

Phase 3b

Fred visits Dr Dread

My friend Fred went to the health centre to see the doctor. Dr. Dread said Fred was too heavy. Fred has to lose weight. He has to come back and see the doctor in three months. He will measure and weigh him again then.

He must have healthy food, eggs, less bread and low fat spread. Fred began to eat healthy food and spend more time in the gym.

Three months later in Dr. Dread's office the Doctor measured Fred again and found that he had lost seven centimetres from around his waist and also lost a lot of weight. Now his belt would fit at last and already he was getting fitter.

