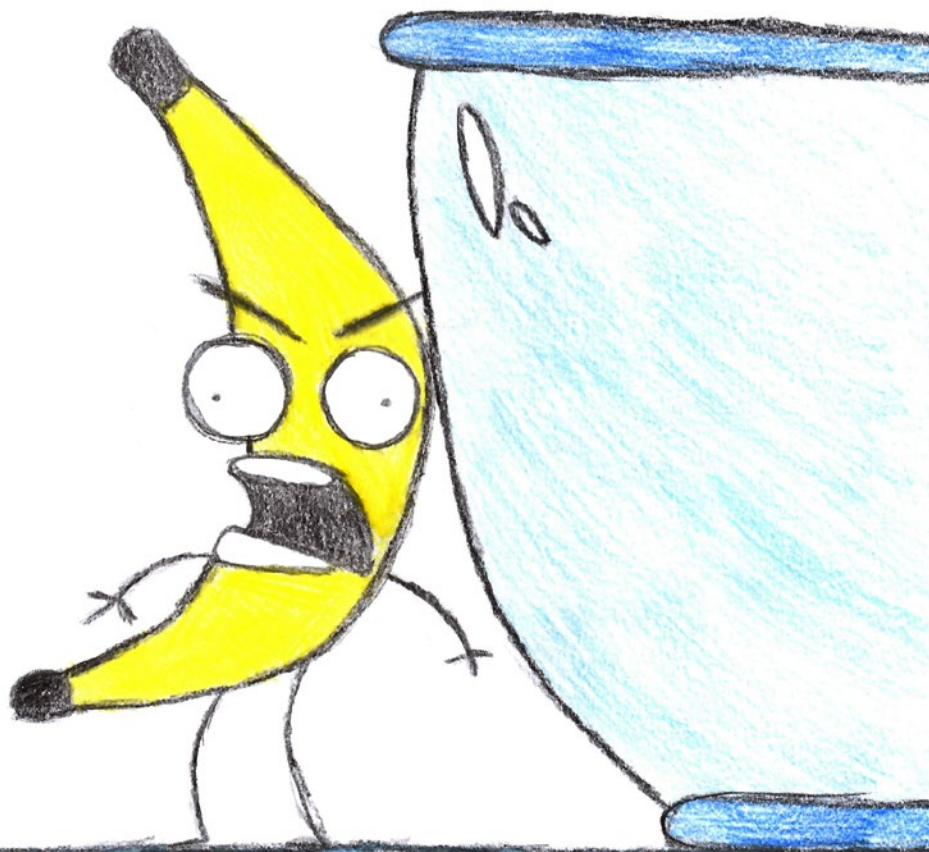


# No! I'm Better!



Amarni Shields  
Narrabri Public School





## **Enviro-Stories**

Enviro-Stories is an innovative literacy education program that inspires learning about natural resource and catchment management issues. Developed by Peekdesigns, this program provides students with an opportunity to publish their own stories that have been written for other kids to support learning about their local area.

[www.envirostories.com.au](http://www.envirostories.com.au)

## **Cotton Research and Development Corporation**

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# No! I'm Better!

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School: Narrabri Public School

*I dedicate this book in loving memory of my  
Aunty Lee Baker and Uncle Daniel McCauley.  
Love ya guts!*

This book has been published as part of the 2020 Healthy Plants, Healthy Me Enviro-Stories program. Students used their imagination to write and illustrate stories that highlight the importance of plants for the planet, our biodiversity and our bodies. This program was supported by the Cotton Research and Development Corporation and CSIRO.

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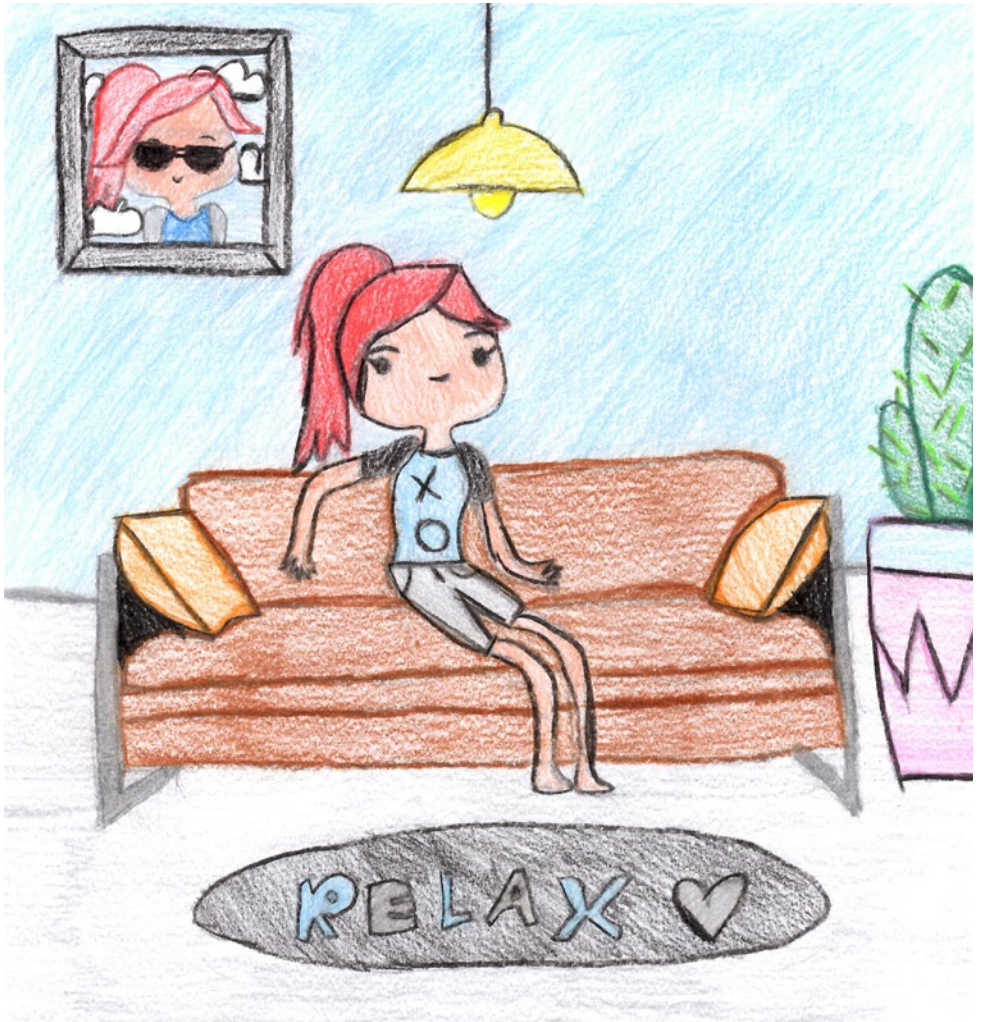
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It was a scorching hot summer day and Lee Daniel was home alone while her mother was at work. Lee enthusiastically sat on the lounge ready for something exciting to happen. Then she glanced at the bench that had fruit and cookies on its surface.



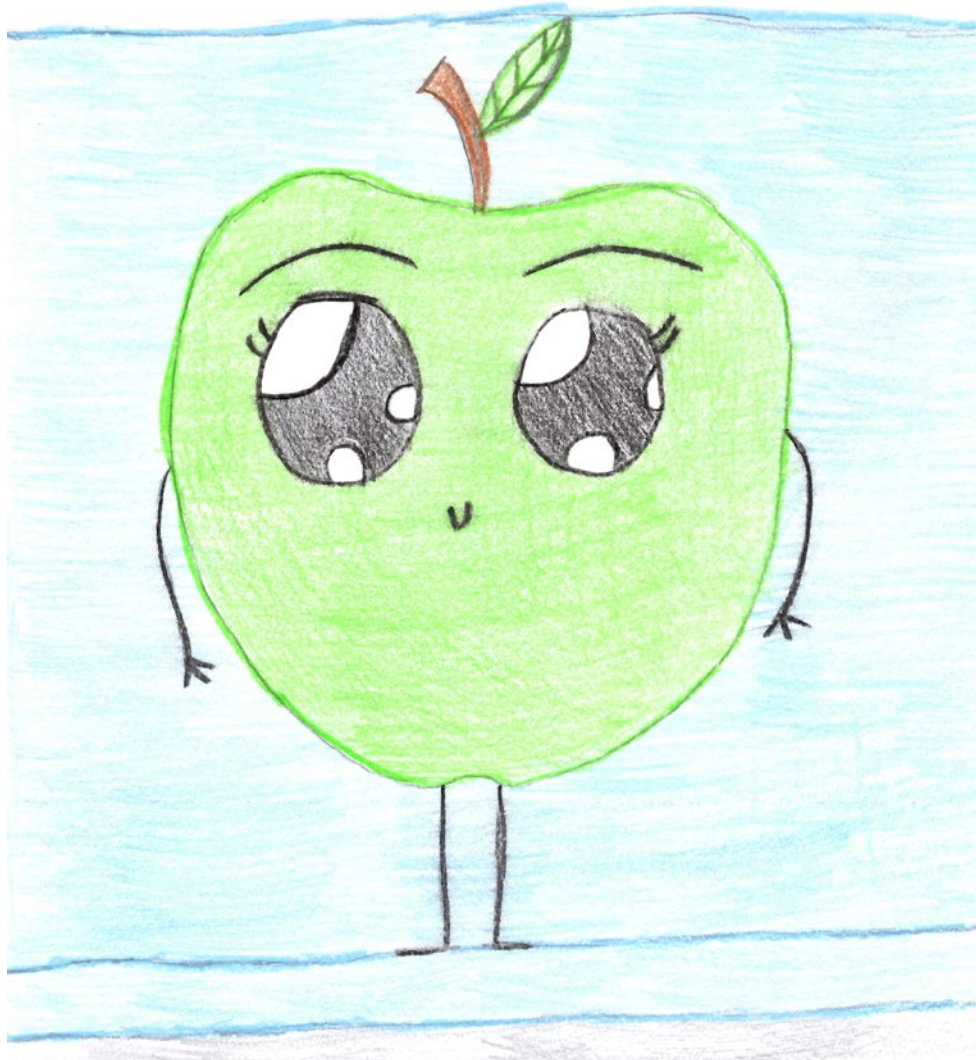
She jumped off the lounge and skipped over to the bench.

“Triple choc cookies! You just know me too well mum,” Lee said to herself. She snatched a cookie from the box before she heard a faint “No! Don’t eat that!” and felt a tug on her shirt.



Lee looked down to see that a green apple was talking to her. “Please don’t eat that, it is very unhealthy!” called the green apple. Lee dropped the cookie and started stepping backwards on the broken cookie pieces.

“I must be crazy!” Lee thought to herself.

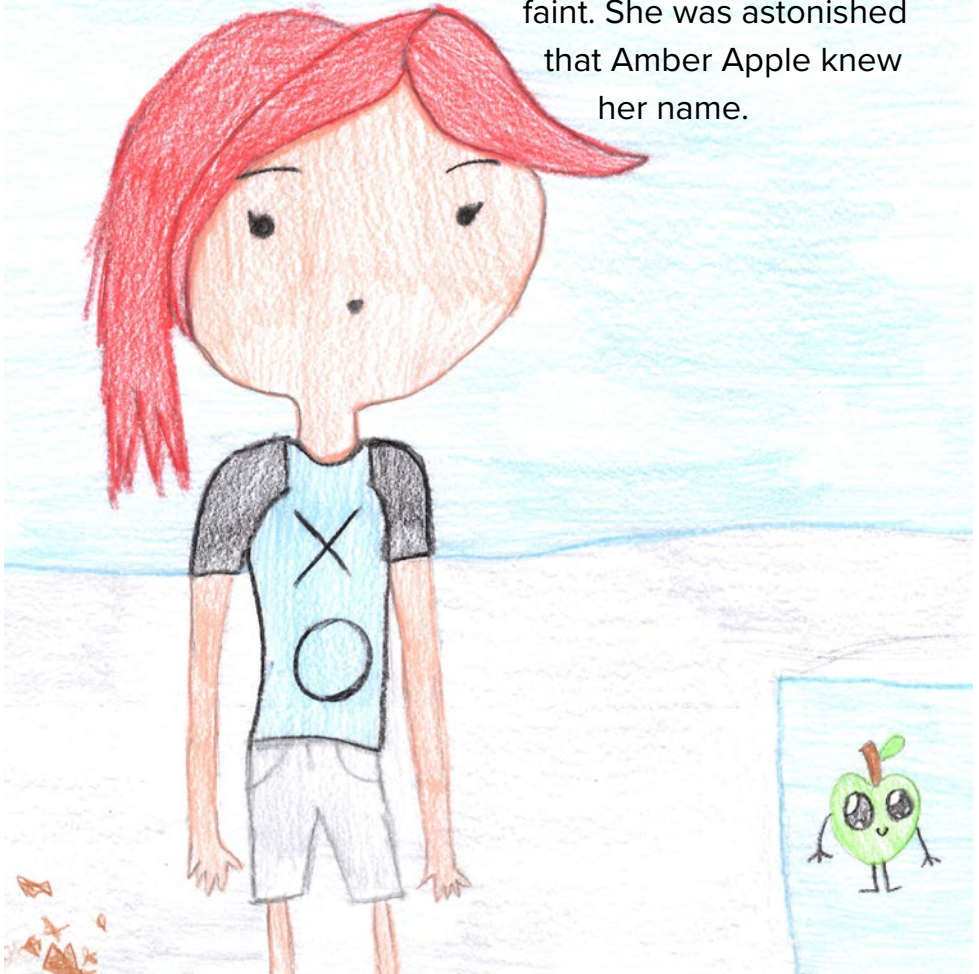


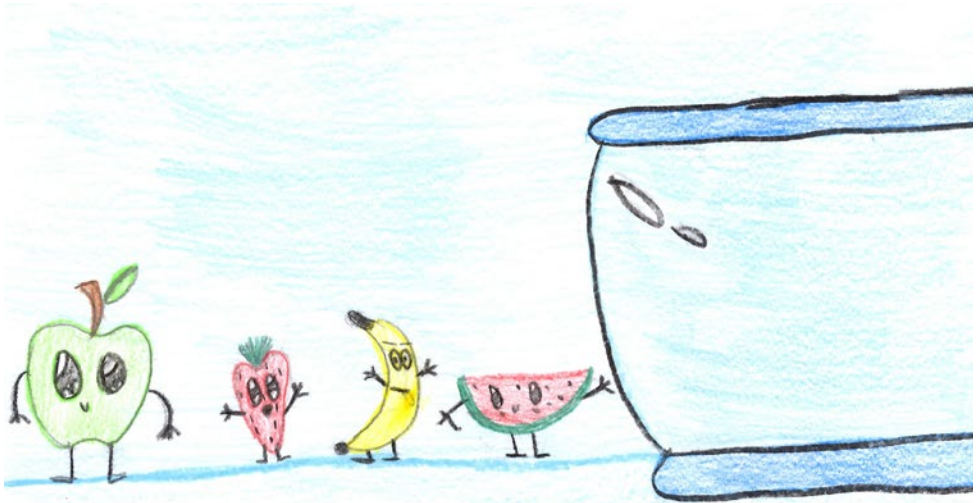
“Y-you talk,” stuttered Lee. The apple nodded and laughed at Lee’s flustered face.

“Don’t be scared, I’m not an alien,” assured the apple.

“Then what are you?” asked Lee.

“An apple, isn’t that obvious? I’m Amber Apple and you are Lee. Is that correct?” asked Amber. Lee looked as though she was going to faint. She was astonished that Amber Apple knew her name.





“Um, yeah, I’m Lee,” she said uneasily. Suddenly other fruits began introducing themselves...

...Hello, I’m Sally Strawberry.

...I’m Billy Banana.

...Winky Watermelon is my name.

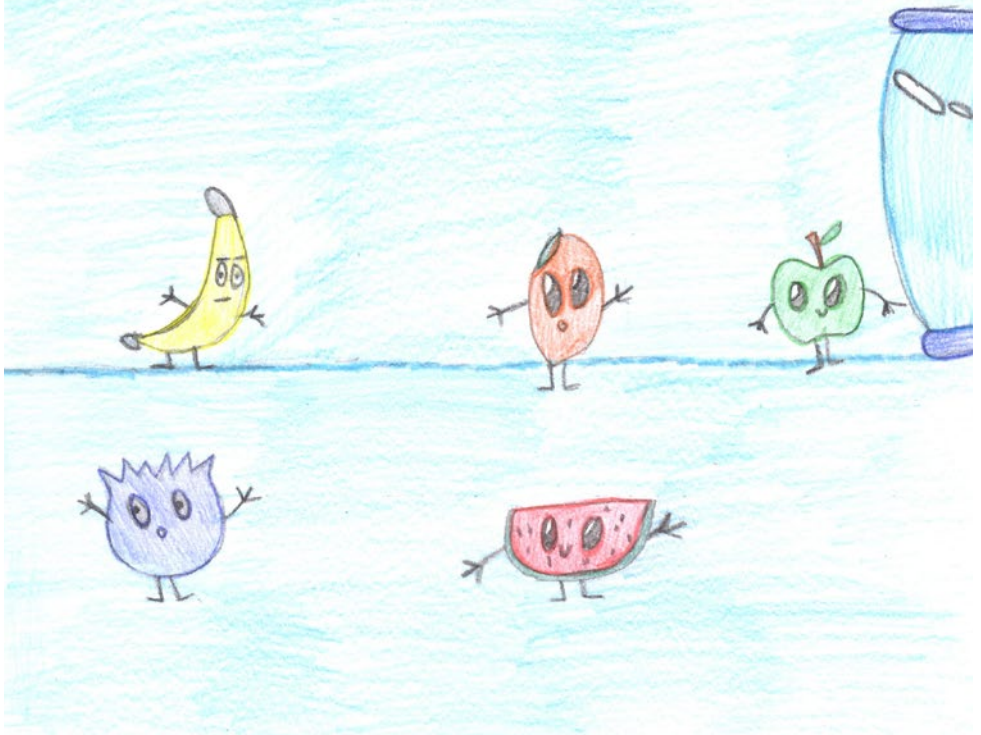
...I’m Ruby Raspberry.

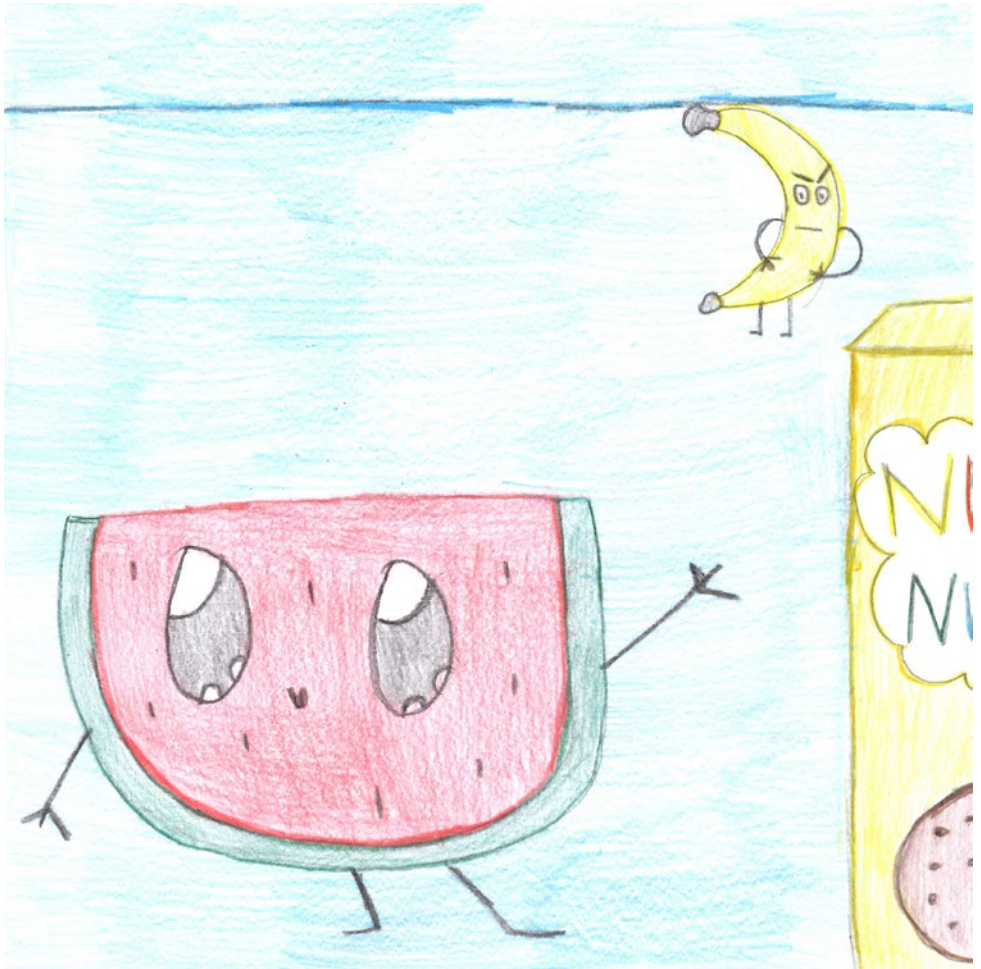
The cries of different fruit echoed in Lee’s ears. For a moment she closed her eyes, hoping that when she opened them this would all be a dream. Sadly it wasn’t. All she saw was even more fruit emerging from the teal-stained bowl.



“You should eat me instead of those triple chocolate cookies,” cried a voice. “I’m Bob Blueberry and did you know that I maintain healthy bones and I’m good for skin health?”

“Don’t worry about him and eat me instead,” came another voice. “I’m Myrtle Mango and I clear the skin too, but I also help with digestion. Beat that, everyone,” smirked Myrtle.





Then Billy Banana smiled proudly and said, “I can do that too, but I bet you can’t do this...”

“I am 92 percent water and I may even help prevent cancer,” interrupted Winky Watermelon.

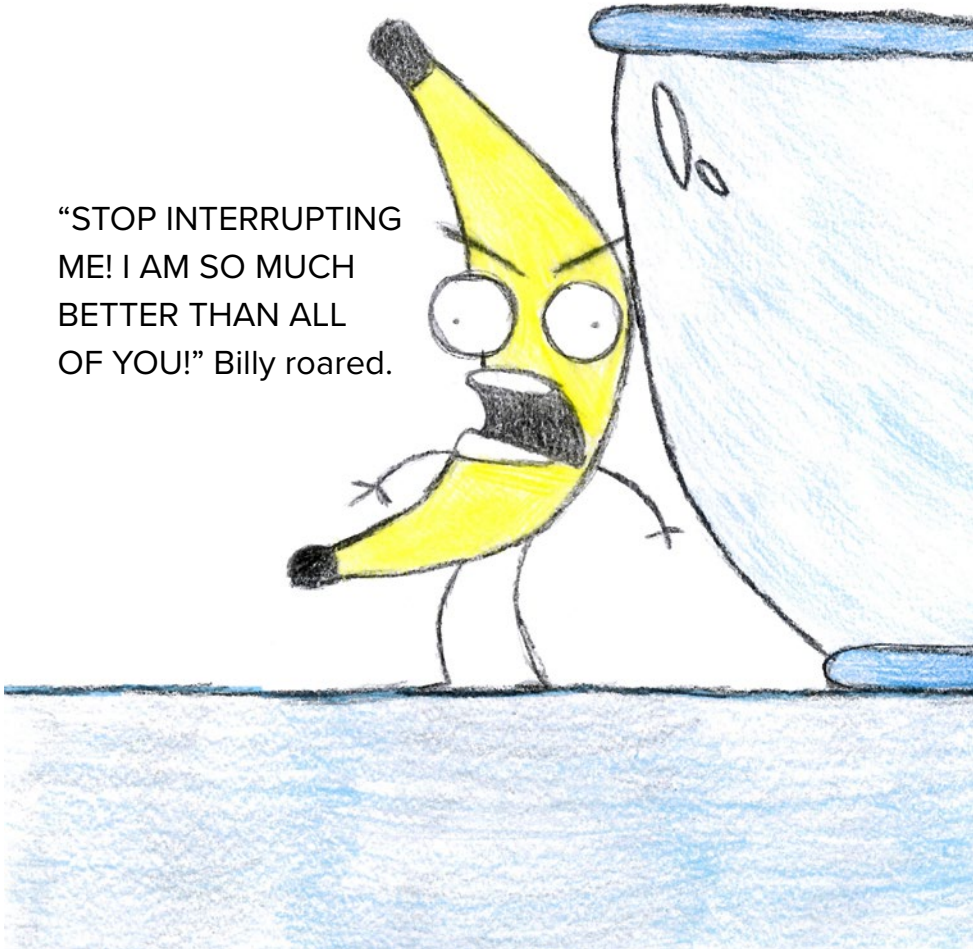
“Fun fact!” called Kiki Kiwi. “I’m a kiwi fruit and I help treat asthma and I reduce blood clots.”

“I love ya guts,” said Amber quickly.

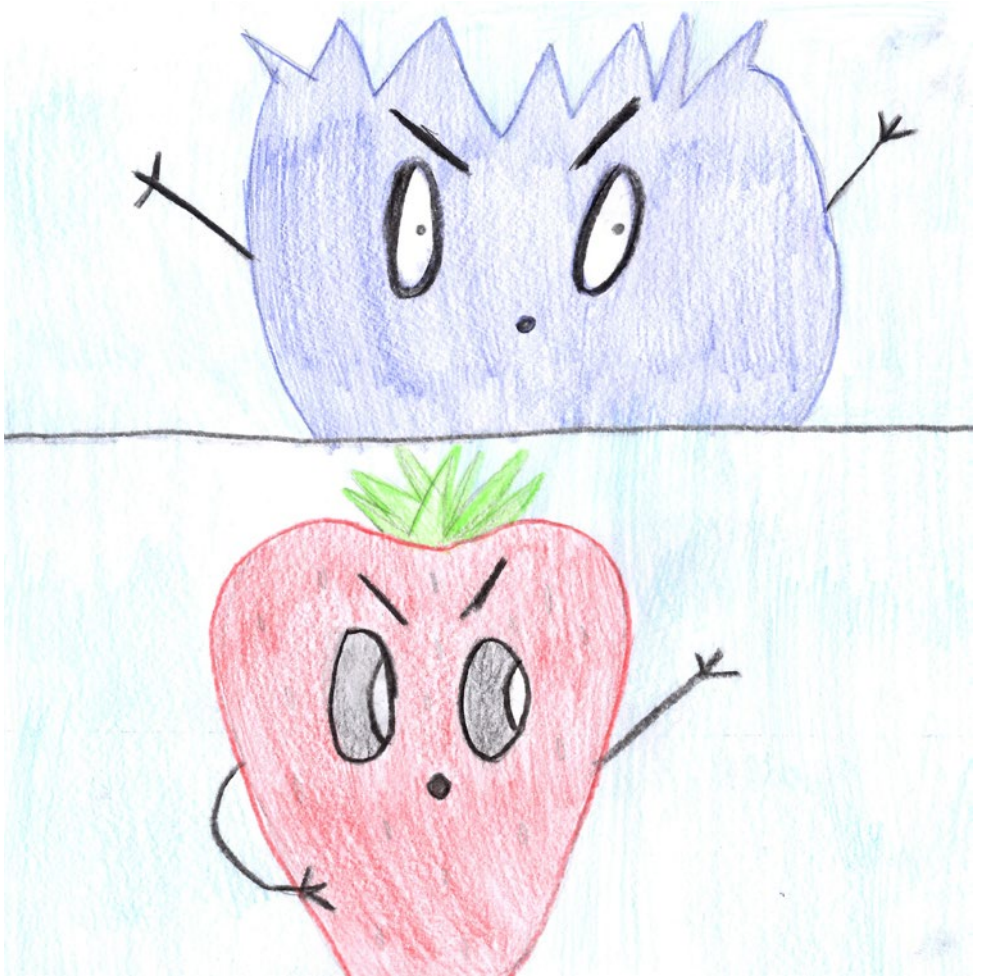
“I have vita...” began Billy Banana before being interrupted by Sally Strawberry.

“I have Vitamin C,” said Sally. Billy’s face was no longer yellow, it began turning bright tomato red.

“STOP INTERRUPTING ME! I AM SO MUCH BETTER THAN ALL OF YOU!” Billy roared.







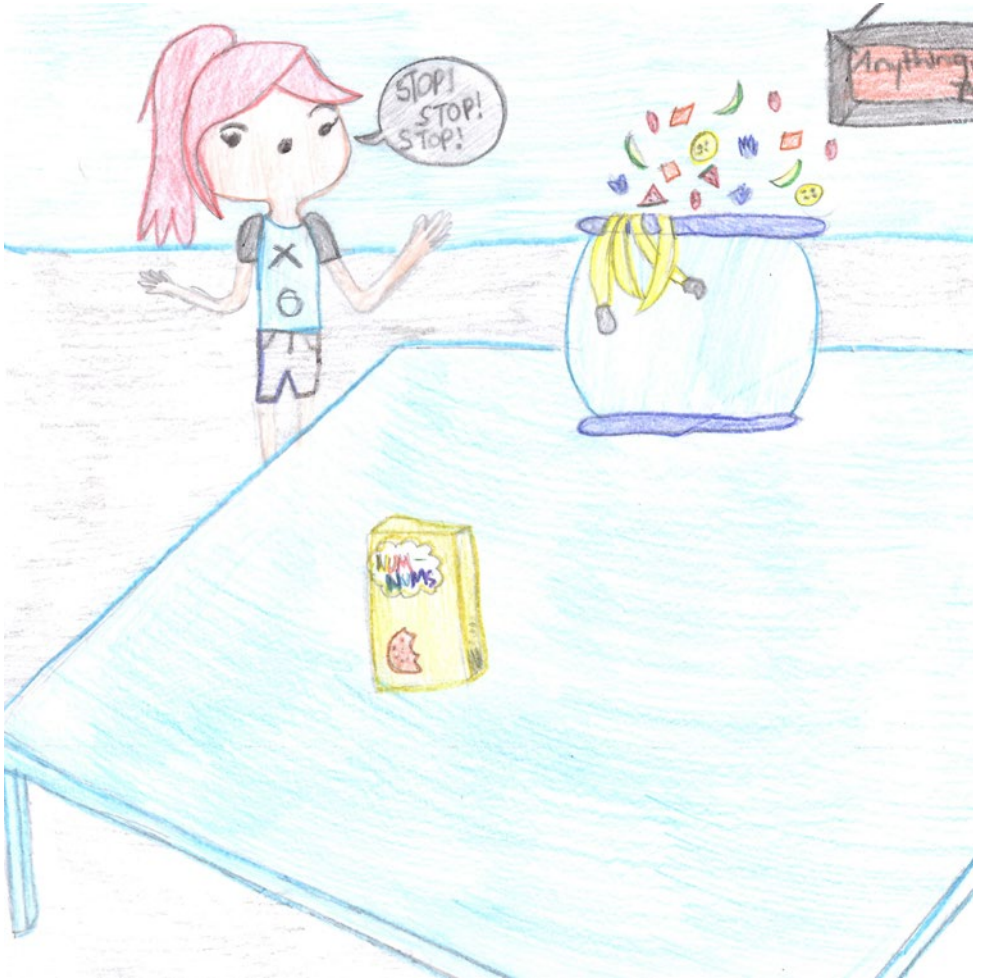
Everyone was astounded that their best friend was saying that he was better than they were.

“Geez, someone woke up on the wrong side of the fruit bowl,” snarled Bob Blueberry.

“Yeah, stop being a moosh!” cried Sally.

“That’s it!” screamed Billy, “I’ve had enough of you all!”



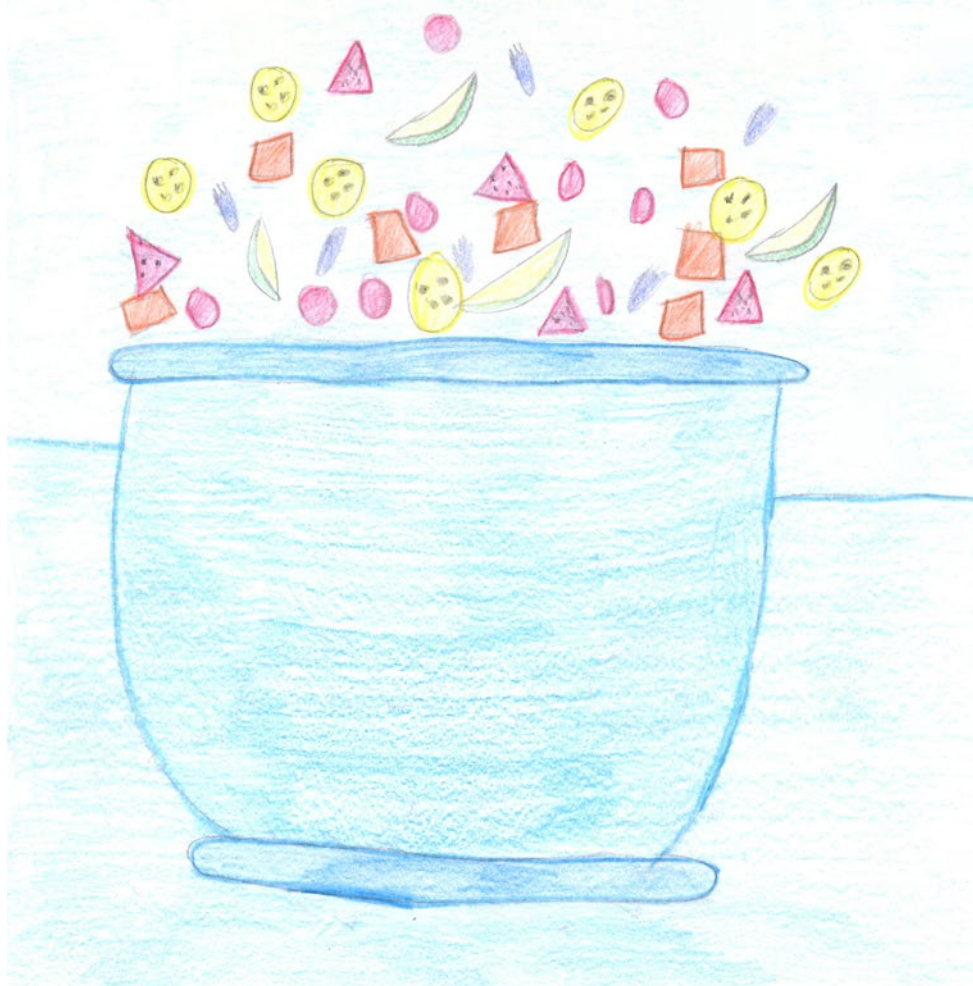


The fruit bowl suddenly began to resemble a boxing ring.

“Guys, guys, stop fighting!” yelled Lee. But the fighting went on. Pieces of banana, blueberry, strawberry and other fruits were flying everywhere being chopped up in the teal-stained fruit bowl.

After a few minutes had passed, Lee gave up trying to stop the argument and sat on the lounge to escape the fight. All she could see was pieces of fruit falling into the bowl as they continued arguing.

When she returned to the bench, Lee saw that all the fruits were chopped up into a fruit salad in the teal-stained bowl.



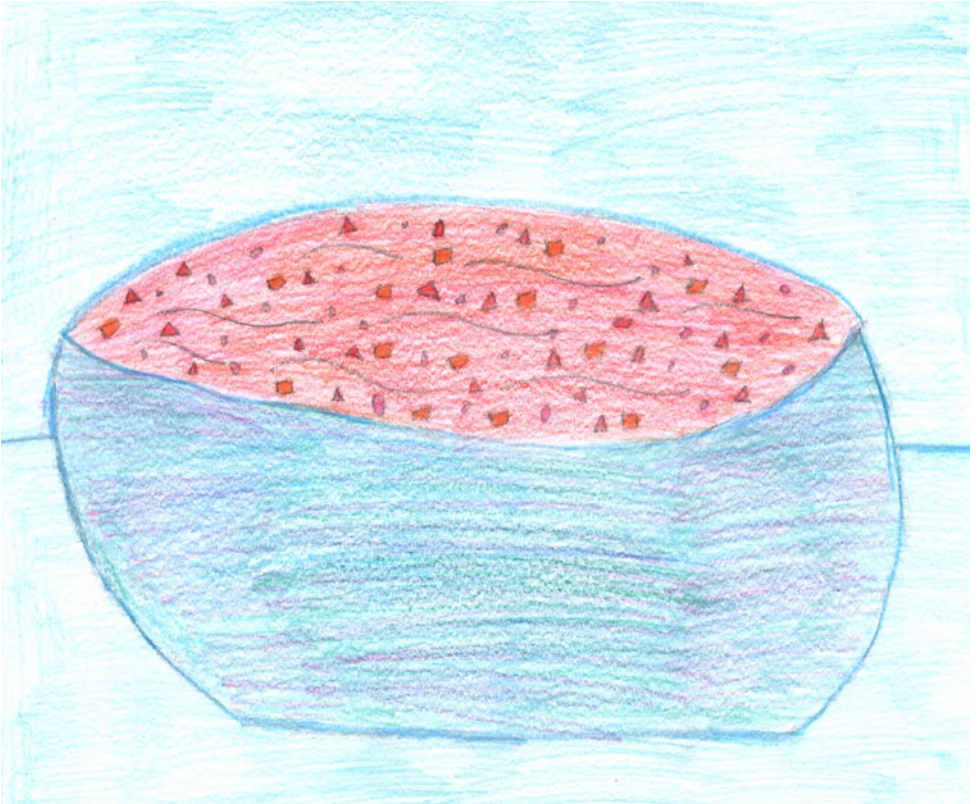


Lee grabbed a polished fork and tried the fruit salad. “Oh, my goodness! This fruit salad is scrumptious,” cried Lee. She turned around and saw her mother walk through the door.

“That looks really good,” smiled her mum with a look of astonishment on her face. She couldn’t believe that Lee was trying something healthy for once.

“You know what Mum? We should have a healthy cook-off,” suggested Lee.





Hours had passed while Lee and her mother were making all sorts of healthy snacks using the fruit that persuaded Lee to eat them. They had made apple slices covered in peanut butter, blueberry flavoured yoghurt and banana smoothies, all spread out across the bench.

“What’s your favourite, Lee?” asked Mum.

“The watermelon, strawberry and mango sorbet,” answered Lee, taking another scoop from the bowl.



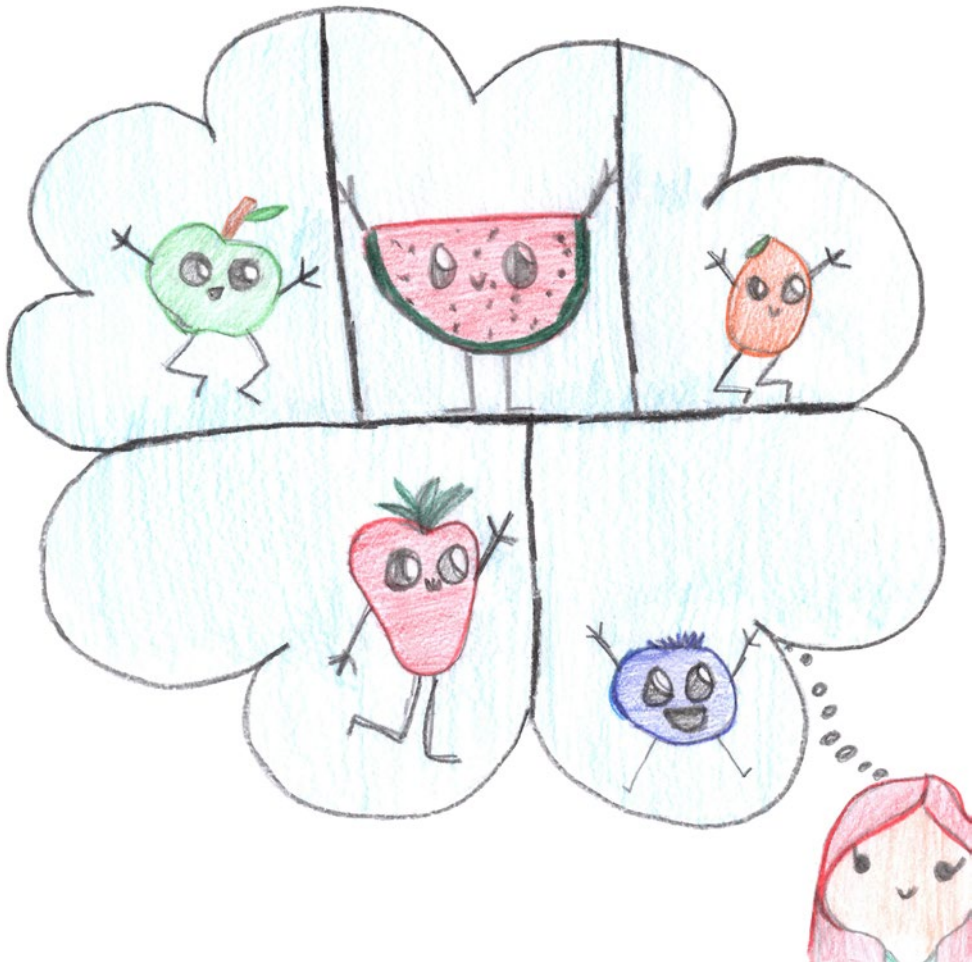


20 years later...

32-year-old Lee had arrived from an exhausting day at work and had found her daughter Kylee eating fruit salad.

“Mum you have to try this!” yelled Kylee. This all felt strangely familiar with Lee. She had a sudden flashback to when she was younger, having the exact conversation with her mother.

From that day, Lee always remembered the conversation she'd had with a bowl of fruit. The fruit that had convinced her to eat healthy.







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