

CASE STUDY

Once upon a time, there was a tiny caterpillar named Carl. Carl loved to eat and would munch on leaves all day long. He dreamed of becoming a big, beautiful butterfly one day. To do that, he knew he had to eat a lot. One morning, Carl woke up feeling hungrier than ever. He started eating everything in sight - apples, pears, and even a slice of cake! But his tummy began to ache. Carl realized he needed to eat healthier food. One morning, Carl woke up feeling hungrier than ever. He started eating everything in sight - apples, pears, and even a slice of cake! But his tummy began to ache. Carl realized he needed to eat healthier food. He decided to make a change. Carl started eating nutritious fruits and vegetables, like strawberries and broccoli. With each healthy meal, he felt stronger and happier. One sunny day, Carl wrapped himself in a cozy cocoon. After a few weeks, he emerged as a splendid butterfly, with bright wings and a newfound love for healthy eating.

MCQs:

1. What did Carl dream of becoming one day?

- a) A big, beautiful butterfly**
- c) A slimy snail**

- b) A tiny caterpillar**
- d) A hungry squirrel**

2. Why did Carl's tummy ache after eating everything in sight?

- a) He was allergic to apples and pears.**
- c) He needed to eat healthier food.**

- b) He ate too many leaves.**
- d) He didn't like cake.**

3. What change did Carl make to become healthier?

- a) He started eating more cake.**

- b) He began eating nutritious fruits and vegetables.**

- c) He stopped eating altogether.**

- d) He switched to eating only leaves.**

4. How did Carl feel after eating healthy meals?

- a) Weak and sad**

- b) Stronger and happier**

- c) Hungrier and tired**

- d) Worried and anxious**

5. What happened to Carl after wrapping himself in a cocoon?

- a) He turned into a slimy snail.**

- b) He became a big, beautiful butterfly.**

- c) He remained a tiny caterpillar.**

- d) He flew away as a bird.**