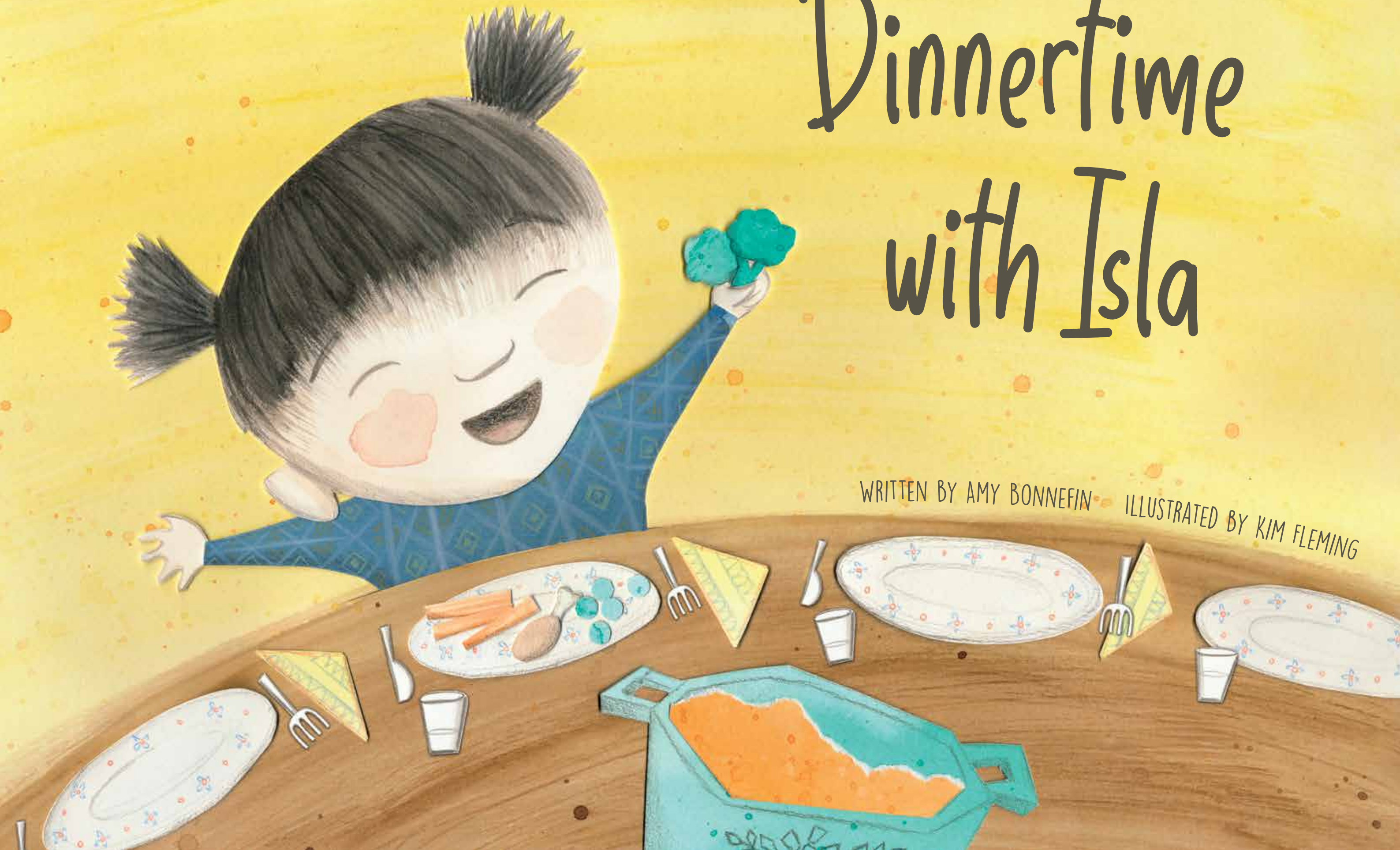


Dinnertime with Isla

WRITTEN BY AMY BONNEFIN ILLUSTRATED BY KIM FLEMING



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Sydney
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The best part of the day for me,
is eating dinner with my family.

Turn off the TV. Put away the toys.

No phones. No computers.

Just family noise!



We sit at the table and talk about our day,
I love to hear what they have to say.



So, put on an apron. Pull up a chair.
Into the kitchen to help my parents prepare.



Cut up the carrots. What shape today?

Stars or circles? Let's make a railway!

Carrots for tracks. One, two, three.

Peas and broccoli, you can ride for free.

My veg have travelled a very long way,
from the farm, to the shop, to my plate today.



My tummy is rumbling. It's time to eat.
I serve myself. What a treat!



Dinner is ready and it looks great!
We all have the same food on our plate.



I love carrots! I love peas!
I want more, please, please, please!



Sometimes they crunch,
sometimes they squish.

Chew, chew, chew,
swish, swish, swish!

CRUNCH!



Squish!



I didn't like my chicken tonight,
I only ate a tiny bite.

Mum just smiles, says "that's okay,
we'll try again another day."



My tummy is full and I'm feeling happy.
Let's wash up together and make it snappy!

It's been a long day and it's time for bed.
I'll dream of broccoli 'cause I've been well fed.



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