When Sammy met Sally.

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Sammy was a scavenger.

Instead of looking for healthy, fresh food, he went straight to the local dustbin every day.
Sally loved fresh food.

And she loved to have fun finding it.
For breakfast,

Sammy ate a half-eaten slice of fried bread.
For her breakfast, Sally went to the orchard...

...and found two juicy apples.
For lunch,

Sammy ate a whole lump of greasy fish batter.
For her lunch,
Sally went to the allotment...

...and found three crunchy carrots.
For his supper,

Sammy ate a quarter of a left-over burger.
For her supper, Sally climbed a tree...

...and found four tasty nuts.
Instead of making him fitter,

Sammy’s food was making him fatter.
Until one day,

Sammy got stuck in the doorway to his tree house.
“Help! I’m Sammy and I’m stuck.”

“I’m Sally, I’ll help pull you out.”
“Thanks Sally. Will you join me for lunch, at the dustbin?”

“No, thank you. It’s the food from the dustbin that made you get stuck.”

“You have lunch with me,” she said.
Sally taught him to climb to the top of the trees.
She found him five tasty nuts and showed him the wonderful view.

Sammy liked the view and he liked Sally too.
The next day, Sally took him to the allotments and they found six crunchy carrots.

Sammy was getting fitter instead of fatter.
And the day after that, they went to the orchard and found four juicy apples.
“Can we have lunch every day?” said Sammy.
“For ever and ever?”

“Ooh, yes,” said Sally.
“I would like that very much.”
And Sammy never ate at the dustbin again.