

Josh and Ellie's Picnic Adventure

Ellie and Josh Brown were eight-year-old twins. They were great friends. They did everything together.

One sunny Sunday afternoon while Ellie and Josh were playing on the living room floor, Ellie said, "Hey, Josh, let's ask mom if we can have a picnic in the park today."

"Sounds great to me," smiled Josh. "I love to go on picnics. I love to go to the park. And I love to eat."

"Okay, I'll ask mom," said Ellie.

Ellie ran into the kitchen where her mom was busy cooking. Mrs. Brown turned at the sound of Ellie's footsteps, smiled, and said, "Hello, Sweetie. What are you and your brother up to today?"

Ellie went to her mom, gave her a big hug, and said, "Mom, Josh and I were wondering if we could go to the park for a picnic."

Mrs. Brown smiled at Ellie and said in a gentle voice, "I'm sorry, Sweetie. Your grandparents are coming to dinner, and I'm busy cooking a special dinner for them."

Ellie said sadly, "Oh, that's okay, mom. I'll go tell Josh."

Ellie then walked into the living room and said to her brother, "Sorry, Josh, we can't go to the park for a picnic. Mom is busy cooking dinner for Grammy and Pop-Pop."

Five minutes later, Mrs. Brown came into the living room. She placed a large red blanket on the floor by the window, smiled at Ellie and Josh, and said, "How about having a special 'inside the house on a blanket by a sunny window picnic'?"

"Wow! Great idea, Mom!" said the twins.

"Then let's make some healthy picnic foods," smiled Mom.

JOSH AND ELLIE'S HEALTHY PICNIC FOODS

- 1 turkey & tomato sandwich
- 1 chicken & lettuce sandwich
- 6 carrot sticks
- 2 apples
- 2 bottles of water