

# Mom's Healthy Kitchen

Mom always eats and prepares healthy food. She also expects Fred and Susie to have healthy eating habits. Susie and Fred are bored eating healthy food all the time, so they make a plan, but it doesn't end as well as they expected.

A funny story with

- Reading comprehension, vocabulary and grammar exercises
- Drawing and writing activities
- A picture dictionary

Language Level		Word Count
Beginner	A1	400 - 600

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Written by  
**Sarah Sweeney**

Illustrated by  
**Gözen Kamaz**



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Susie & Fred's  
Adventures

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**REDHOUSE**

*To Mom and Dad for always keeping us healthy.*  
S. S.

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Mom's Healthy Kitchen

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- Do you like to do sports?  
What sports do you like to do?
- What foods do you like to eat?
- Do you eat unhealthy foods?  
How do you feel afterwards?

At the back of this book,  
there is a picture dictionary  
to help you learn the  
meanings of new words  
in the story.



## Characters



Susie



Fred



Mom



Dad



It's a sunny Saturday morning.

"Fred? Are you ready?" calls Mom.

"Yes, let's go!" Fred says.

He picks up his gym bag. Susie and Dad are waiting for him.