

“OTHERS” COME LAST

ACTIVITY 8



After many weeks, Little D learned a lot. He knew the names of all Five Food Groups. Every day he ate foods from each food group. He **biked**. He **skated**. He **swam** daily in the palace pool. He felt great.

But he was still a little confused. One day Little D went to visit Sir Milkford in his study.

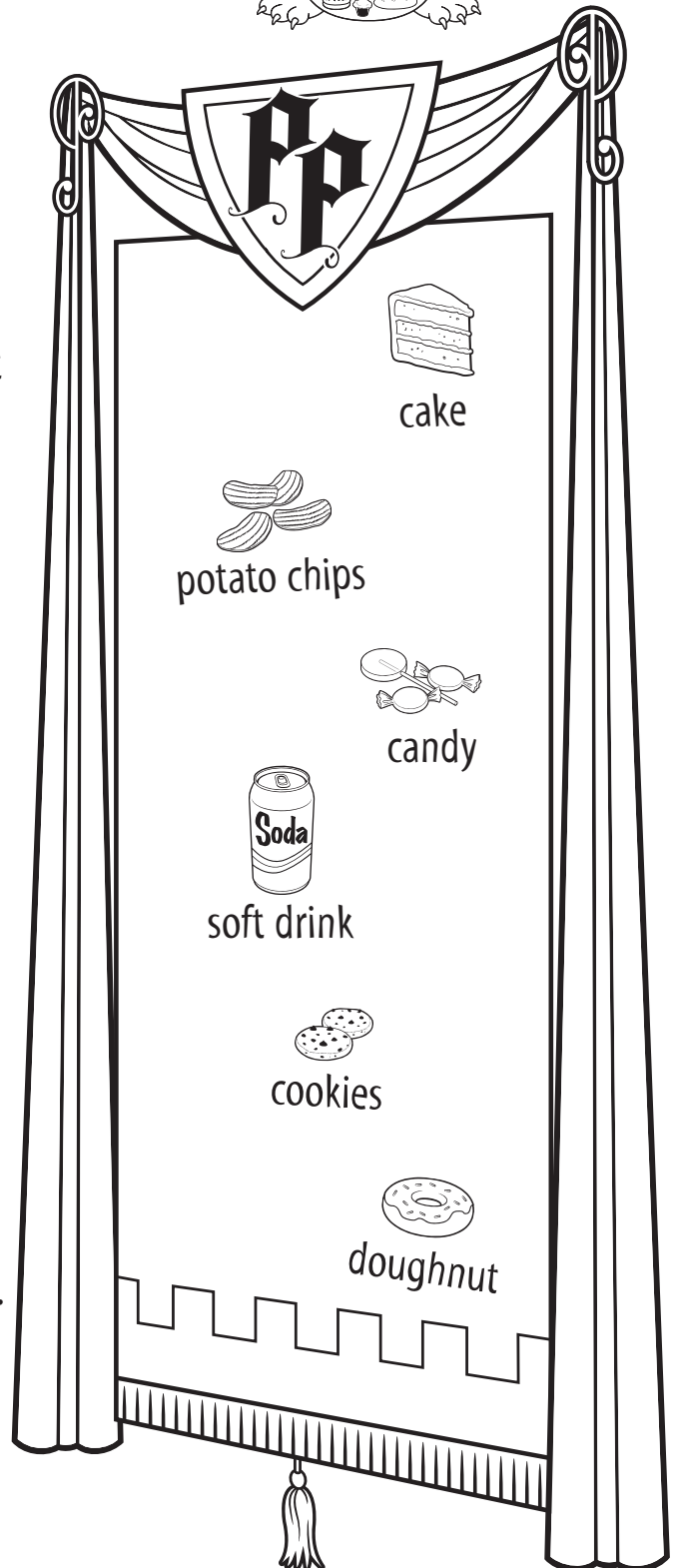
“Sir Milkford,” said Little D. “I like lots of foods in the Five Food Groups. But some foods aren’t in the Five Food Groups. Can I eat those foods too?”

“Very good question, Little D,” said Sir Milkford. Sir Milkford **walked** to the window and **pulled** down a shade. On the shade were pictures of six foods.

“Are these the foods you are thinking about?” asked Sir Milkford.

“Yes!” said Little D.

“Foods like these are in the ‘Others’ category,” said Sir Milkford. “It’s okay to eat ‘Others’ foods once in a while. But you should eat foods from the Five Food Groups first. Then, if you have a little room in your tummy, you could have something from the ‘Others’ category. I always say **‘Others’ Come Last.**”



“When I first met you and the King and Queen, I was only eating ‘Others’ foods. I was very sick. Do ‘Others’ foods make you sick?” asked Little D.

“No,” Sir Milkford said. “You got sick because you were not eating nutritious foods from the Five Food Groups. You filled up on ‘Others.’ There was no room in your tummy for food group foods.”

The light went on in Little D’s head. “I get it,” he said. “Five Food Groups Come First. **‘Others’ Come Last**, IF I have any room left in my stomach.”

Sir Milkford smiled. “You are a very smart dragon, Little D.”

Sir Milkford checked his calendar and **tapped** his nose. “Today is Princess Peapod’s birthday. I do believe there will be some birthday cake. Will you have a slice?”

Little D looked at Sir Milkford. “I think I might, IF I have room after eating from the Five Food Groups. After all: Five Food Groups Come First and **‘Others’ Come Last!**”

Little D and Sir Milkford laughed just as the dinner bell rang.

