

Whoopsie Doodle Little Noodle

MENU
NOODLE'S
HEALTHY
EATING
HEROICS



In association with

Written by

Dr. Dominic Petronzi & Rebecca Petronzi

Guest Author, Dr. Dean-Fido

Illustrated by

Peter Seymour



Whoopsie Doodle Little Noodle; Noodle's Healthy Eating Heroics

Copyright ©2021 by D. Petronzi, R. D. Petronzi and P. Seymour.

All rights reserved. No part of this publication may be reproduced, stored in retrieval system, copied in any form or by any means, electronic, mechanical, photocopying, recording or otherwise transmitted without written permission from the publisher. You must not circulate this book in any format.

Printed in the United Kingdom

First printing, 2021

Lola Edition.

Find out more about the authors/illustrator and upcoming Noodle books
online at www.whoopsieDoodleLittleNoodle.co.uk
or @WDLNoodlebooks

Whoopsie Doodle Little Noodle

Book 5
Noodle's Healthy Eating Heroics

Written by
Dr. Dominic Petronzi,
Rebecca Petronzi
&
Guest Author Dr. Dean Fido

Illustrated by
Peter Seymour

Little Noodle is a small white dog,
not a cat or a rabbit or a hopping green frog.



She has a squidgy nose and three black spots.
Noodle gets into mischief but learns lots and lots.

The grass was green and squelchy,
but the sky was clear and blue,
so, the family packed up for a
picnic and invited their friends too.



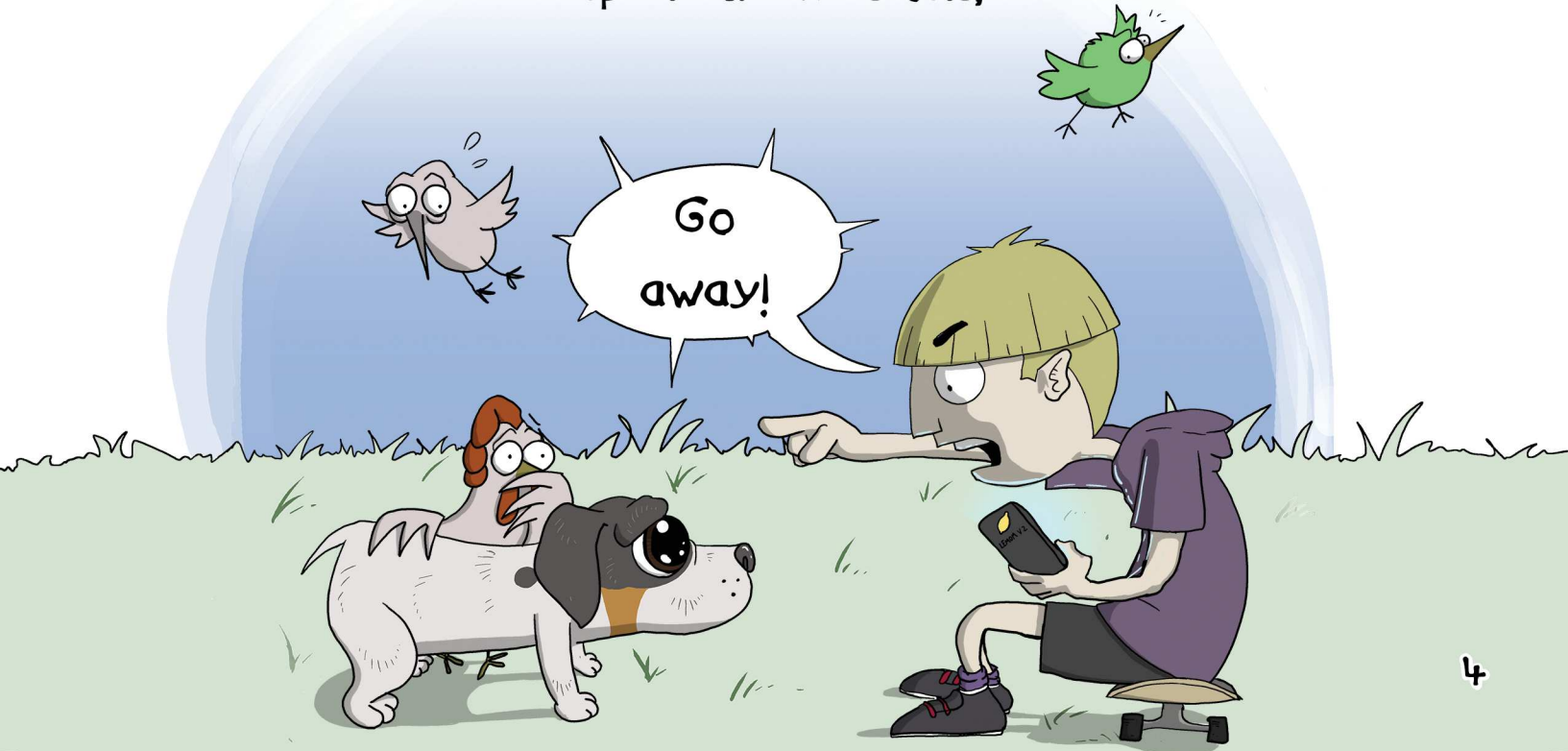
Mason's a little bit older:
he's almost in year six. He's
really good at skateboarding
and can do all the best tricks.



But recently he's felt
tired and isn't quite the
same. He chooses to sit
on his own while
everyone plays
games.



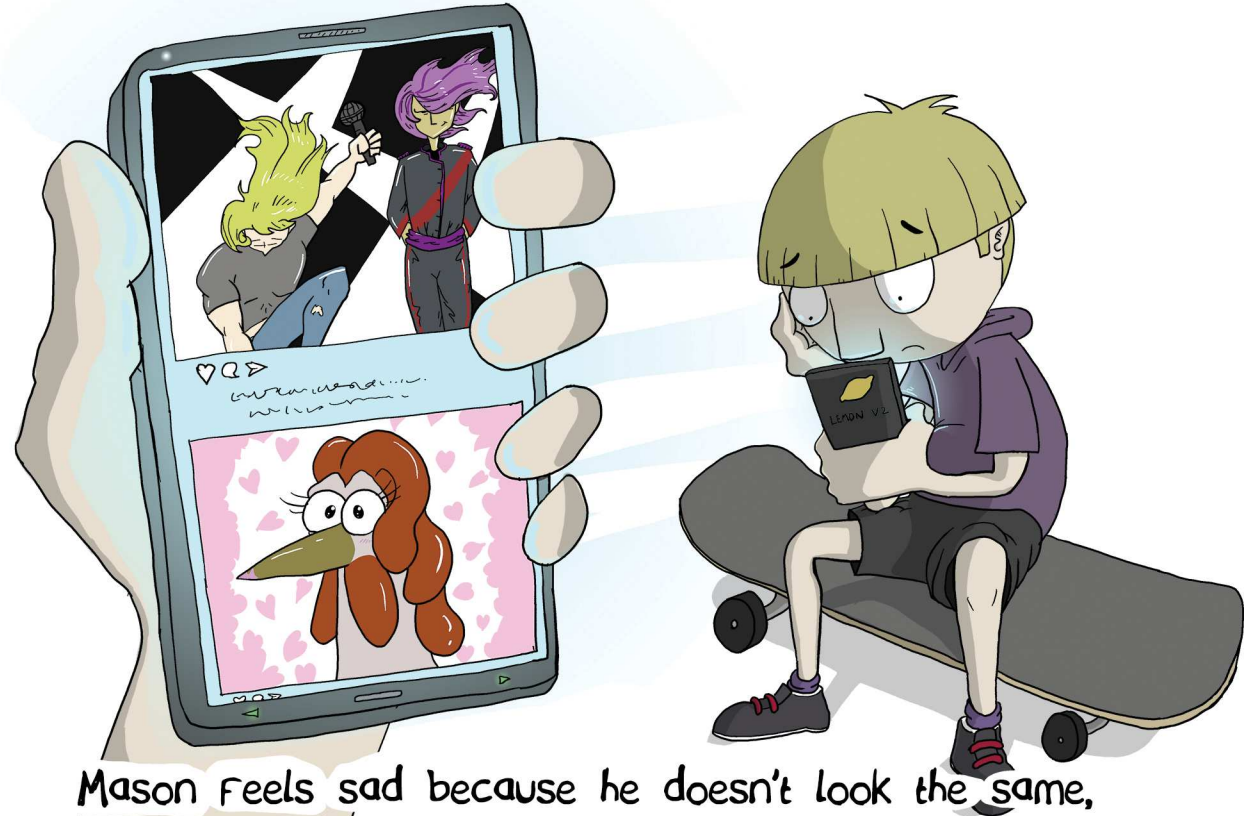
He sits down in the corner and gets out his new phone. He doesn't have the energy and wants to be alone. Noodle runs over with excitement and wants Mason to play, but suddenly, he looks up at her and shouts,



With her tail between her
legs, she wanders
back to Dad.
What have I done
wrong, thought
Noodle? Why is
Mason mad?



Pictures of friends and people he doesn't know,
and they all seem so perfect, but is it all a show?

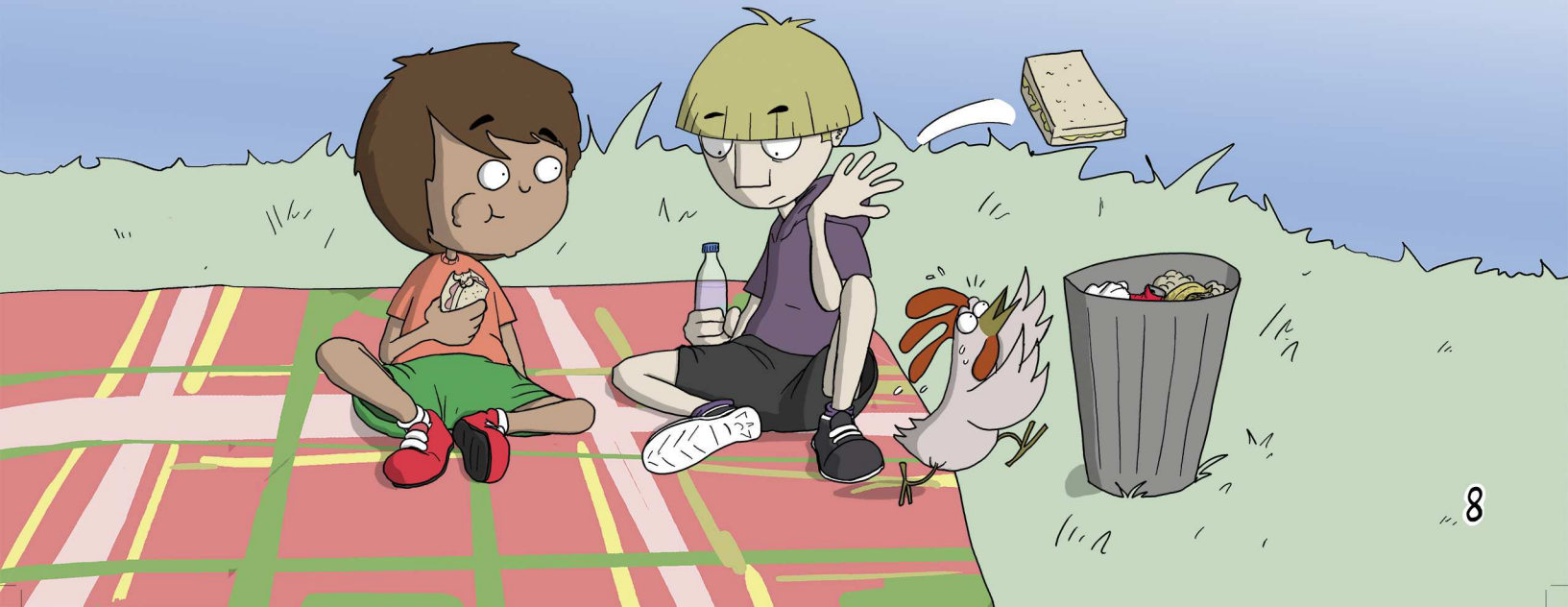


Mason feels sad because he doesn't look the same,
but this is real life, and this is not a game.

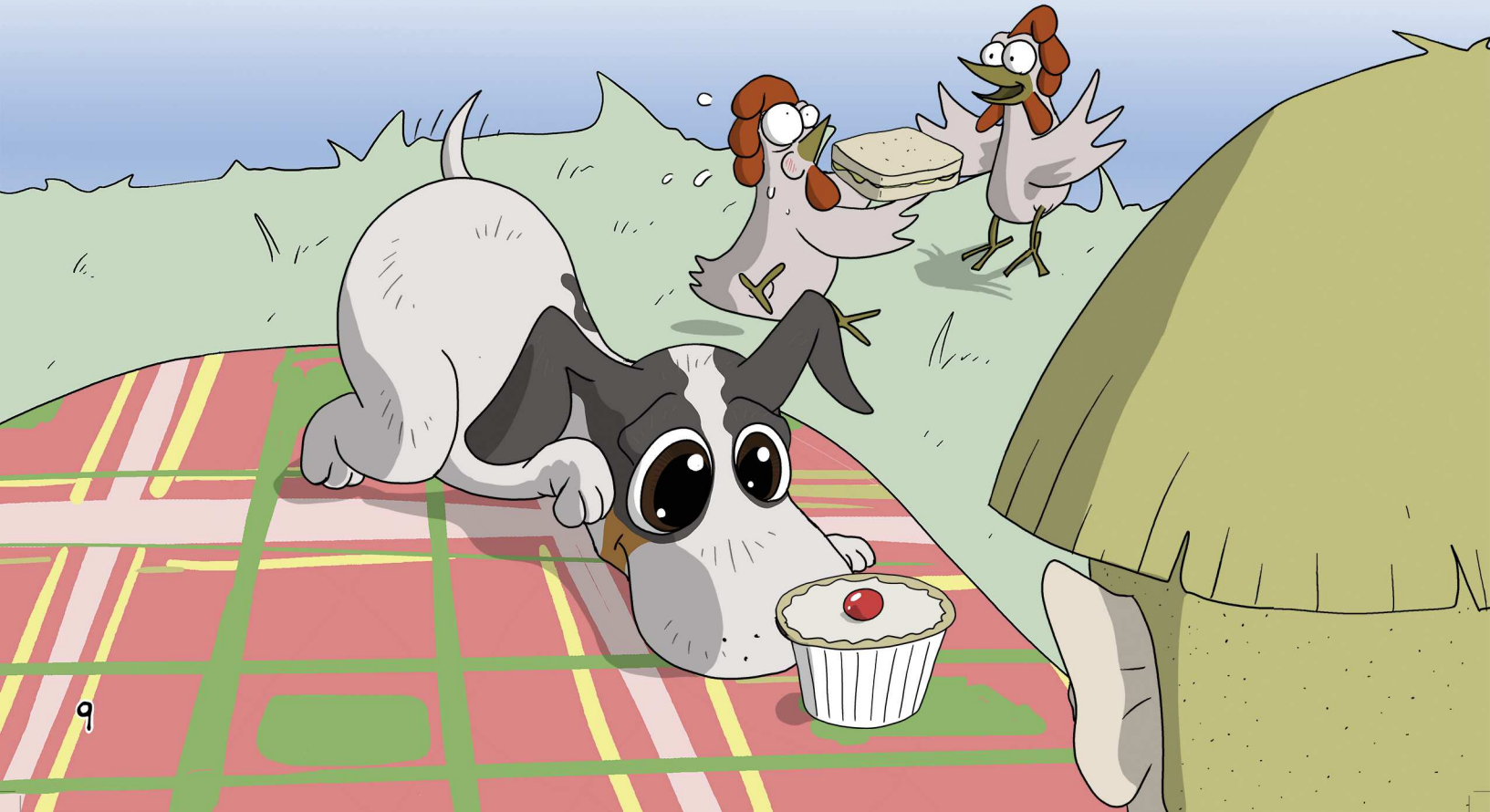
‘Dinner time!’ Shouted Mason’s dad, unpacking each yummy snack. The children were hungry and excited, and all came running back. Leo had crisps and some custard cakes too. ‘Make sure you have some fruit,’ said Mum, ‘that’s the healthy thing to do.’



Mason tip-toed over and inspected all the food. "There's nothing that I like here," he grumbled, "I'm not in the mood." He sat down next to Leo who was happily tucking in, but Mason just drank water and put his sandwich in the bin.



Noodle watched Mason as the food
was tossed away, so, she loudly barked at him
and pushed a cake his way.



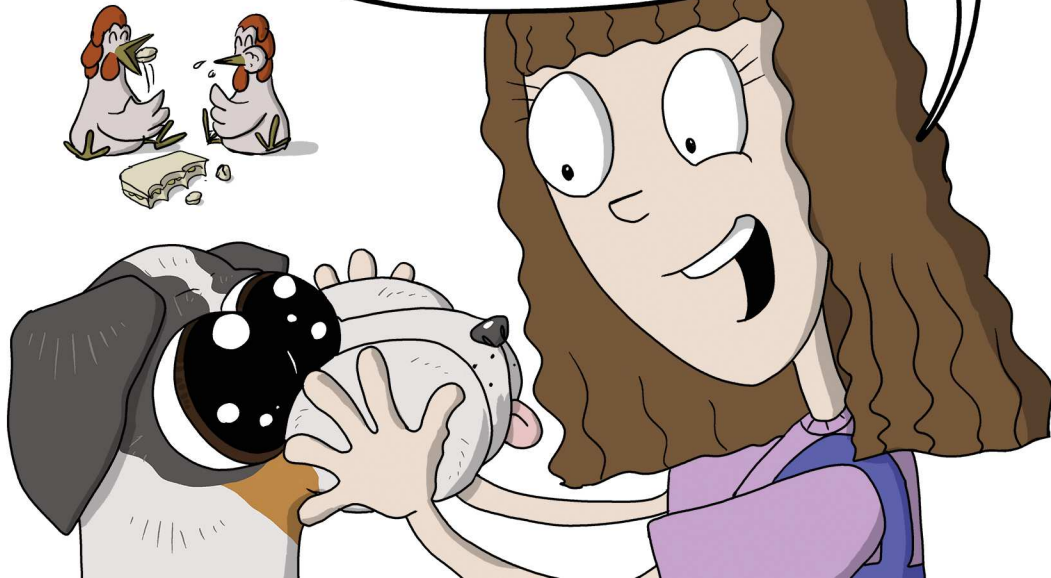
Whoopsie
Doodle
Little
Noodle



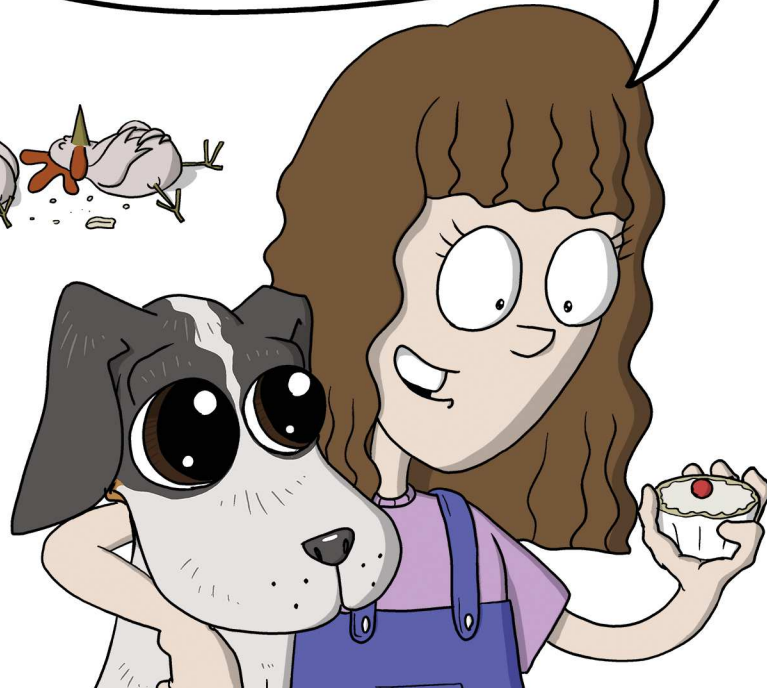
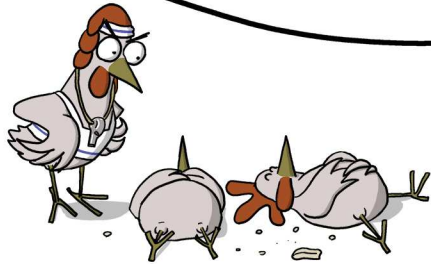
No, Noodle,

said Sophie quietly.

We can't draw attention to Mason,
you see. Sometimes, he finds eating dinner
quite tough. So, we shouldn't judge him,
and instead, surround him
with love.

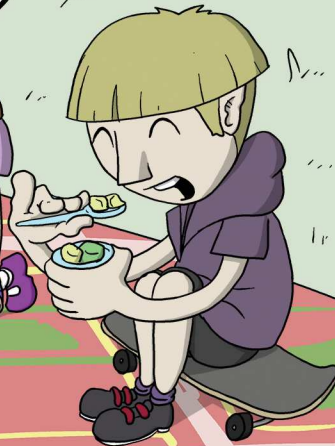


Mason doesn't like to eat sweets and cake.
So, forcing him to eat this would be a mistake.
If we just leave him be, he can eat in a private
place. Helping people who struggle is a walk,
not a race.



Noodle looked towards Leo who was enjoying his lunch. Then, to her side, she heard a nibble and a crunch. Mason had a fruit pot and was quietly tucking in.

He won't find food so scary when we help and support him.



When Leo finished dinner, Noodle nibbled up the scraps. Then, she snuggled on the tartan blanket ready for a nap.

The leaves were red and golden, and the sky was getting dark.

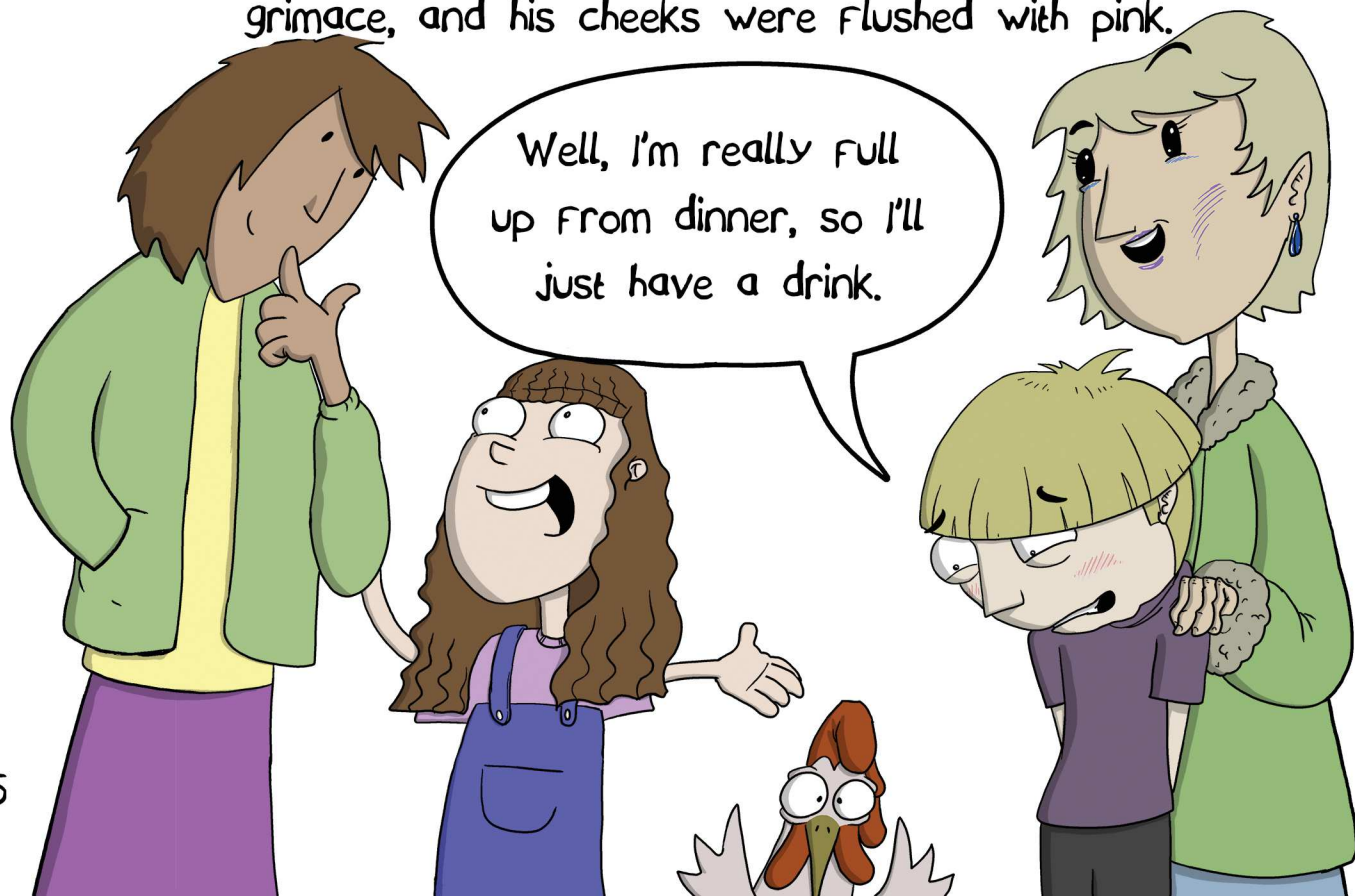
Time to go!

Said Dad. So, they packed to leave the park.



‘Mum, can Mason come to play tonight?’ Said Sophie full of glee. ‘That’s a great idea,’ said Mason’s mum.

‘He can come for tea.’ Mason’s face began to grimace, and his cheeks were flushed with pink.

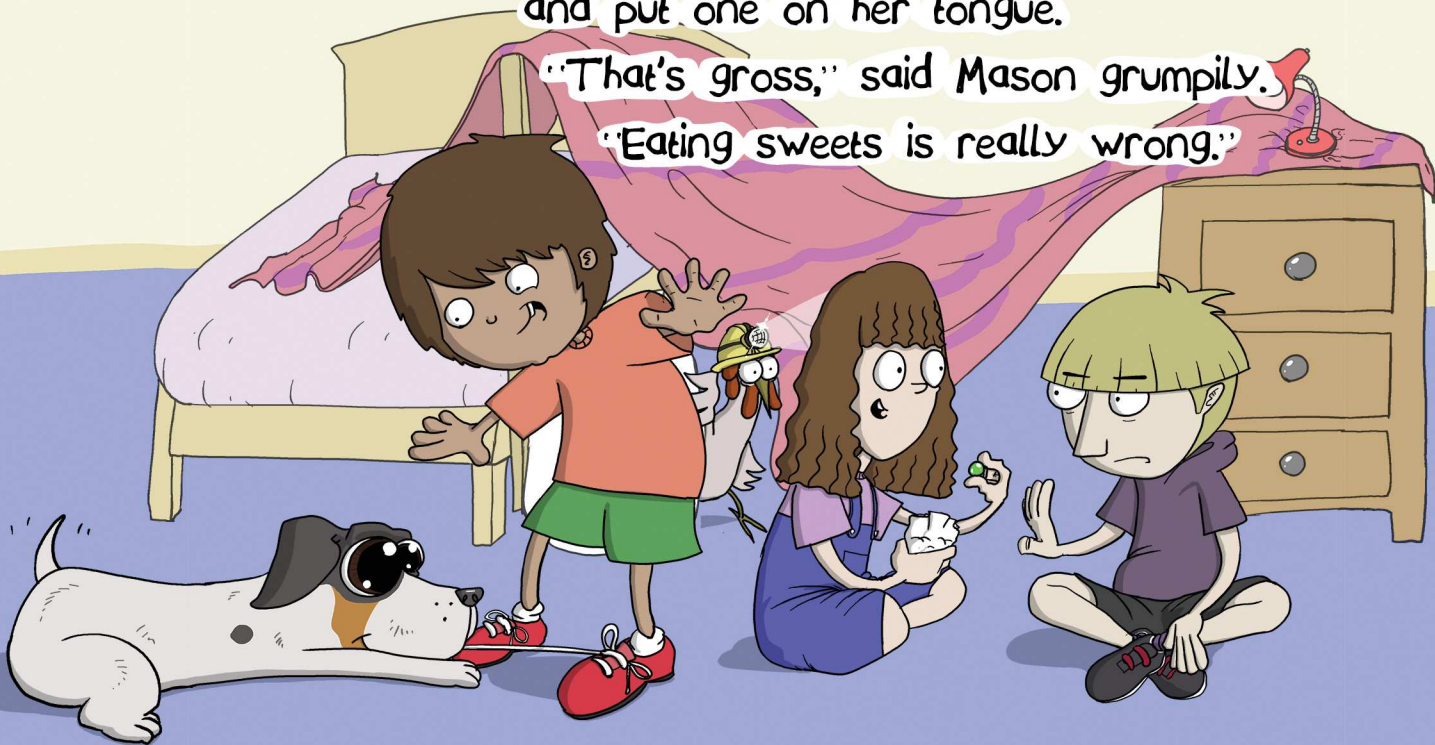


Back at home, the children
built dens and enjoyed playing tag.
Noodle chased their shoe laces, and Sophie
got sweets from her bag.

“Shall we eat them now?” She smiled
and put one on her tongue.

“That’s gross,” said Mason grumpily.

“Eating sweets is really wrong.”



Yeah
Sophie,

snapped Leo with a frown,

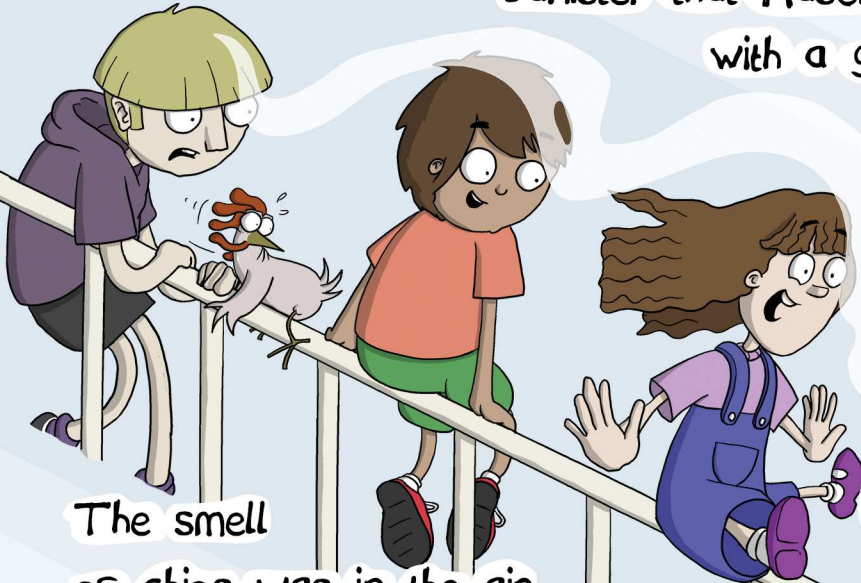
I don't want
to be fat. I want
to look like superman,
and it won't happen
eating that!



“It’s dinner time!” shouted Mum,

“We’ve got lovely fish and chips.”

Sophie and Leo slid down the
banister that Mason held
with a grip.



The smell
of chips was in the air
and made Noodle lick her lips.
But Mason’s knees were wobbling,
and he was starting to look sick.



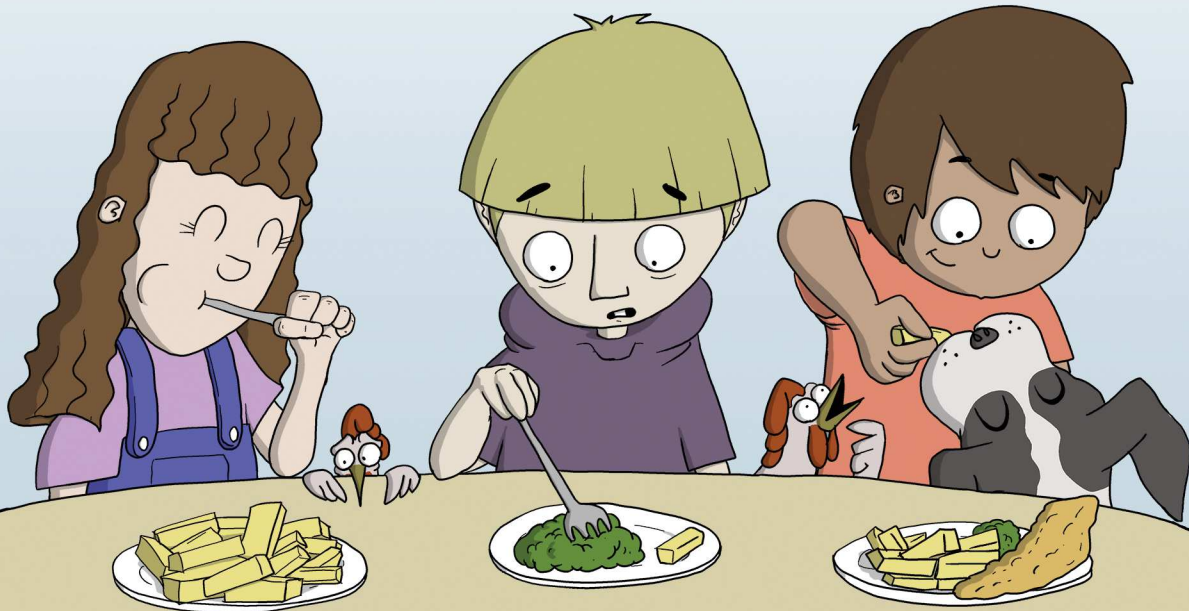
"I'll be down in a minute," Mason said, as he ran off to the loo. Noodle heard a horrid sound and didn't know what to do. 5 minutes later, Mason was better and sitting down to eat.

"Ooo mushy peas," said Mason, "what a healthy, yummy treat."

BLERG



‘Mushy peas! Urrgh!’ shrieked Sophie, ‘but they’re all green like slime. I’m going to pile my plate with chips and I bet I can eat all of mine!’ Leo also wanted chips, but Mason only had peas. So, Leo dropped his chips for Noodle, who ate them off his knees!



Whoopsie
Doodle
Little
Noodle



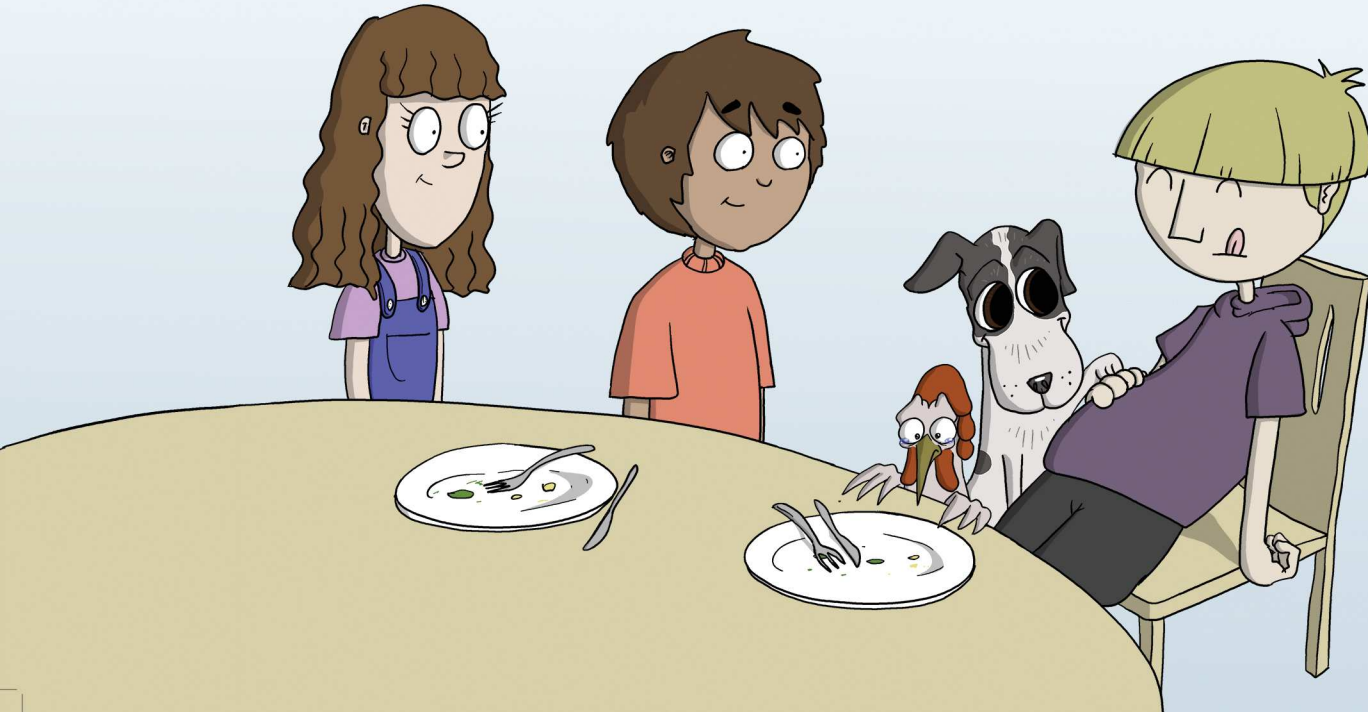
“Oh Children! Healthy doesn't mean eating only one type of food.” Mum smiled and gave them all a hug, to try to change the mood. “You have to eat a balance – not too little and not a huge pile – but it's fine to treat yourself every once in a while.”



“Sophie, you have to eat a rainbow and not just a plate of brown.” “Agreed,” said Dad, as he passed the sweetcorn with a smile and not a frown. “Mason and Leo, have some fish because the protein will make you grow. And carbohydrates will give you energy - you don’t want to be tired and slow!”



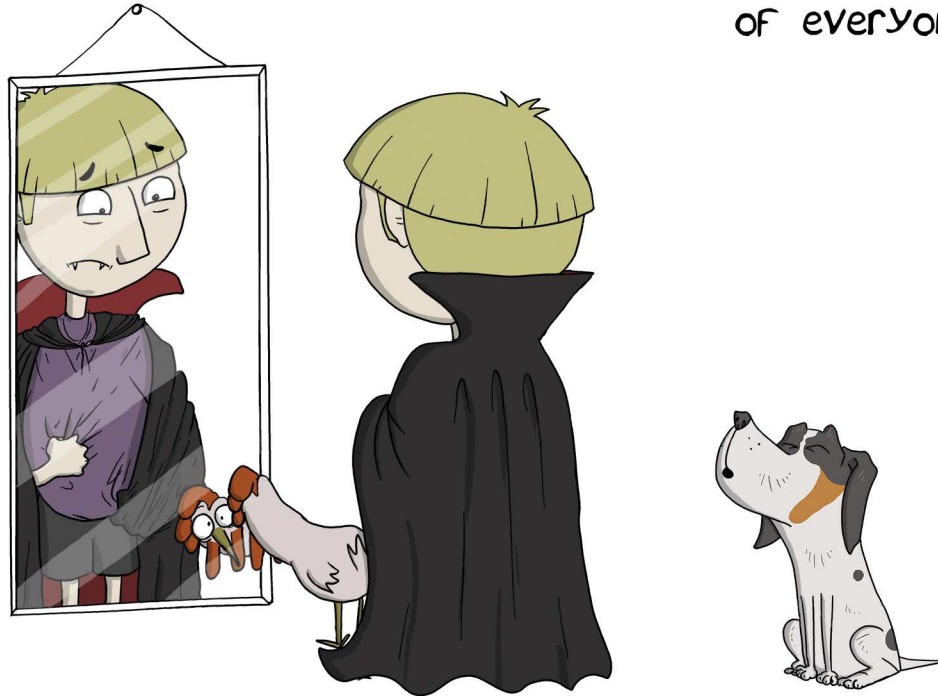
Leo and Sophie grabbed their forks and began to eat their tea, while Mason poked and prodded the food and dropped most on his knee. He looked at Leo eating, and whispered, 'I guess I'll have some fish.' And after, everyone was pleased to see Mason's empty dish.



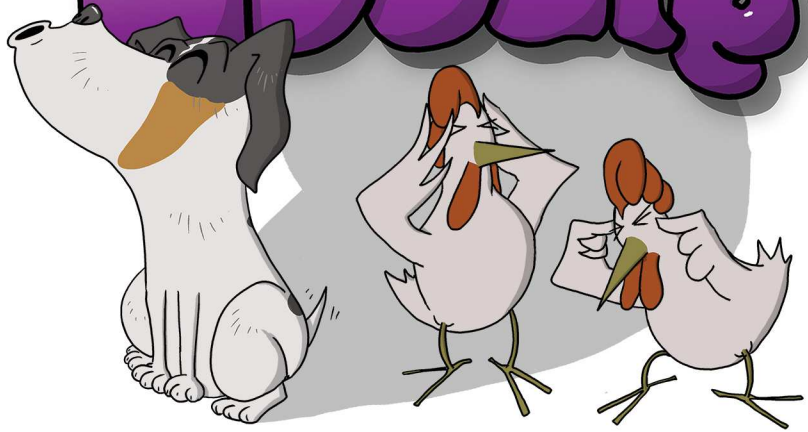
As soon as the table was tidy, the children ran upstairs to play. They had lots of energy for dressing up from the healthy food today. They tried on costumes from Halloween and dressed as dancers and elves. They had such a fun time in the mirror pulling faces at themselves.



But Mason started worrying about the food he had at dinner, and when he looked at himself, he wished that he was thinner. He started to hide and pinch his skin and slowly stopped having fun. With worry, Noodle howled to get the attention of everyone.



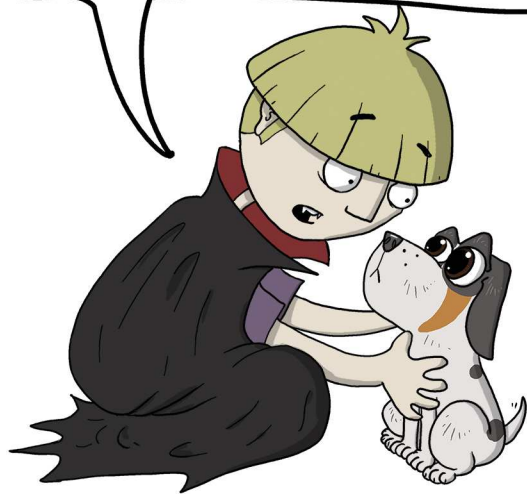
Whoopsie
Doodle
Little
Doodle



Please, Noodle,

cried Mason.

Don't make them see. I'm trying my best to have fun and be happy. Although it will take time, I know I'll be alright. My friends and family will help me win this fight.

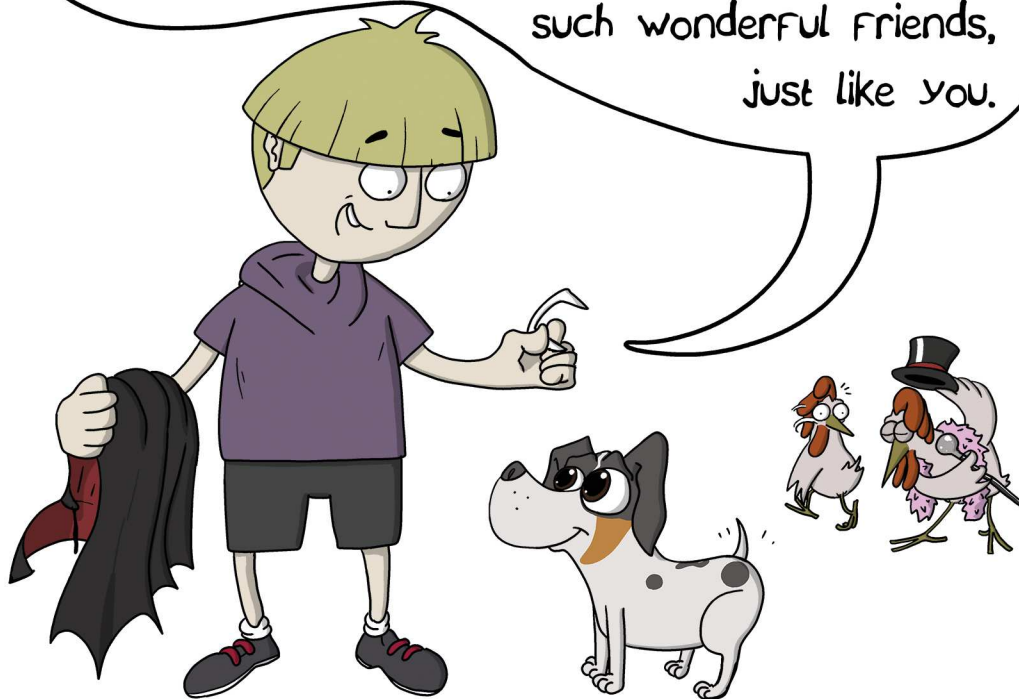


I know that bodies come in different shapes and sizes too, and eating a balanced diet is the healthy thing to do.

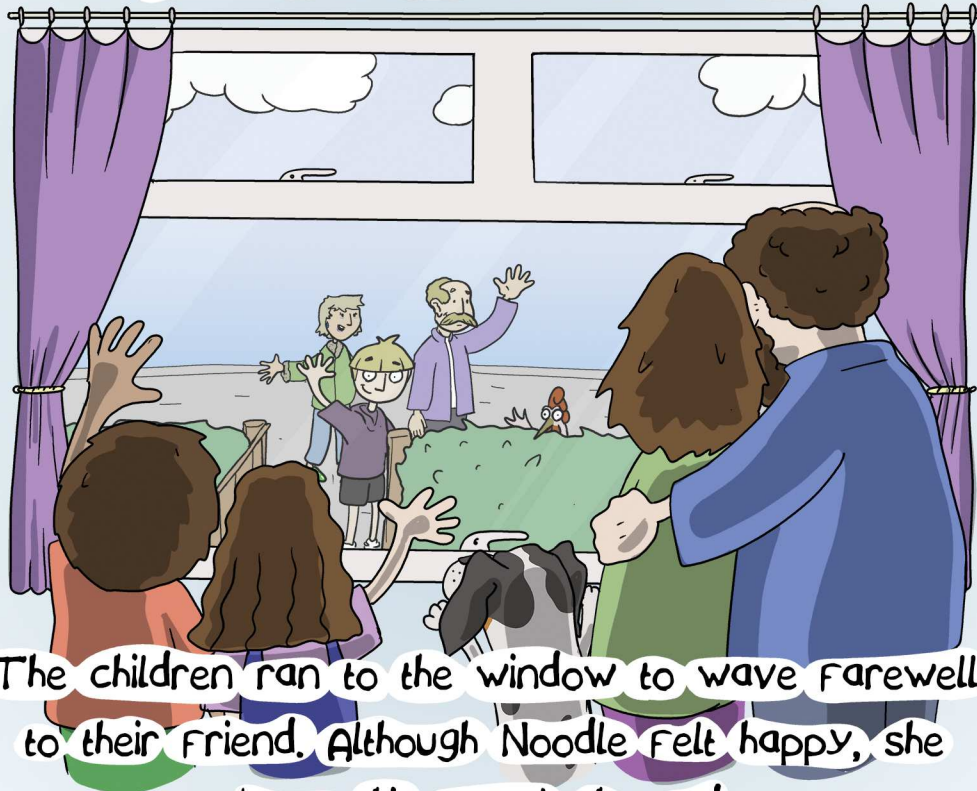
Sometimes I worry too much about trying to fit in, and in my mind, I think that I'll be happy when I'm thin.



I'm lucky that people support me and give me time and space to cope. They do not judge or shout at me and they fill me full of hope. Thank you for your help too, Noodle, I know it's not easy to do. But it's important to have such wonderful friends, just like you.



He patted Noodle's head caringly as it was time to go home. As Sophie and Leo hugged him goodbye, he knew he wasn't alone.



The children ran to the window to wave farewell to their friend. Although Noodle felt happy, she knew this wasn't the end.

Sometimes there can be challenges that can't be fixed in a day, Noodle knew she tried her best to help the problems go away. Noodle snuggled up on Leo's bed after a busy day and night. She knew with patience, trust and love, Mason would be alright.



THE END.

Top tips From First Steps ED

It's important to speak about your feelings. When Mason told adults and friends how he was feeling, they could understand and help him better. If you have a parent, friend or teacher that you trust you should try and tell them if something is making you sad or worried.

Be considerate. We all like to eat different foods and just because we don't like the taste of something, our friends might. Make sure you're kind about other people's food choices and try not to judge them.

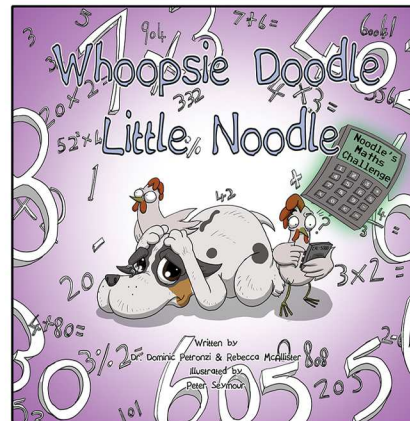
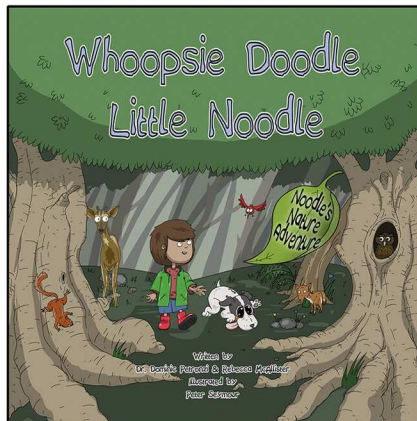
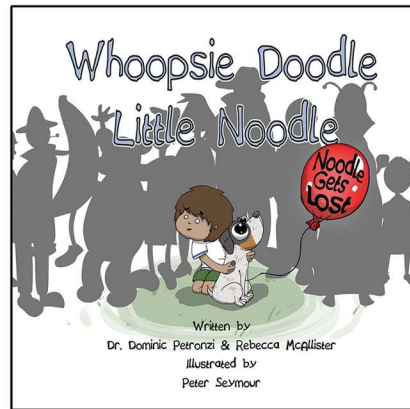
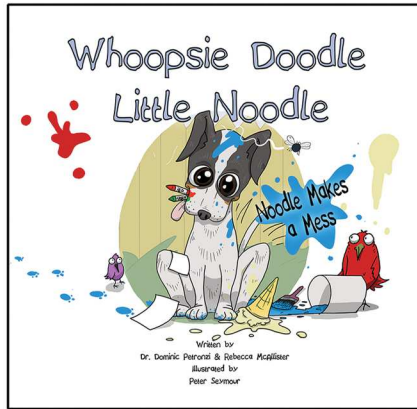
Food is good for our bones and organs and gives us lots of energy so it's important to make sure we eat enough to keep us going through the day. Just like a car won't go without petrol, our bodies need fuel to keep running properly too.

There's no such thing as bad food, eating a balanced diet is important to keep us all healthy. This means eating a variety of foods in the right portions. Treats are not wrong, so make sure you have them every now and again.

Everyone is different and so are our bodies. It can be very hurtful and upsetting if we say unkind things about how somebody looks so remember to think about their feelings before you speak. Just think; would you feel sad if someone said it to you? If so, try not to say it to them.



Other books in the series:



About the authors

Dr. Dominic Petronzi:

Lecturer in Developmental Psychology.

Rebecca Petronzi:

Former Early Years Primary Teacher and Lecturer in Initial Teacher Education.

Peter Seymour:

BA (Hons) Artist & illustrator who brings Noodle's world to life!

With thanks to

Lola



For inspiring this series.

