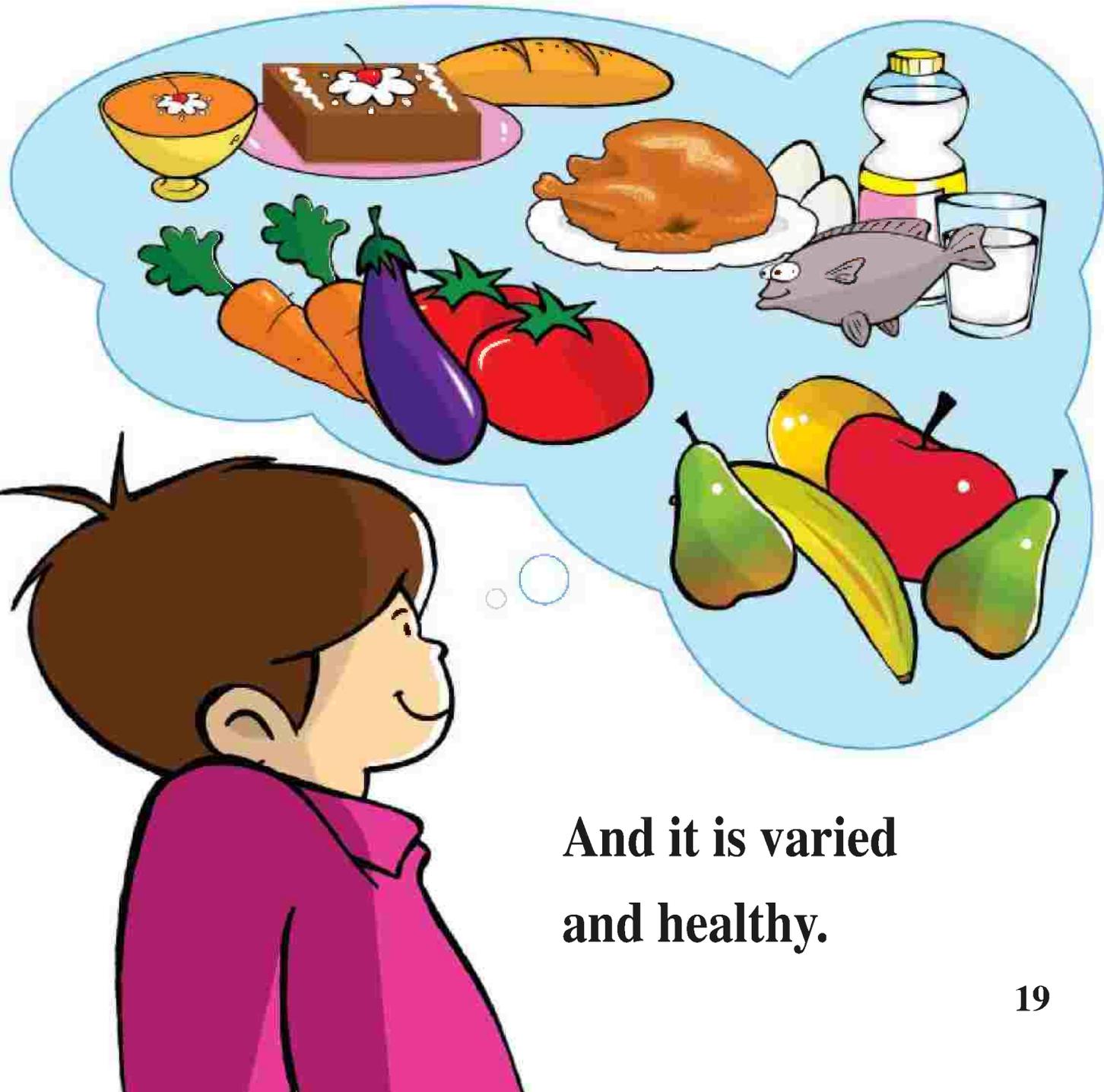


**Sports make the body active
and protect it from diseases.**



**The parrot praised
their food as he tasted
a piece of fruit:
Their food is fresh and
clean.**



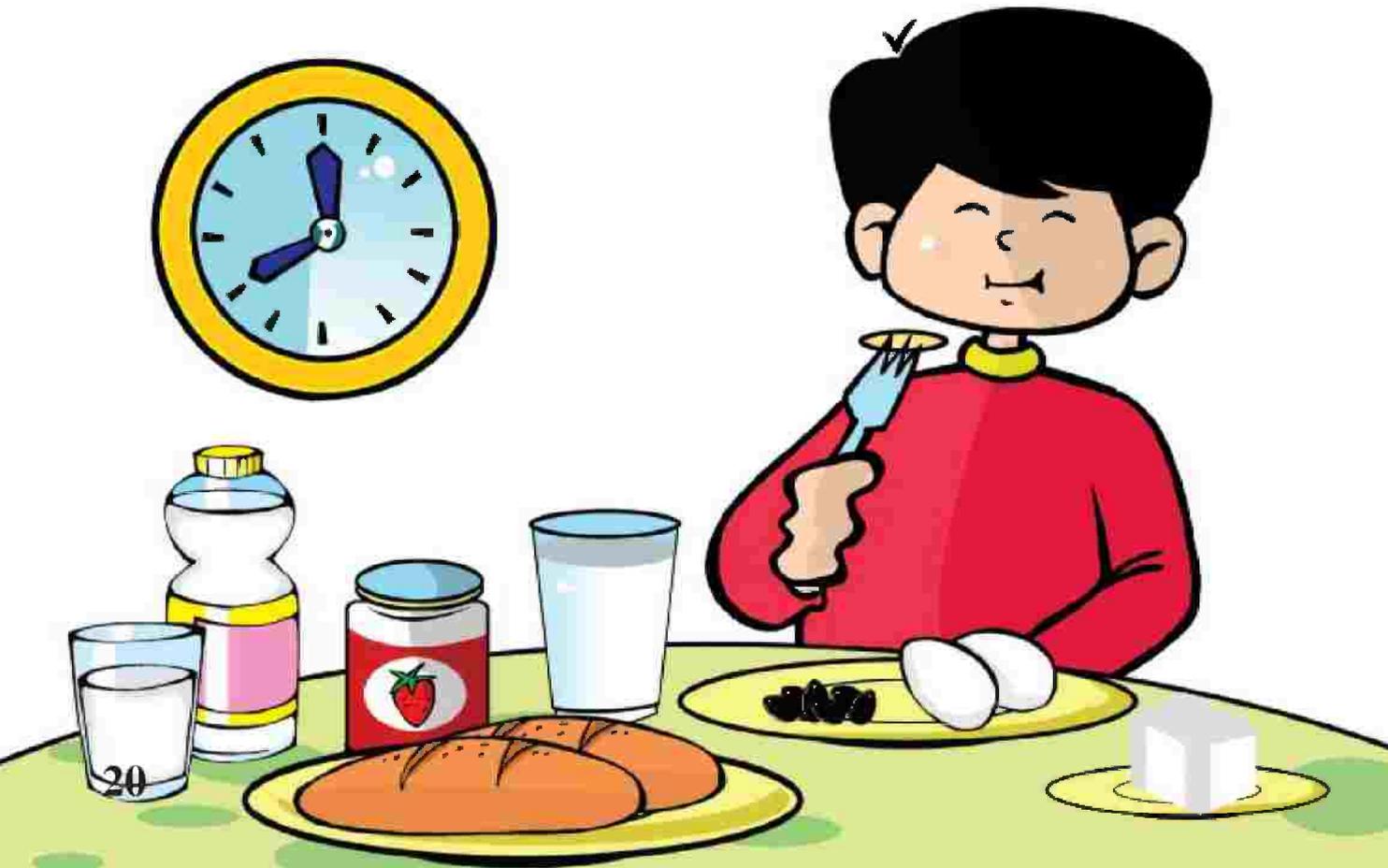


**And it is varied
and healthy.**

They eat their food on regular times.

Healthy food makes you strong.

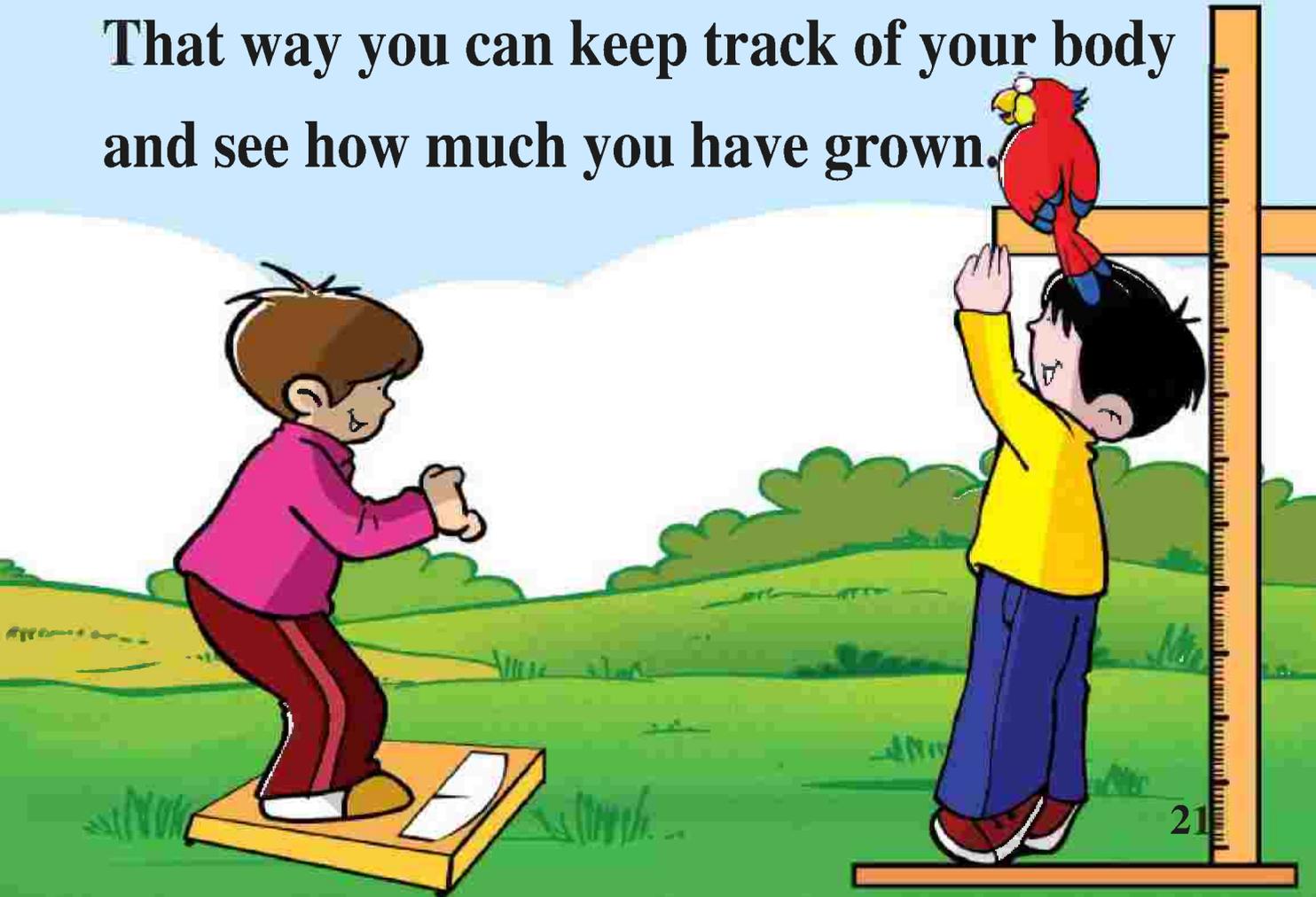
It protects your body against illness.



Maher said to his parrot:

Well pal, try to watch your weight and your height all the time.

That way you can keep track of your body and see how much you have grown.



**Their trucks are propelled by
environment-friendly fuel.**

**Their factories are placed far away from
the houses. I wish I could live there.**



**We are happy that you will
become one of us.**

**You are active, clean and you love
to work and so does your parrot!**





Maher was very happy.

He built his new house next to a beautiful green tree while his parrot started feathering his new nest.