

# **Carrot, Cake, and Their Healthy Friendship**

**By: Mohammad M. Bdairi**



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**To Carol, Amal, My Friends,  
and My Beloved Family**



**One sunny day in the woods far-far away, a chubby little bunny named Cake woke up excitedly screaming “Today is the first day at my brand-new school!”**



**Cake jumped out of bed and stormed into the kitchen to find that his mother has made special carrot-shaped pancakes for breakfast! “Yummy” said little Cake as he was adding some jam to his pancake. After finishing his breakfast, Cake dressed up and excitedly hopped his way to school.**





**At school, he met lots of new kids!  
Every time he meets someone he  
sings “Cake is my name! Baking  
Carrot Cake is my game!”**



**RING! RING!** rang the school bell! It was time for Cake's first class! He rushed into the room and sat in his seat. "I'm so excited to meet my new teacher" said Cake as he was getting his crayons out.





**The teacher came in, she welcomed everyone and asked each child to introduce themselves. When it was his turn, Cake, with a happy tone started to sing “Hi everyone, my name is Cake! I love baking carrot cake!”**



**Later, as Cake was talking about his hobbies, one of his classmates interrupted him by saying. “You’re so fat! I think you should stop eating carrot cake! You need to go on a diet.” Many of his friends burst into laughter as the teacher frowned at them. Happy little Cake suddenly became sad.**

**At recess, sad little Cake was sitting alone in the swing crying because he thinks nobody likes him. However, a little girl wearing sports clothes named “Carrot” came and joined him on the swing right beside him.**

**“Don’t be sad little Cake,”  
said Carrot. “I will help you  
with exercising and you  
will be as fit as me.” she  
added as little Cake wiped  
his tears. “Really?” he  
whispered. “Yes” Carrot  
replied adding “From now  
on exercising will be our  
game.”**





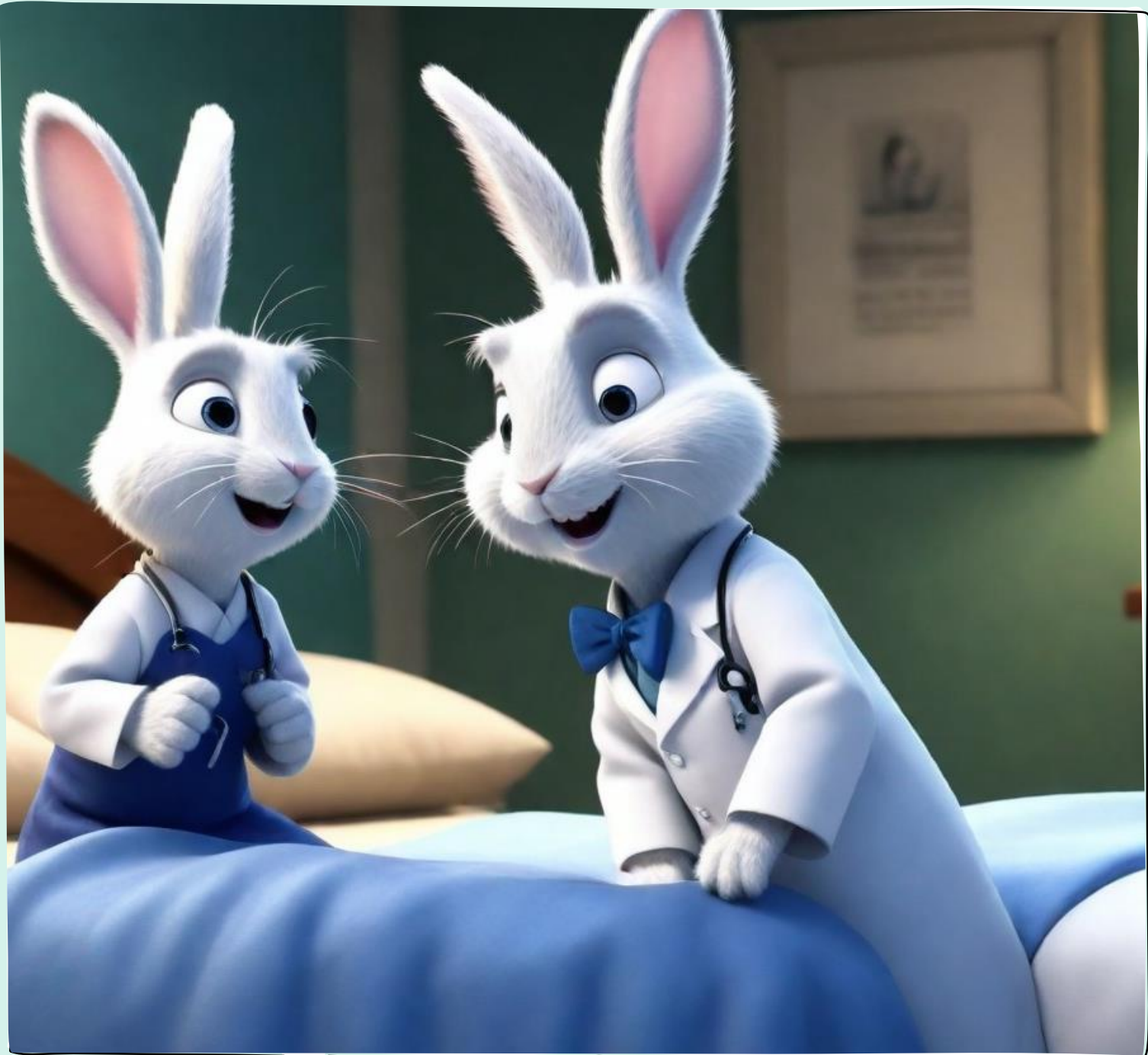
**From that day, both Carrot and Cake started meeting at the park every single day after school as they hopped their ways to exercise. They also agreed that both of them should eat less. As time passed, both bunnies became best friends that usually spend most of their time together!...**



**A few days later, Cake hopped his way to the park but did not find any signs of Carrot. After waiting for a while, he decided to go back home. Over there, his mother was on the phone with Carrot's parents who told her that she was sick!**

**Cake and his mother went to visit Carrot with some yummy carrot cake for her to eat. Over at Carrot's house was Doctor Rabbit checking in on her. "Carrot and her little dolly are doing just fine" stated Doctor Rabbit as he was trying to cheer her up. "But in order to become better, you must always remember that you should sleep well, exercise, and most importantly eat healthy food everyday to stay strong!" he added before talking to Carrot's parents.**





**As soon as Doctor Rabbit finished Cake rushed towards Carrot saying, “You help me exercise, right?” Carrot nodded, “Now it is my turn to help you eat healthy food everyday!” he said excitedly, “After all, that’s what friends are for!” With the help of Doctor Rabbit, both of them prepared a list of healthy food to eat**

List:

- 1) Carrots
- 2) Lettuce
- 3) Cucumbers
- 4) Cabbage
- 5) Berries
- 6) Soup



**After Carrot agreed that both exercising and eating healthy food are both important, both bunnies started singing “My name is Carrot! And my name is Cake! Exercising and Eating Healthy Food are our game!” as they burst into laughter while enjoying a piece of Cake’s homemade carrot cake!**

**Let's discover together the adventures of Carrot, a young athletic bunny and Cake, a chubby little one as they learn all about exercising and eating healthy food!**

