



**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.**



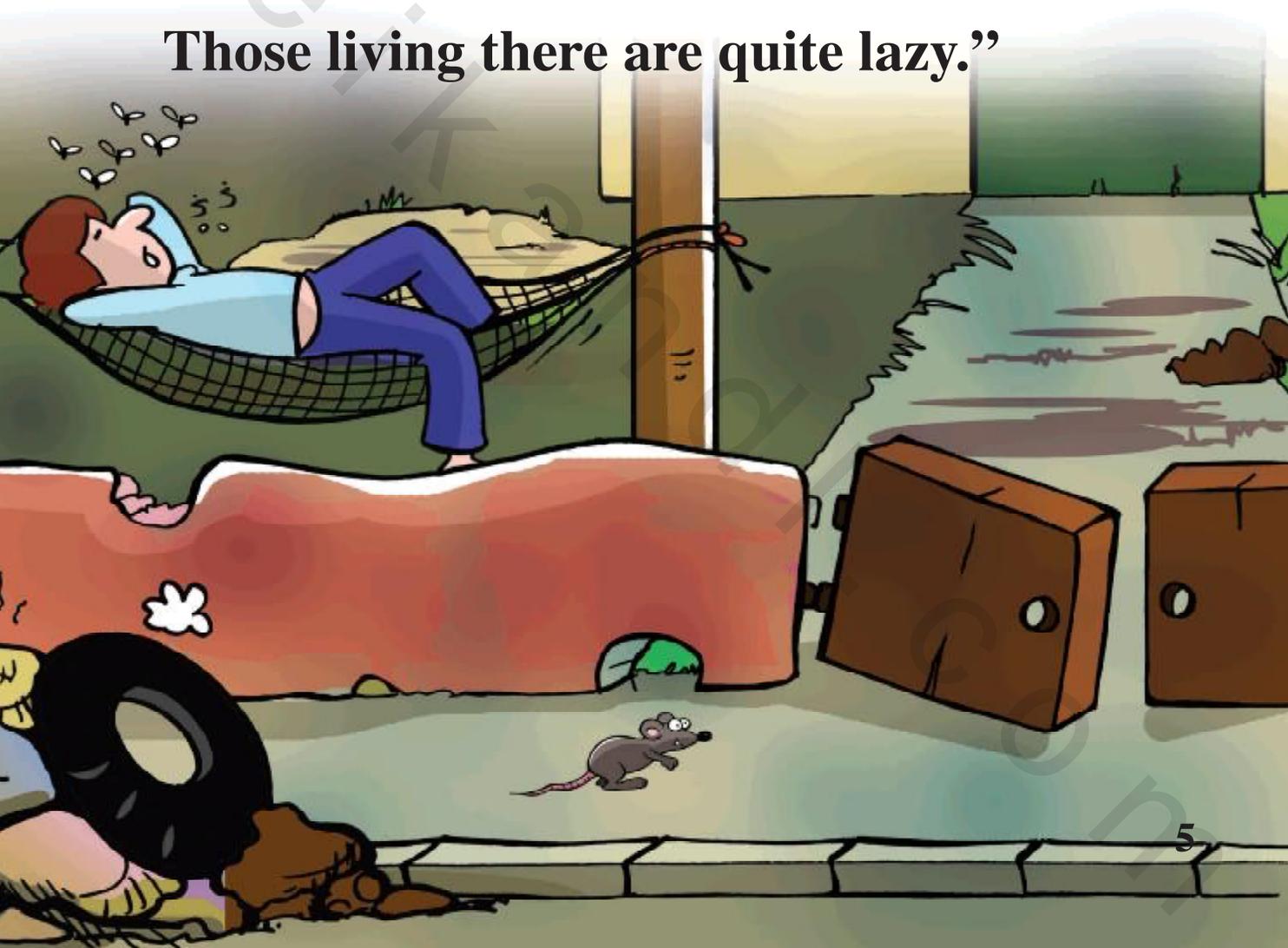
His parrot said:

“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.



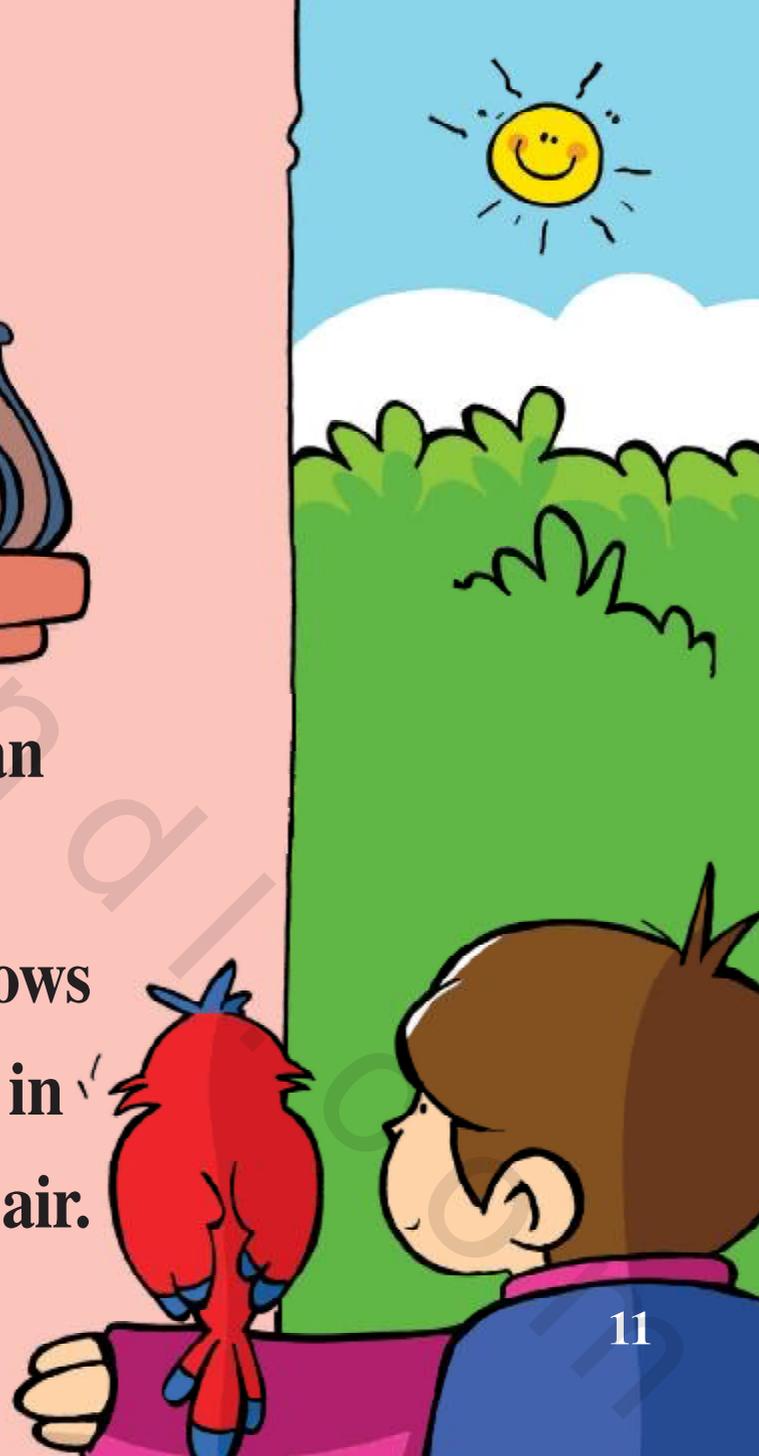
They take care of their  
cleanliness,  
because hygiene is very  
important to stay healthy.





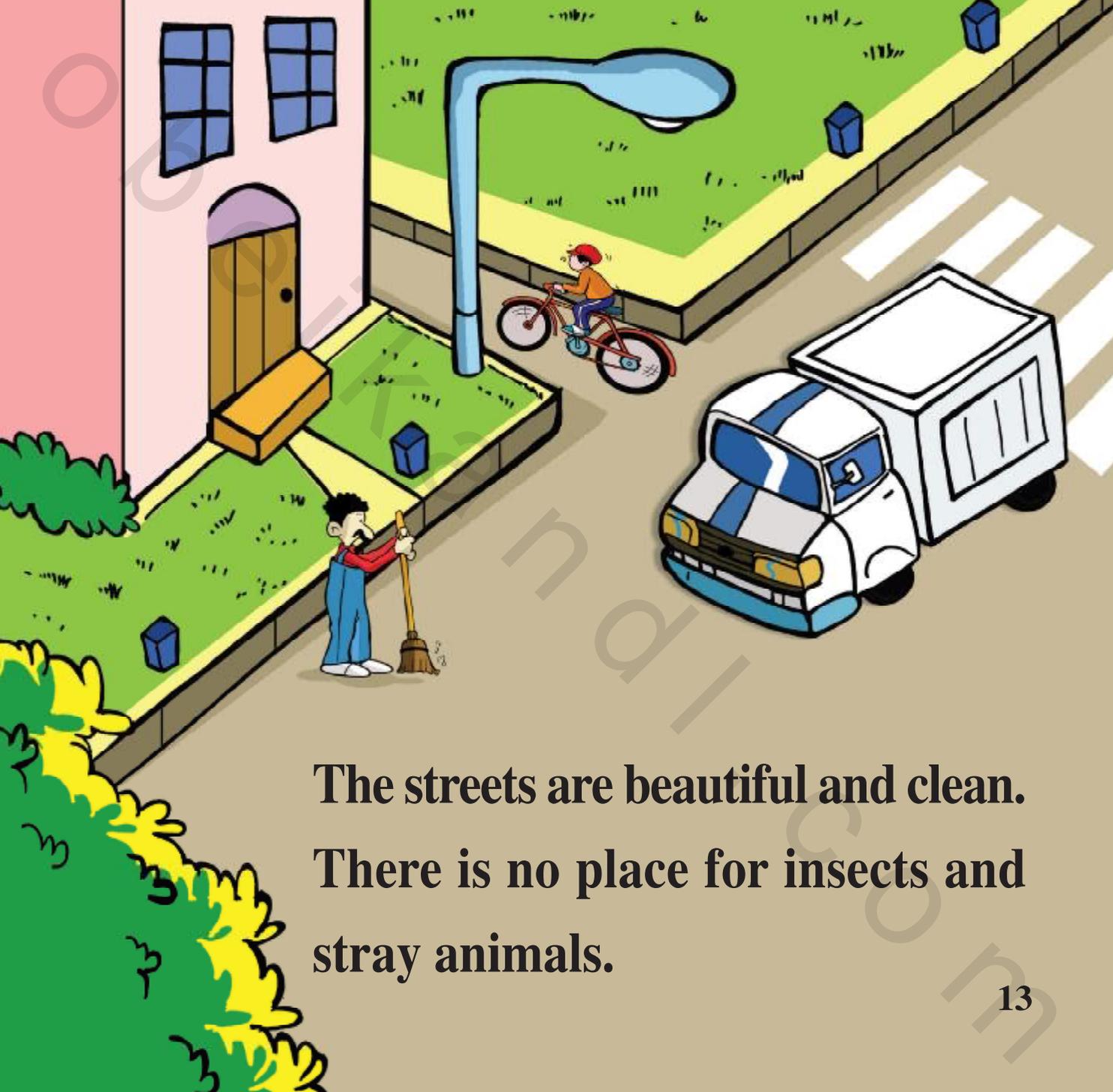
**Their homes are clean  
and tidy.**

**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.**



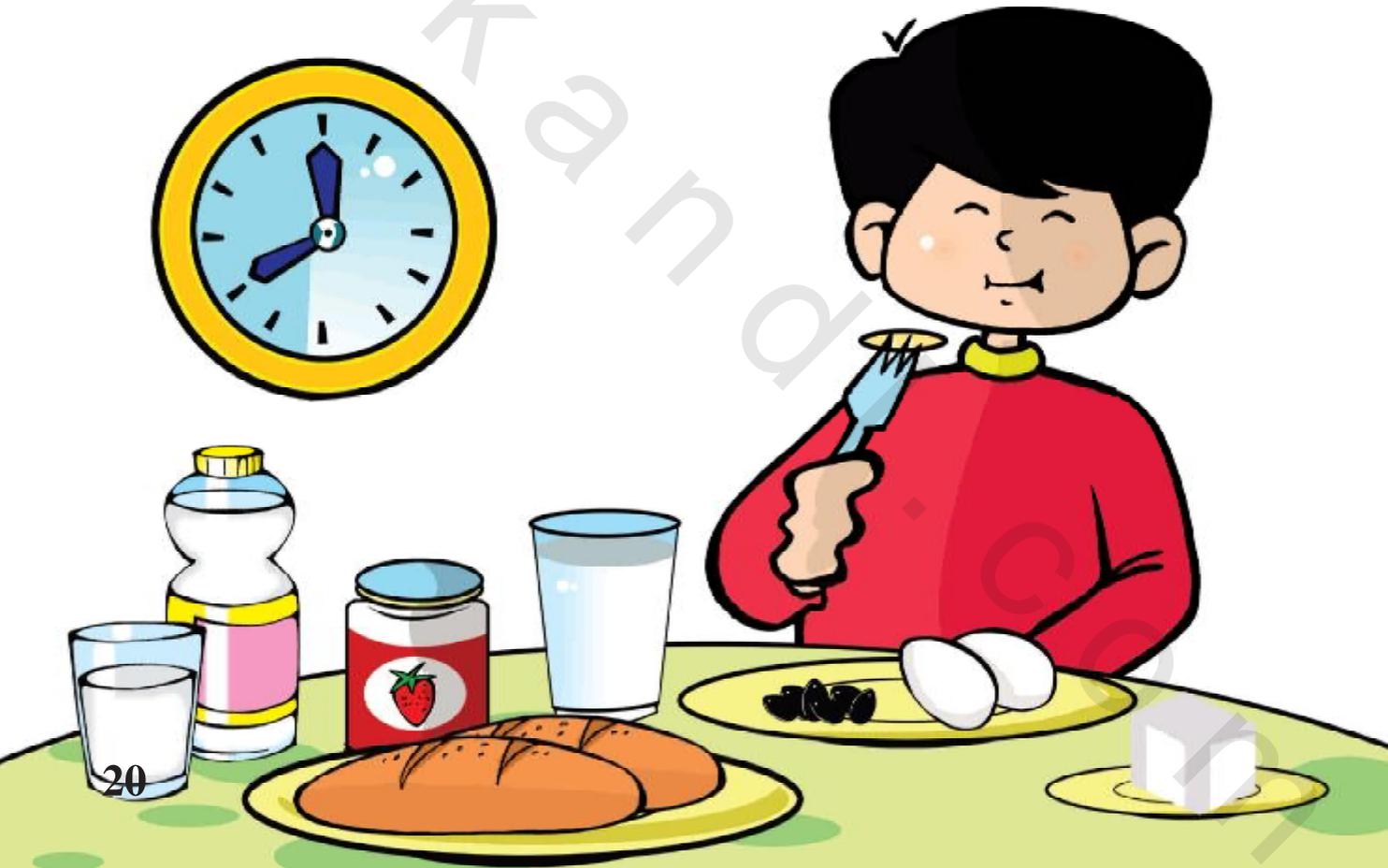


**And it is varied  
and healthy.**

**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.

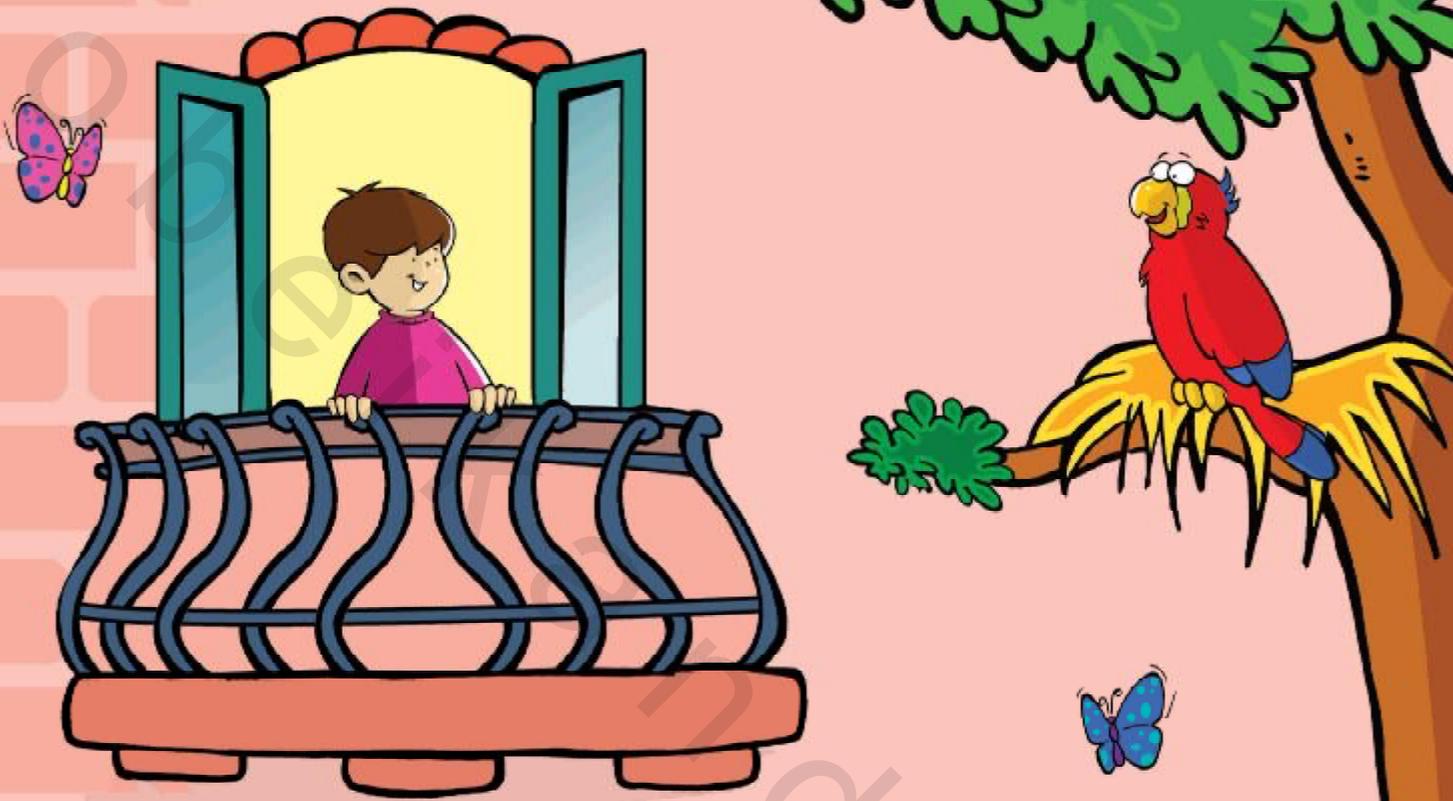
Their factories are placed far away from the houses. I wish I could live there.



**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.**