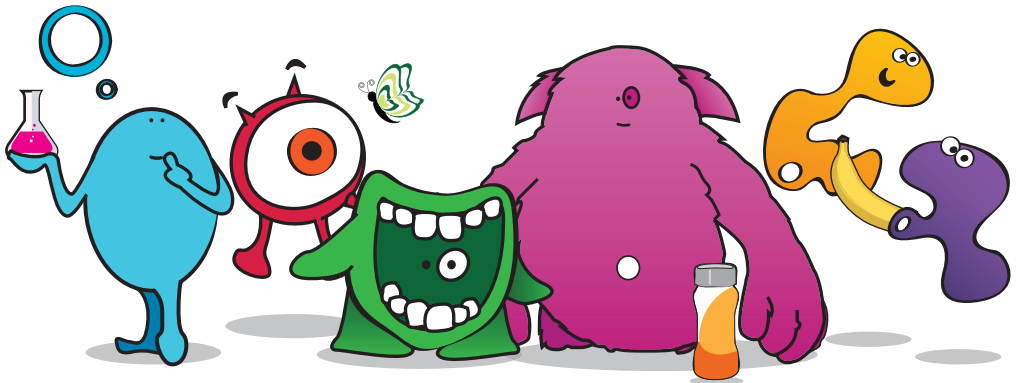


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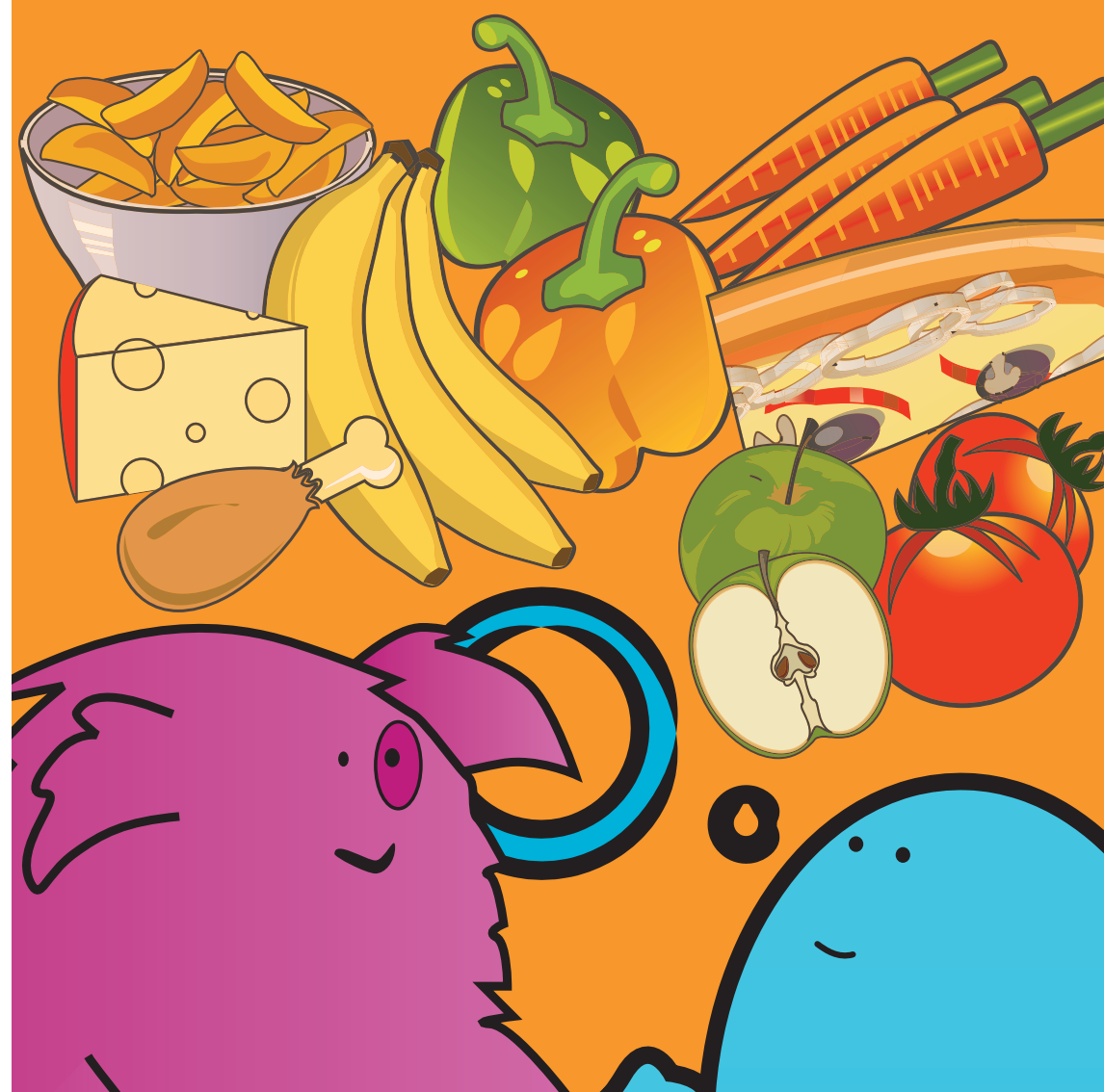


Bones and his Special Drink

Bones needs to have a special low protein diet to stay healthy and grow as fast as all the other children in his class.

There are lots of yummy foods that he loves to eat, but he knows that there are many foods that he can't have.

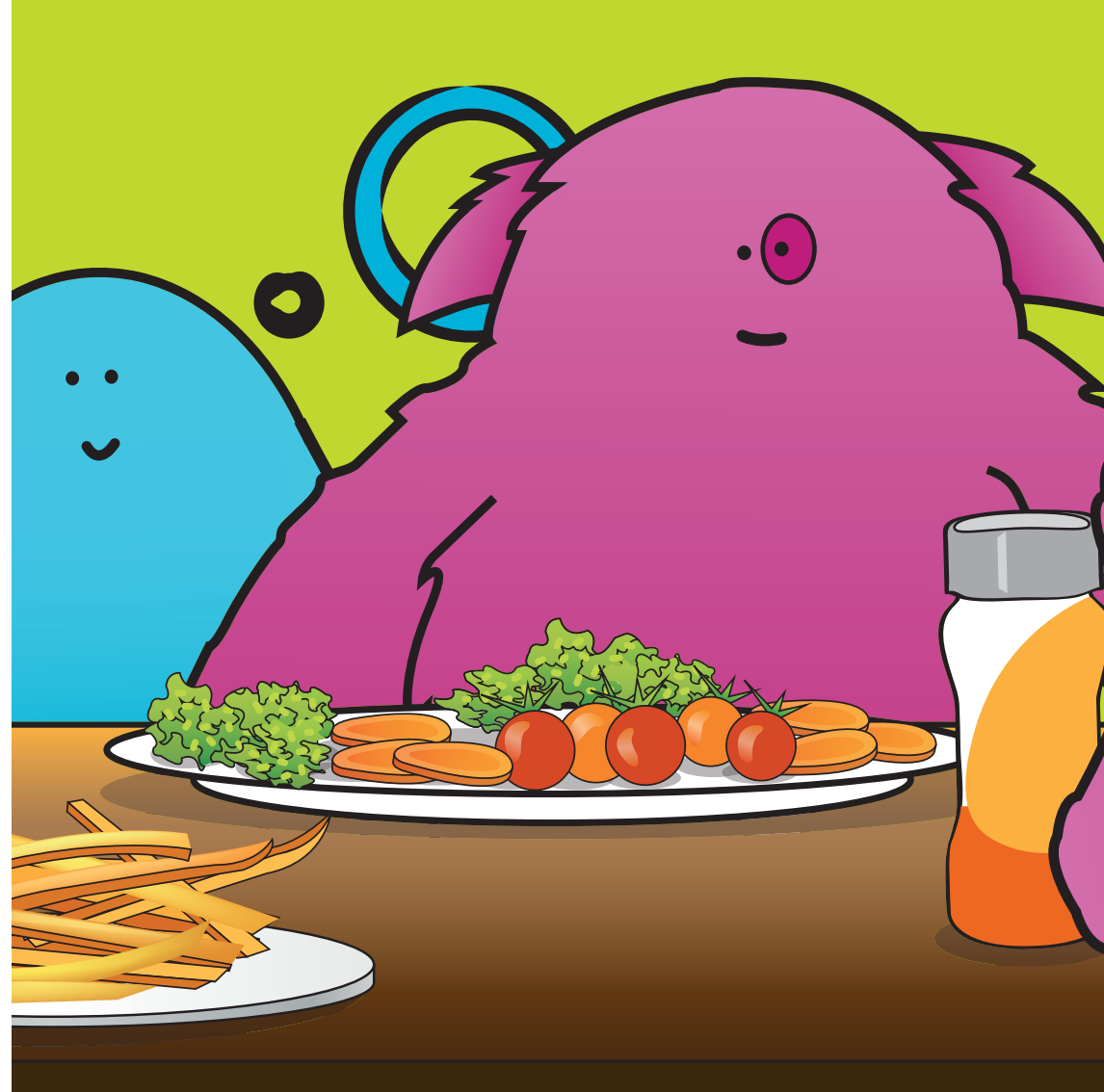
If he is not sure whether he can eat something, he will ask Brains for help.



Bones also needs to take a special drink each day with his breakfast, at lunchtime and in the evening.

“Why do I need to take my special drink?” he asked Brains one day. “I am very good at eating my meals. Do I need to take my special drink as well?”

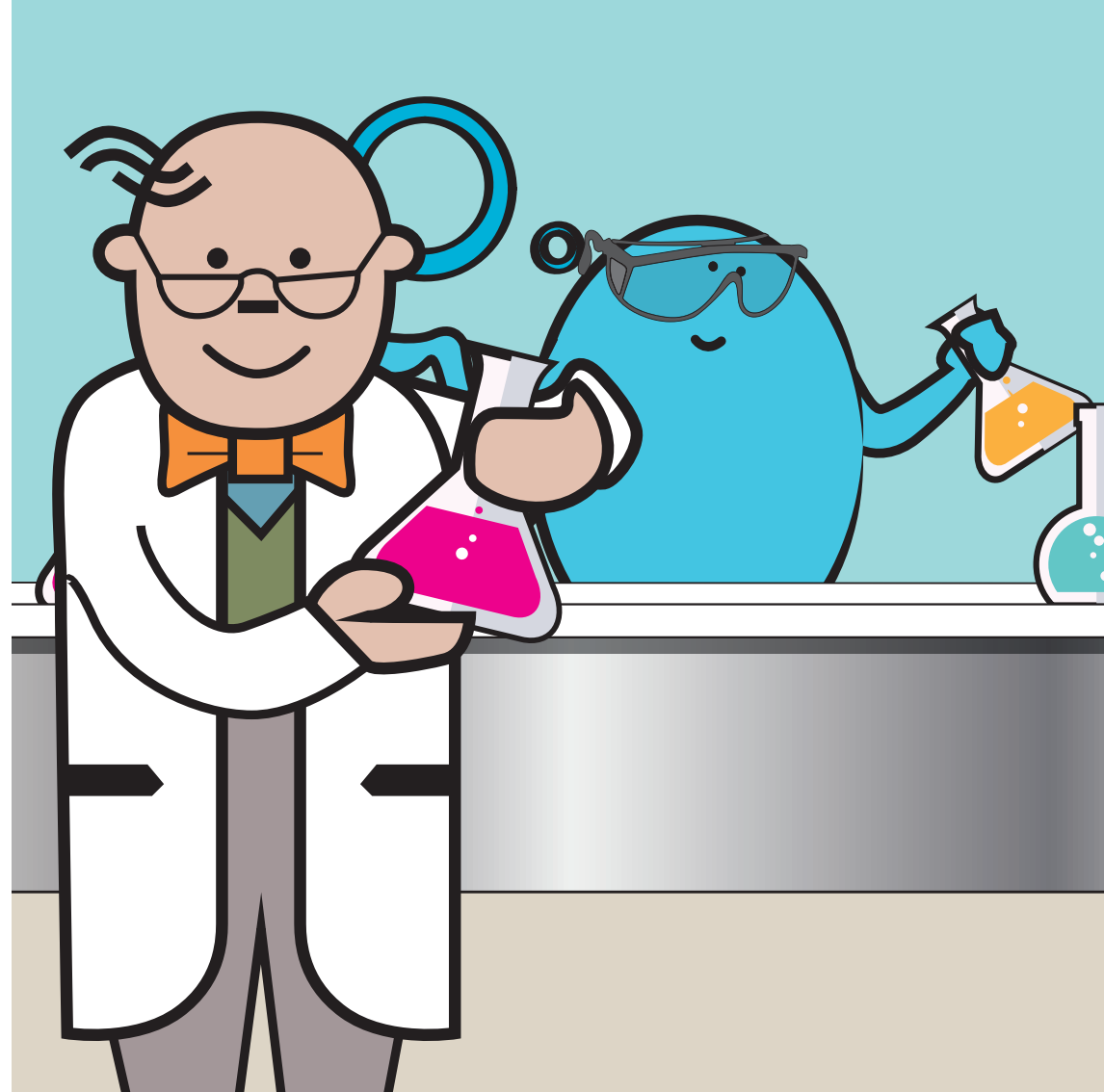
“Of course you do!” said Brains. “Your special drink is very important, why don’t we go and ask Mr Scientist all about it?”



Bones and Brains set off to the lab to see Mr Scientist. Mr Scientist had been very busy working on making some special drinks that day and had just stopped for a break.

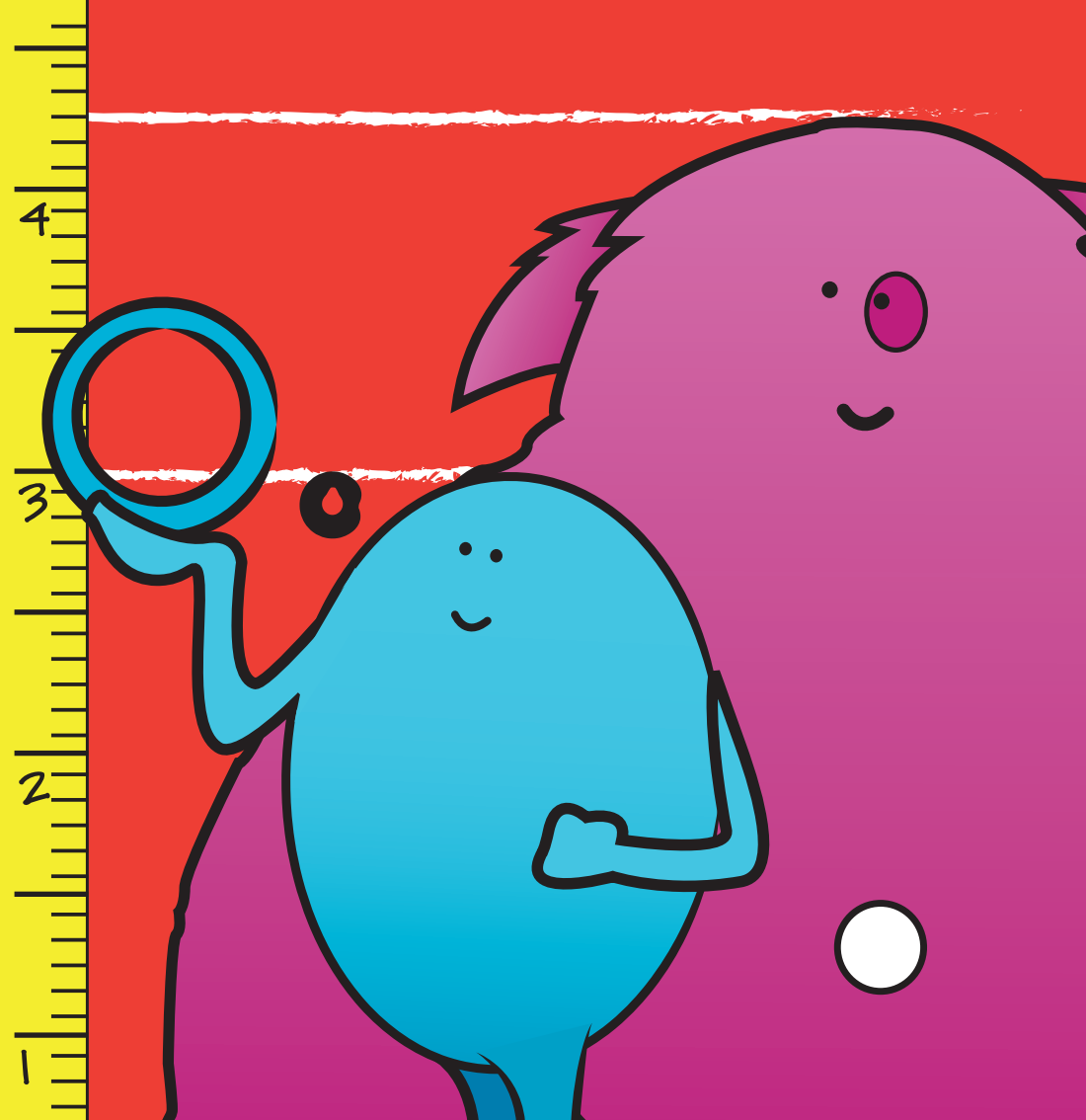
“Mr Scientist, Bones would like to hear all about why taking his special drink every day is so important” said Brains.

“It would be my pleasure!” said Mr Scientist. “Because there are some foods you can’t eat on your low protein diet, your special drink makes sure that you get all of the things you need each day! Another name for your special drink is a Protein Substitute.”



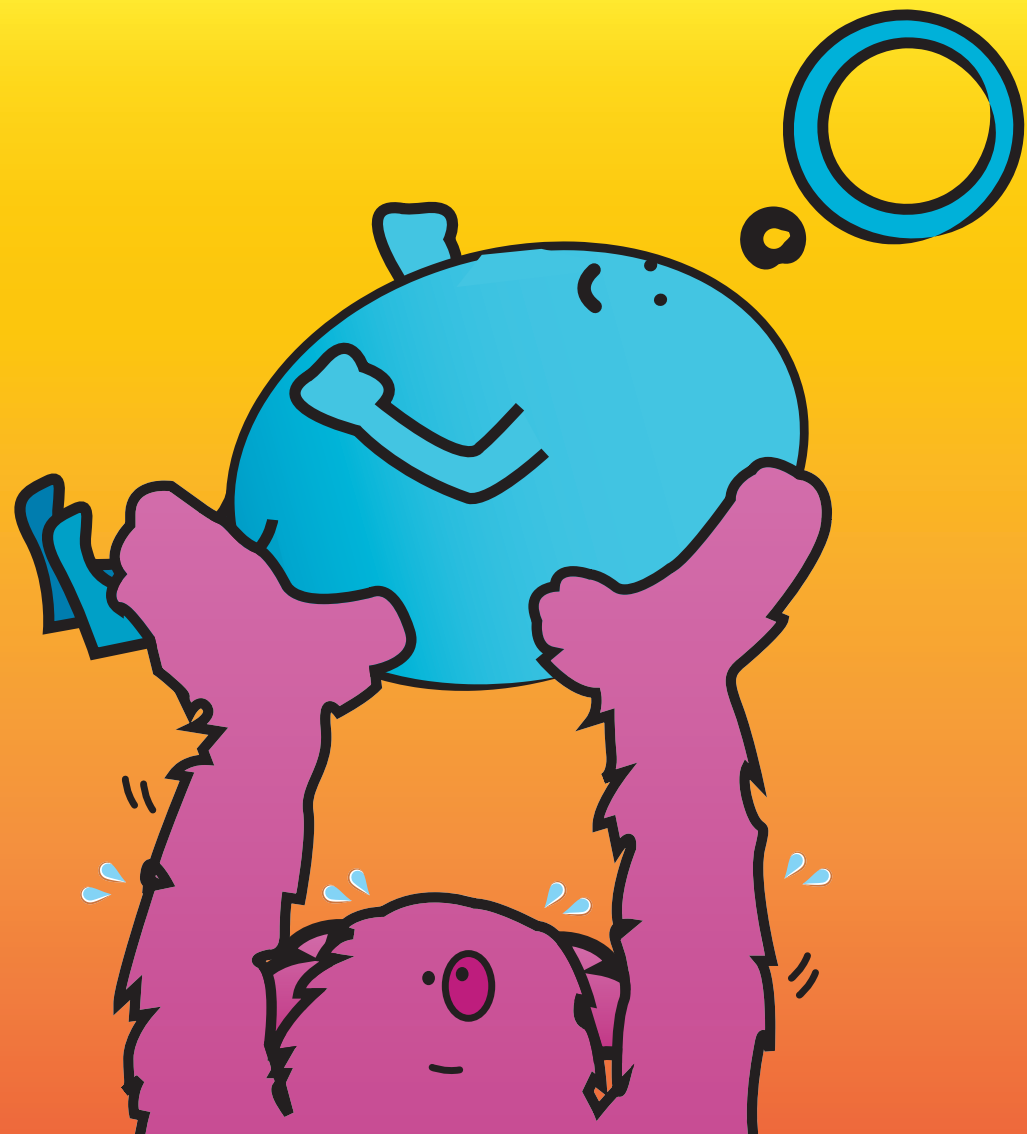
"Your special drink has lots of energy in it,
to help you to run and jump and play"
explained Mr Scientist.

"It also contains protein which helps our
bones and bodies to grow.
So every year you will grow
a little bit taller!"



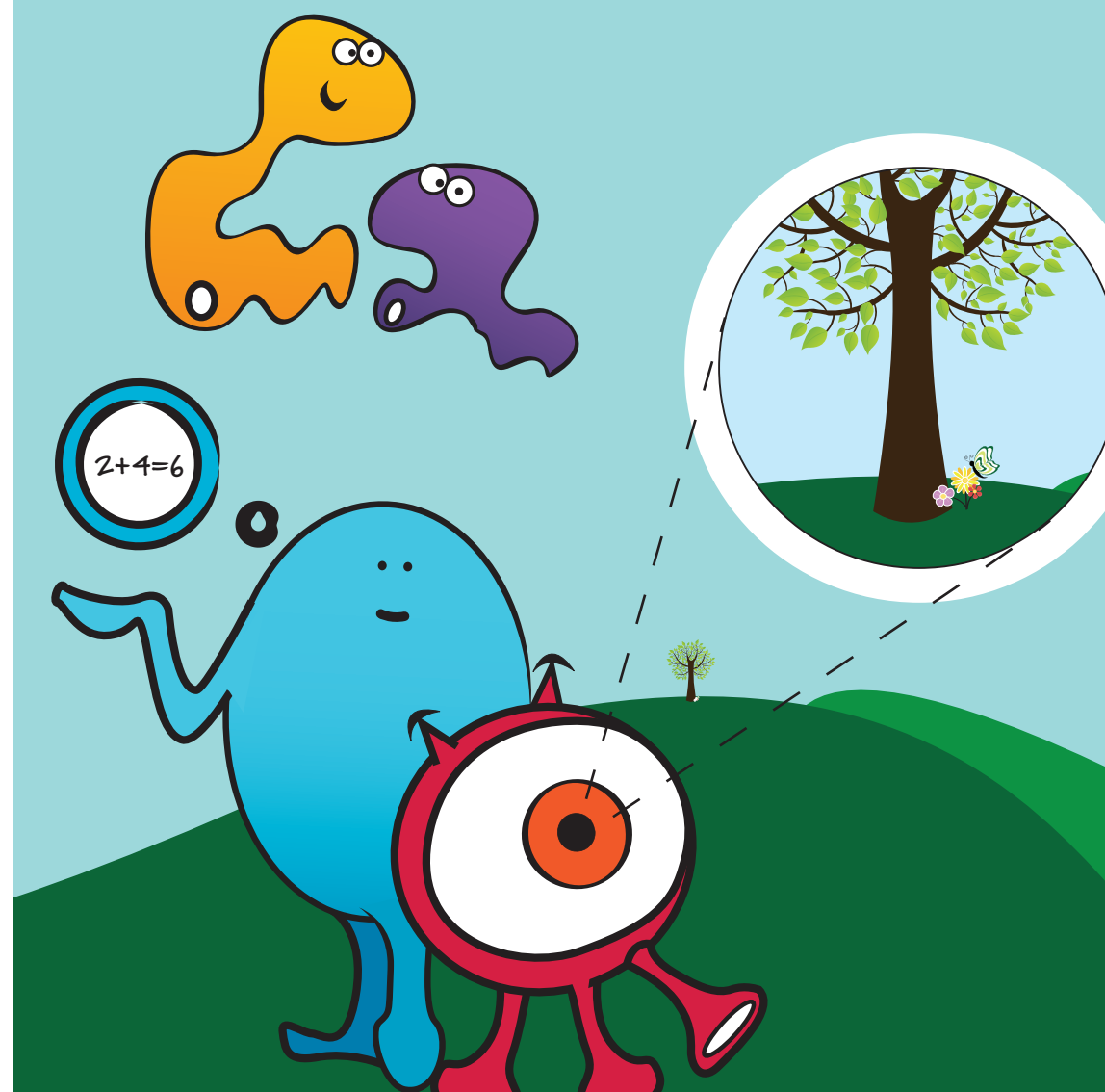
"Minerals like Calcium mean that
your bones will stay strong."

"Wow, that is really important to me!"
exclaimed Bones.



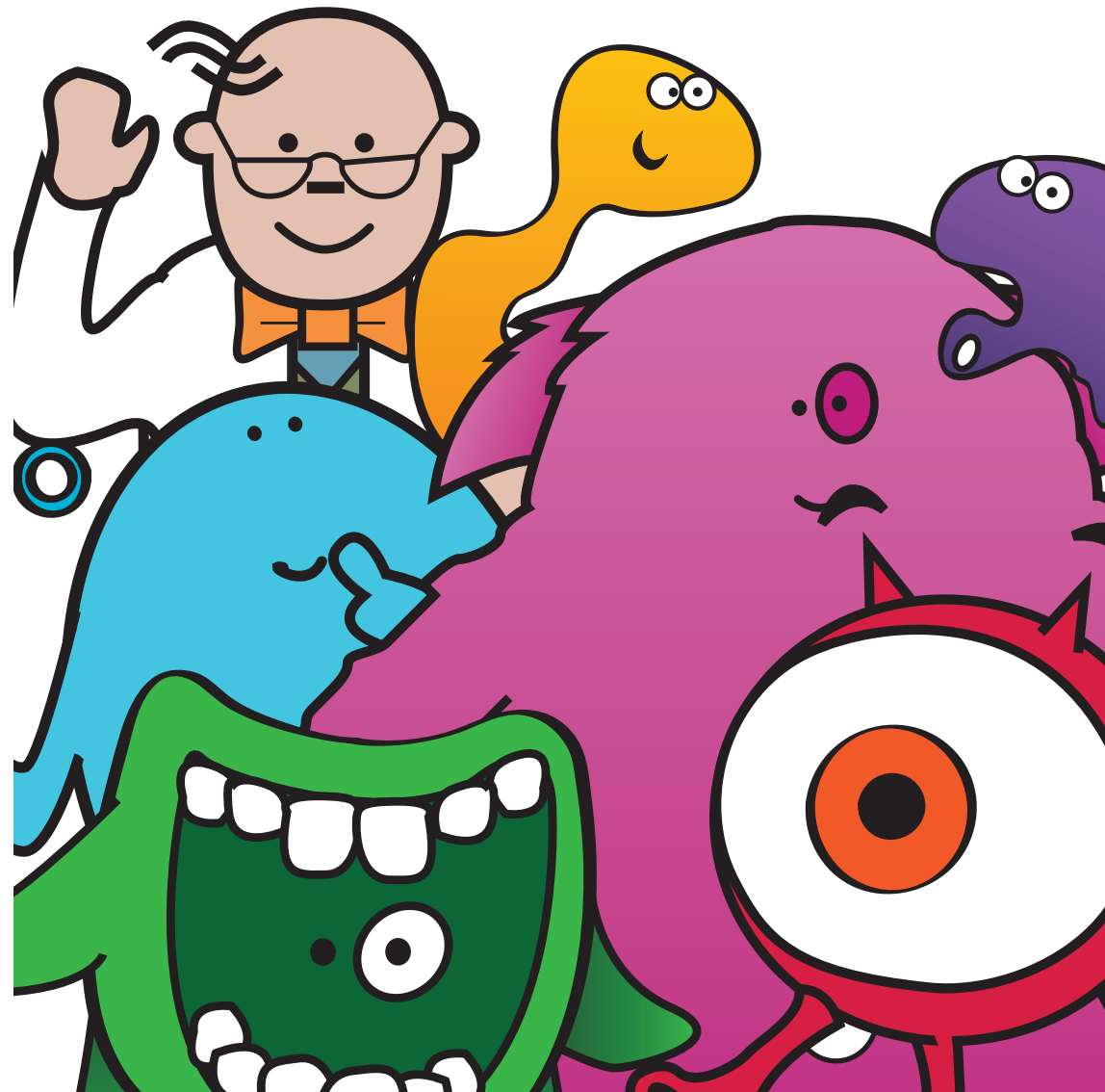
“Omega 3 is important for our eyes helping us to see well. This means we can see things from far away, just like Big Eye.

It helps our brain too, so that we can work things out like sums. Maybe then we can all be as clever as Brains!”



"So now that you have heard about how your special drink helps you in lots of ways, will you be taking it every day?" Mr Scientist asked.

"Yes, every day!" said Bones "I want to grow and have lots of energy for adventures with my friends. Thank you Mr Scientist!"



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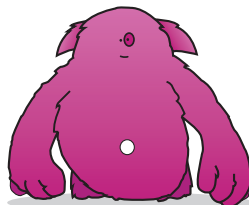
Brains



Big Eye



Megabyte



Bones



Omega Twins