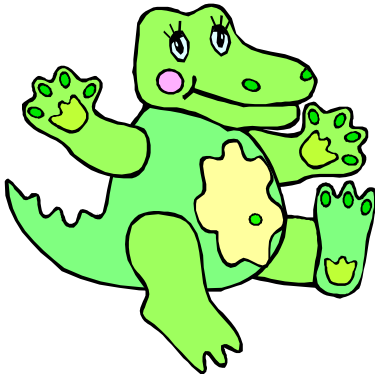


Carrie Crocodile's Lunch



Carrie Crocodile lived in the swamp next to Alicia Alligator. Since they lived so close, Alicia and Carrie were best friends and always played together. They liked to play hide and seek, follow the leader, and they also played house. When they played house they pretended to cook meals. One day they were deciding what they should cook for lunch.

Alicia said, "I know, let's make hamburgers and put cheese on them."

Carrie said, "That's okay for you, but I can't eat that."

Alicia asked, "Why not?"

Carrie answered her, "Those foods have protein or phe in them and they make me sick."

Alicia asked, "What can you eat?"



Carrie said, "There are lots of things I can eat. I can eat fruits, vegetables, and some breads and cereals."



"How do you know which things are okay for you to eat?," asked Alicia.

Carrie said, "Anything that has meat, milk, or cheese I can't eat."

Alicia said, "That sounds kind of hard. What do you do if you don't know if you should eat a food or not?"

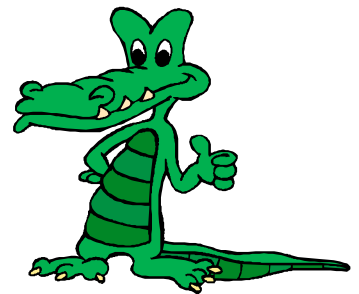
Carrie answered, "Oh, that's easy, I just ask my mom or dad."

Alicia looked puzzled, so Carrie asked her what was wrong. Alicia replied, "I know I need protein to grow and I drink milk and eat meat to get my protein. Where do you get your protein?"



Carrie answered, "I have a special milk my mom buys just for me and it has lots of protein to help me grow."

Alicia said, "Now that I know all this, let's cook something we can both eat. How about vegetable soup?"



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