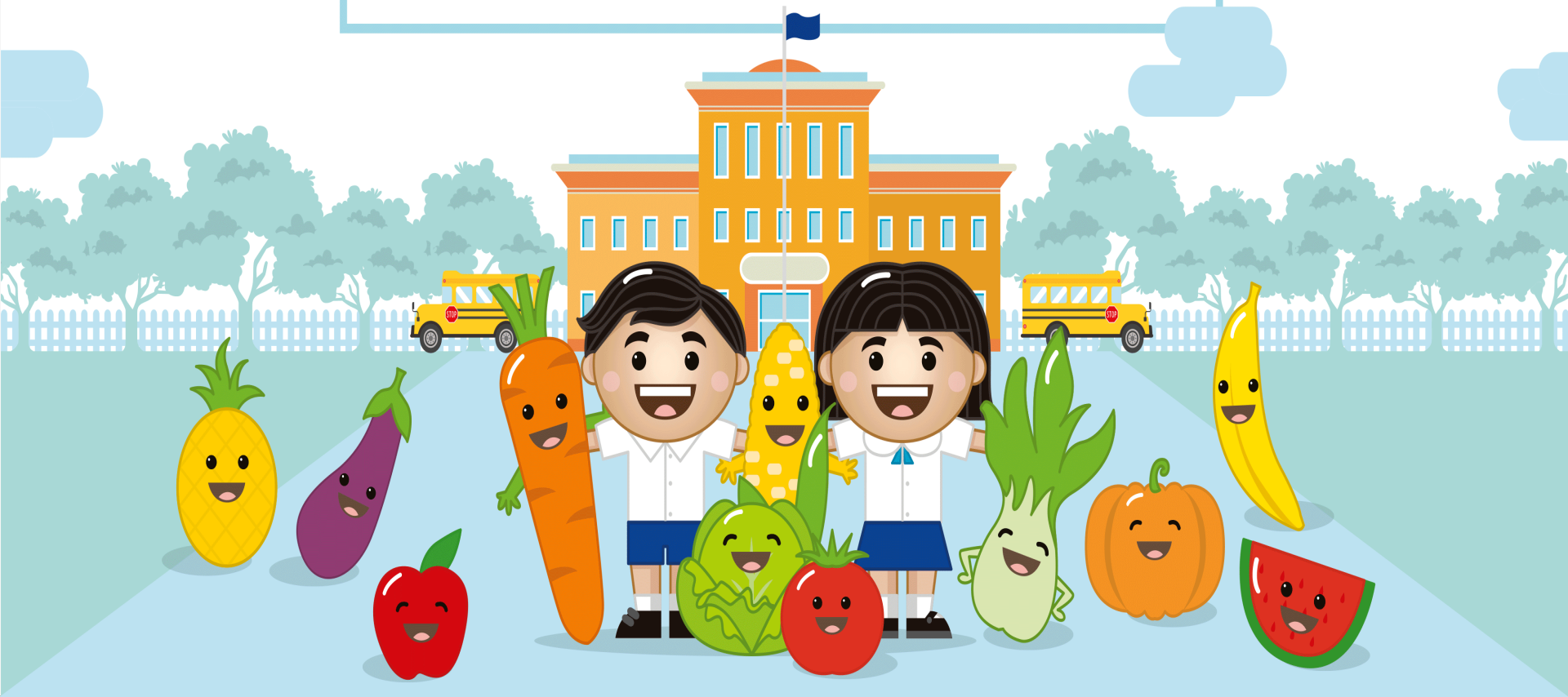
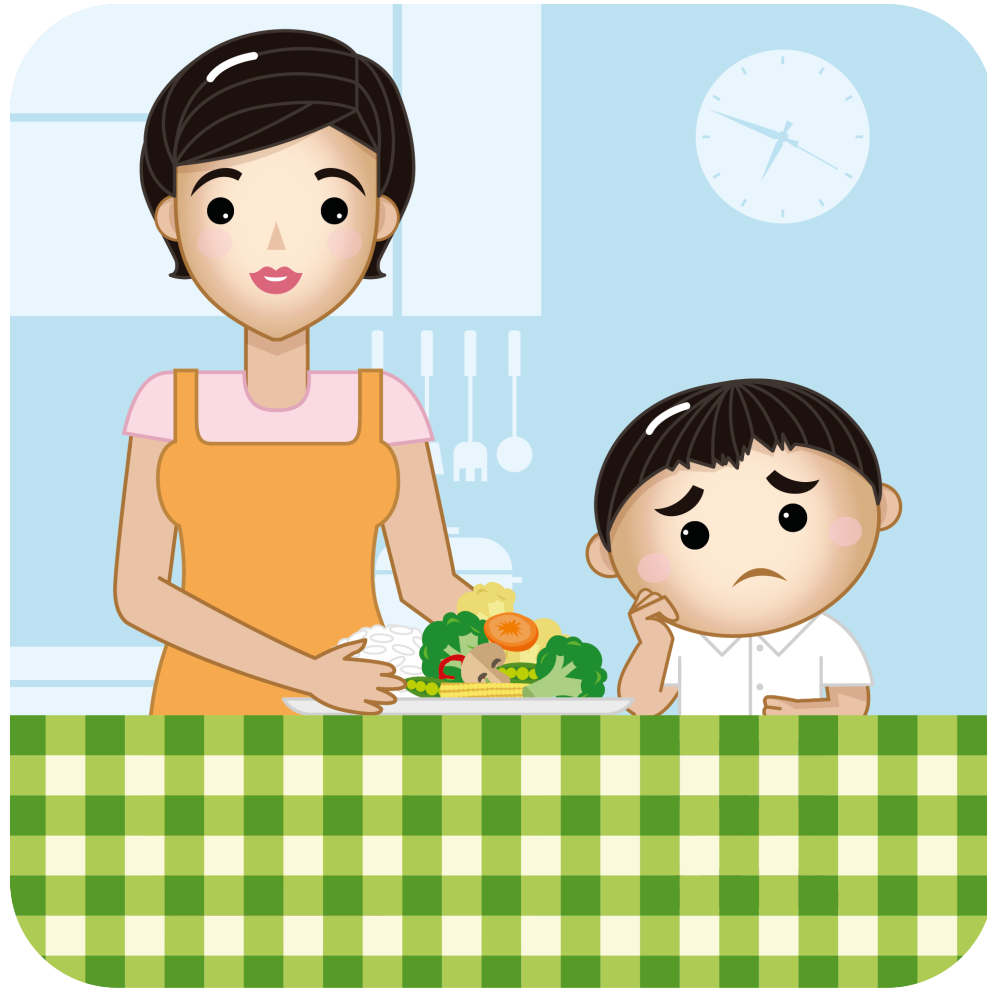


Wellness

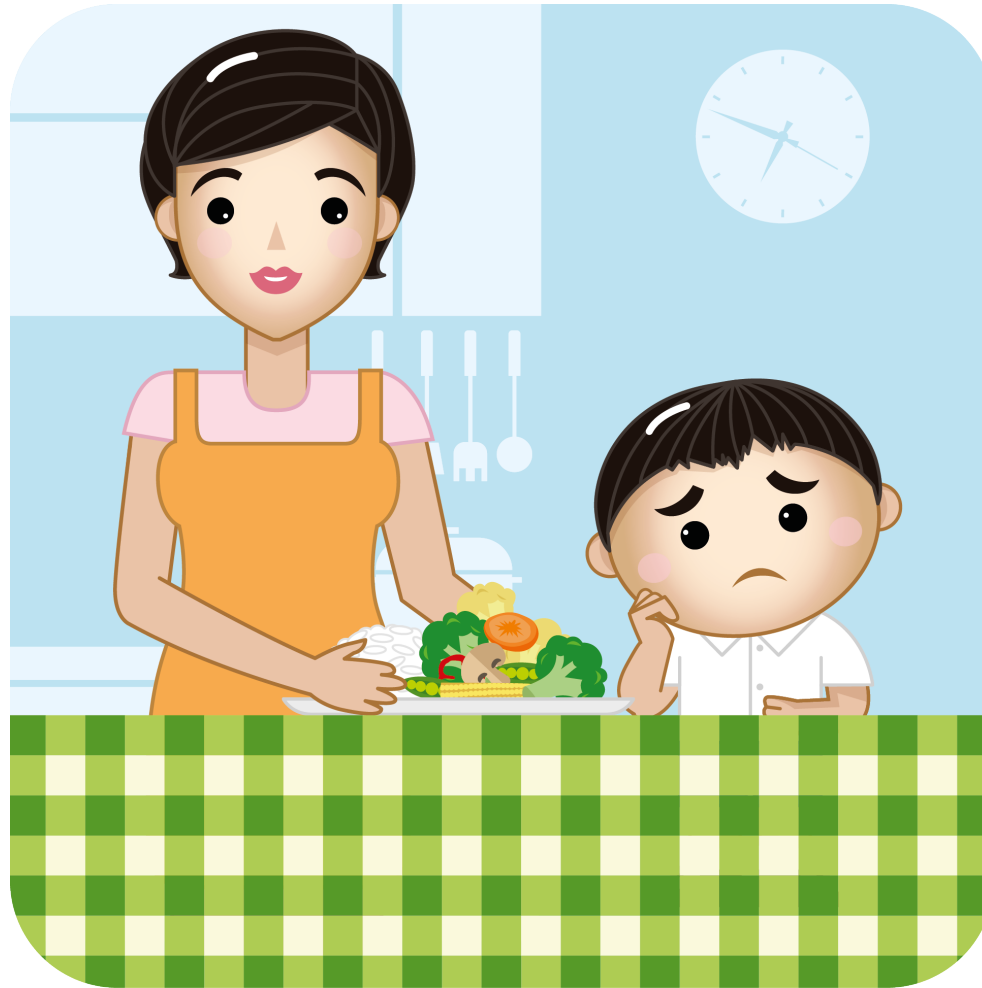
CAMPUS

Mommy Loves Mio



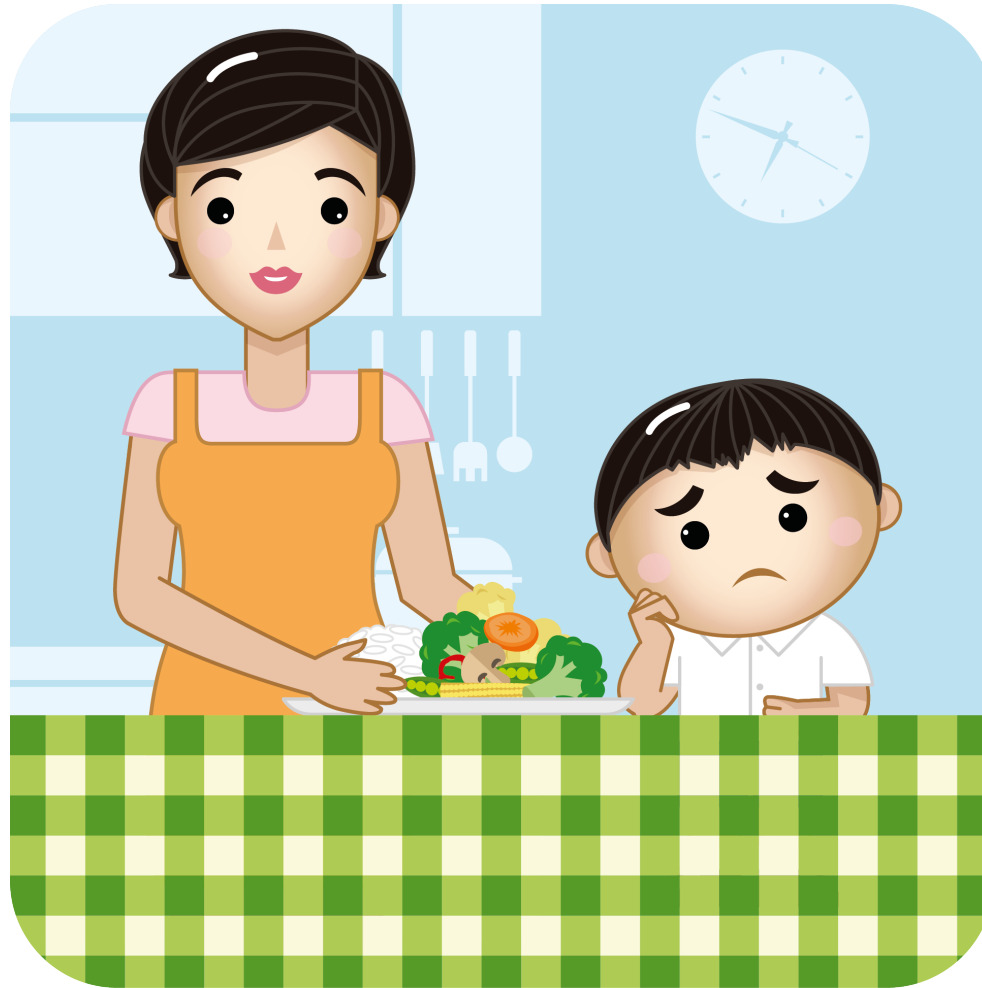


"Here you go, Mio," Mama said, placing Mio's plate in front of him.

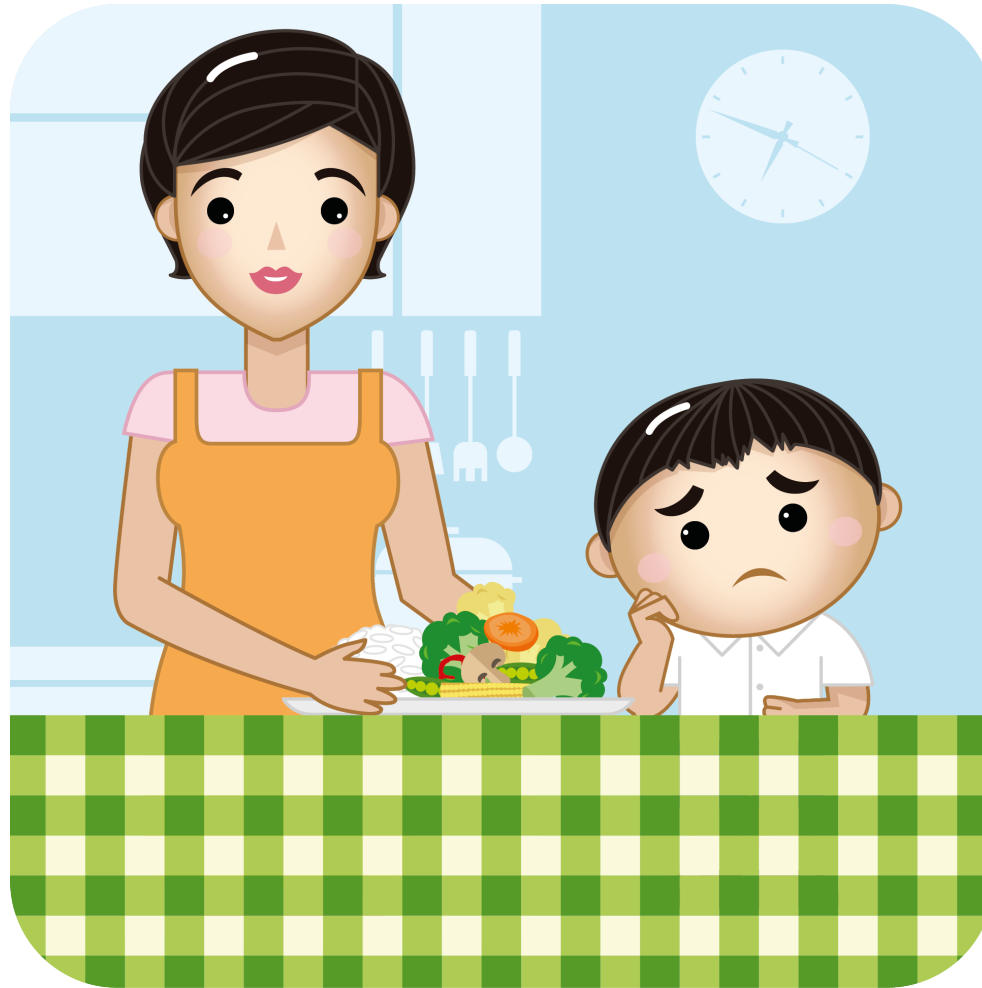


"Here you go, Mio," Mama said, placing Mio's plate in front of him.

Mio looked down, disappointed that Mama served him another healthy meal.

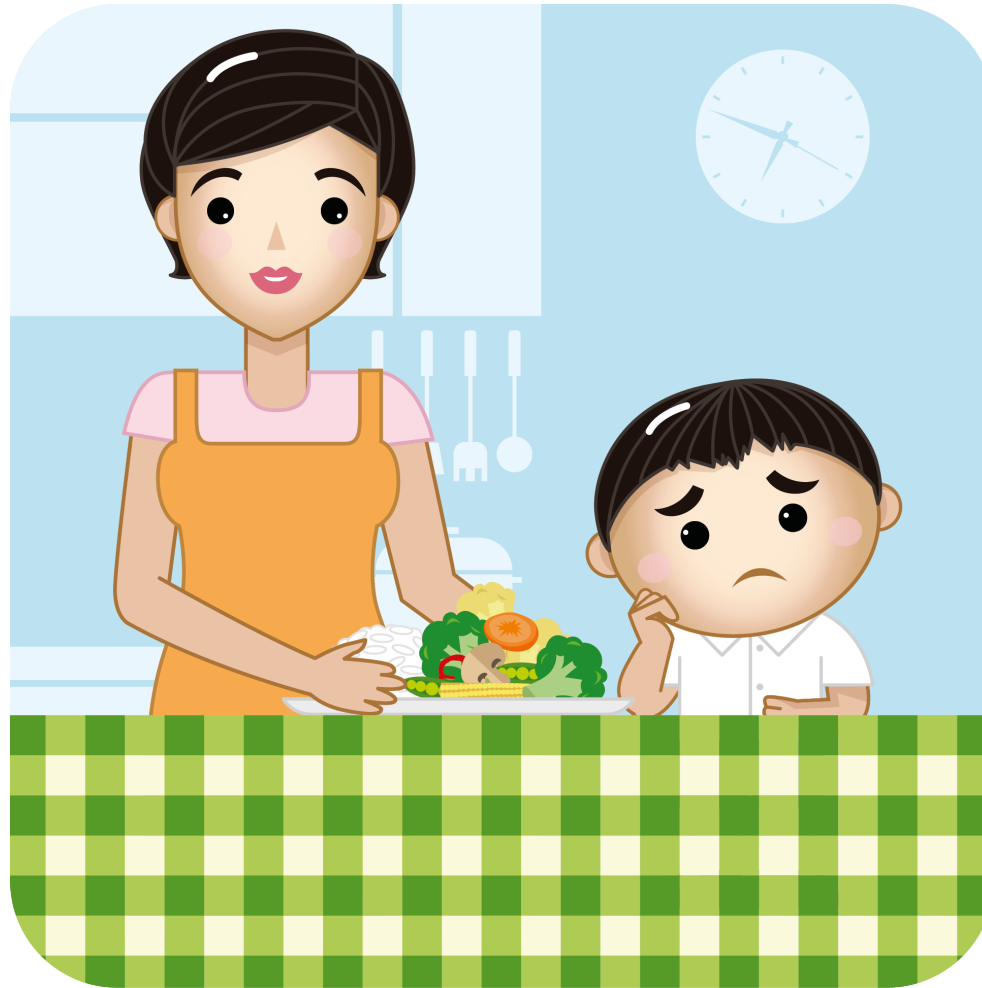


"What if I never, ever, ever eat fruits and vegetables again?" Mio asked.



"What if I never, ever, ever eat fruits and vegetables again?" Mio asked.

"Then you should never, ever, ever go outside to play," Mama answered.



"What if I never, ever, ever eat fruits and vegetables again?" Mio asked.

"Then you should never, ever, ever go outside to play," Mama answered.

"Why not?!" Mio frowned.

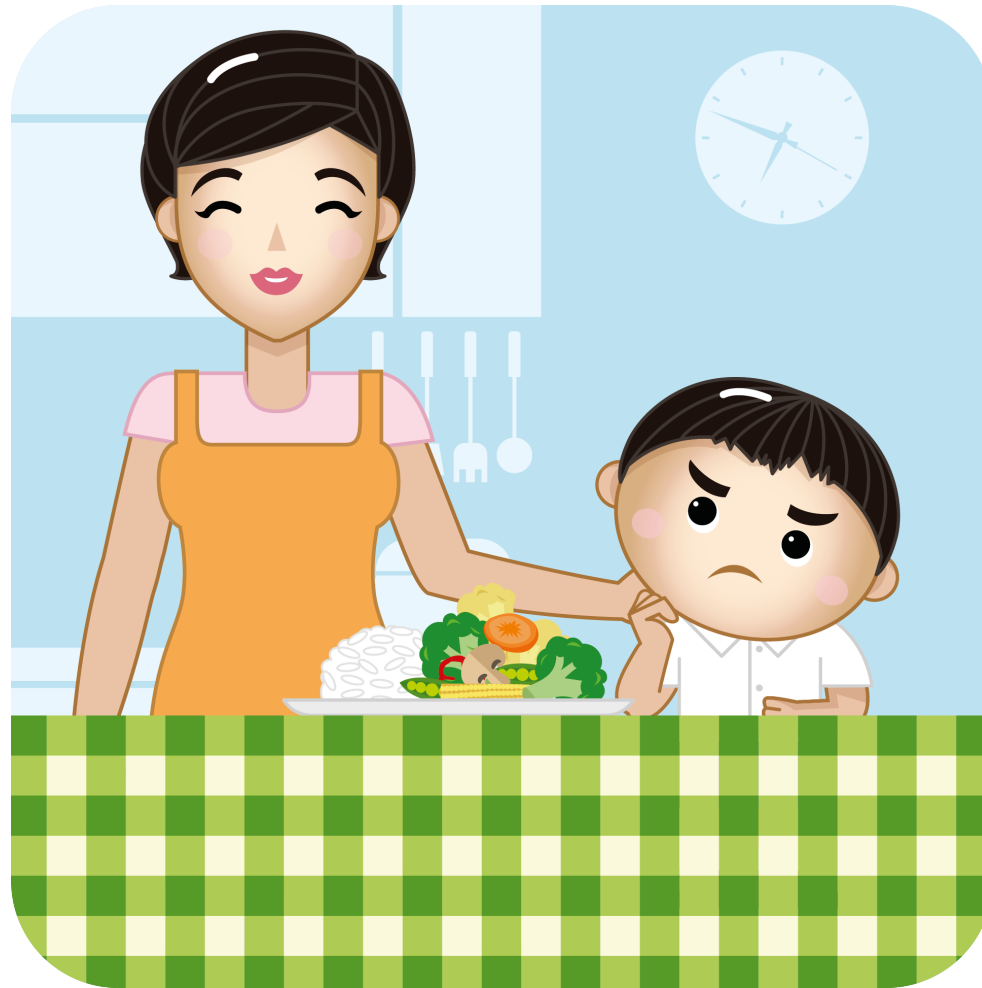


"Because without fruits and vegetables, my son, your body will catch cough and colds easily," Mama replied.

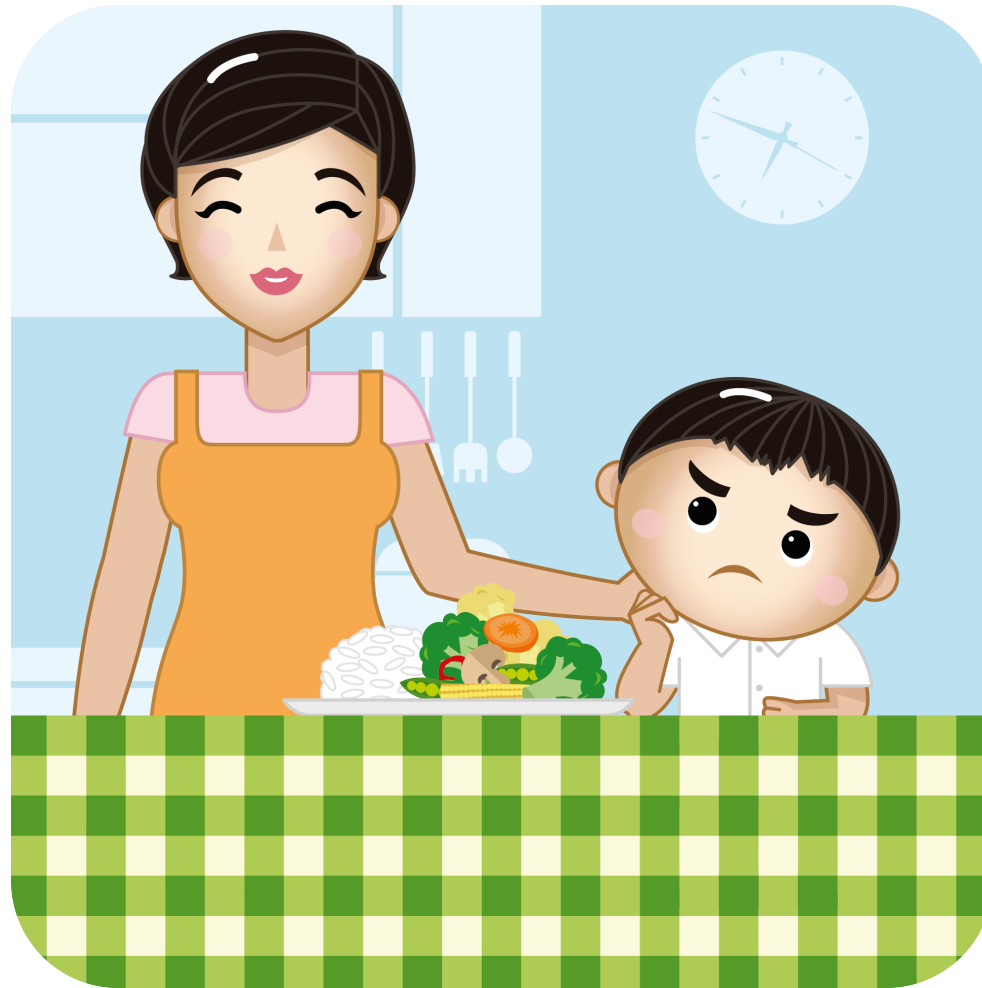


"Because without fruits and vegetables, my son, your body will catch cough and colds easily," Mama replied.

That's no fun, Mio thought.

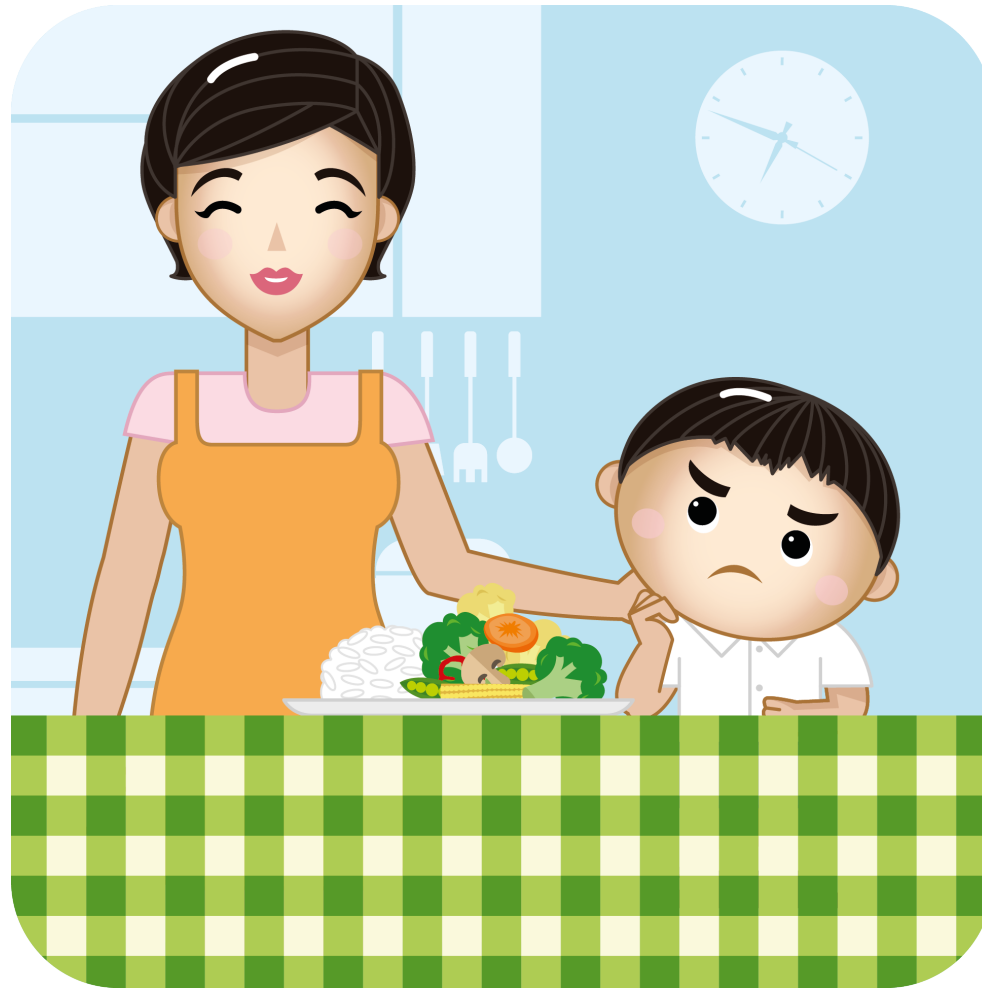


"What if I never, ever, ever eat chicken, pork, beef or fish again?" Mio asked.



"What if I never, ever, ever eat chicken, pork, beef or fish again?" Mio asked.

"Then you should never, ever, ever go outside to play," Mama replied.



"What if I never, ever, ever eat chicken, pork, beef or fish again?" Mio asked.

"Then you should never, ever, ever go outside to play," Mama replied.

"Why not?!" Mio scowled.

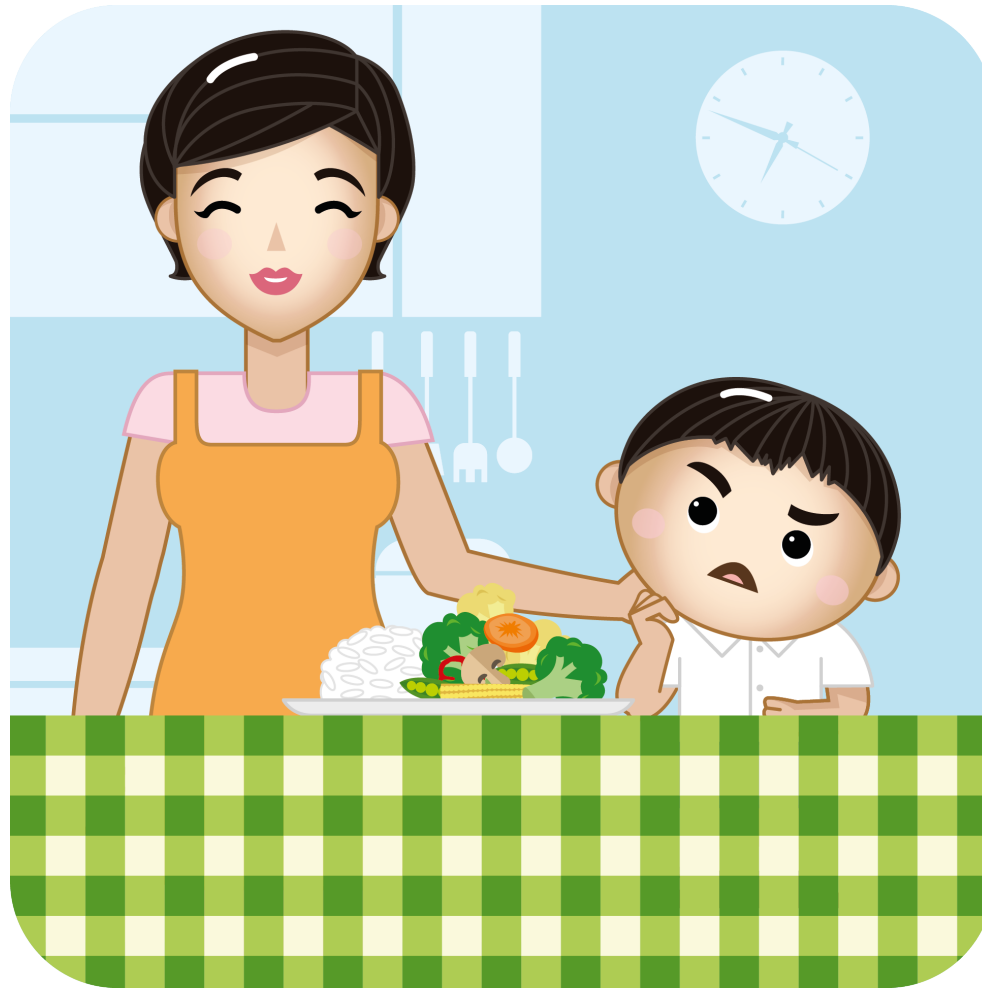


"Because without meat or fish, my son, your body will not be strong and your wounds will not heal easily," Mama said.

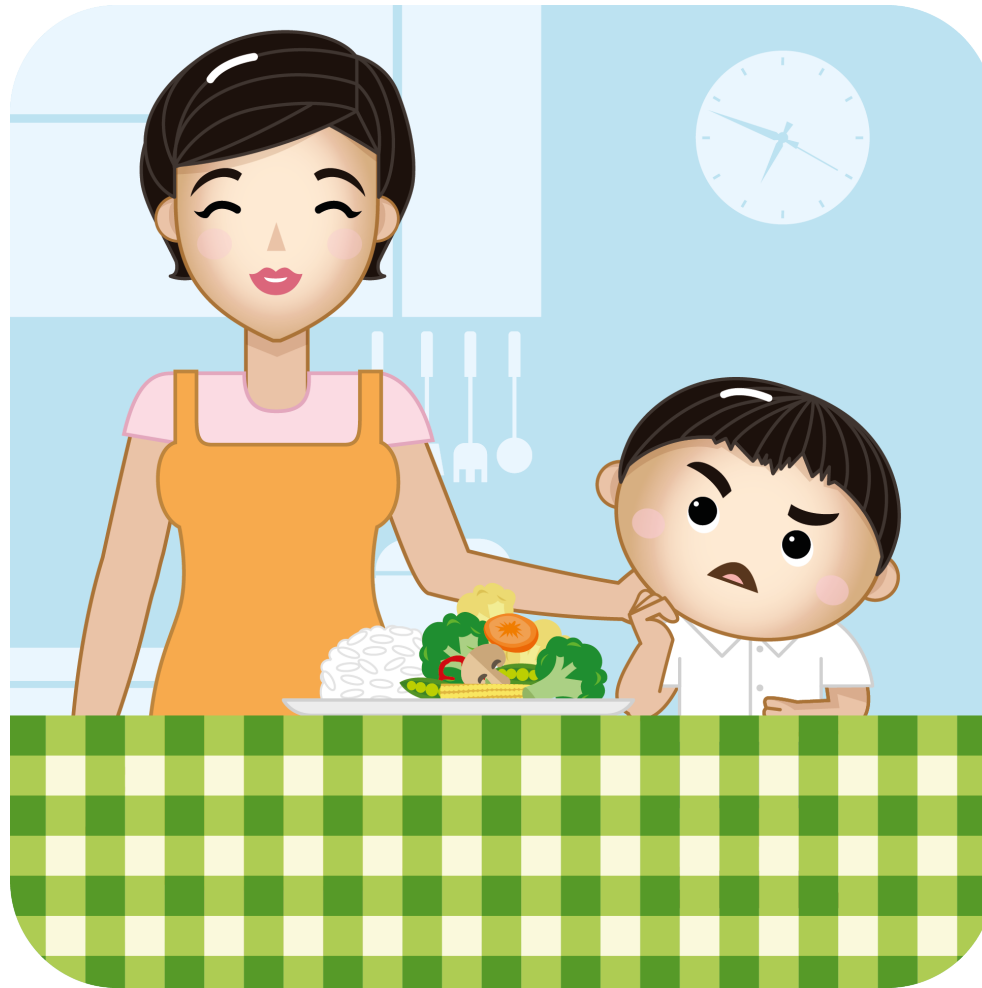


"Because without meat or fish, my son, your body will not be strong and your wounds will not heal easily," Mama said.

Well that's no fun, either, Mio thought.

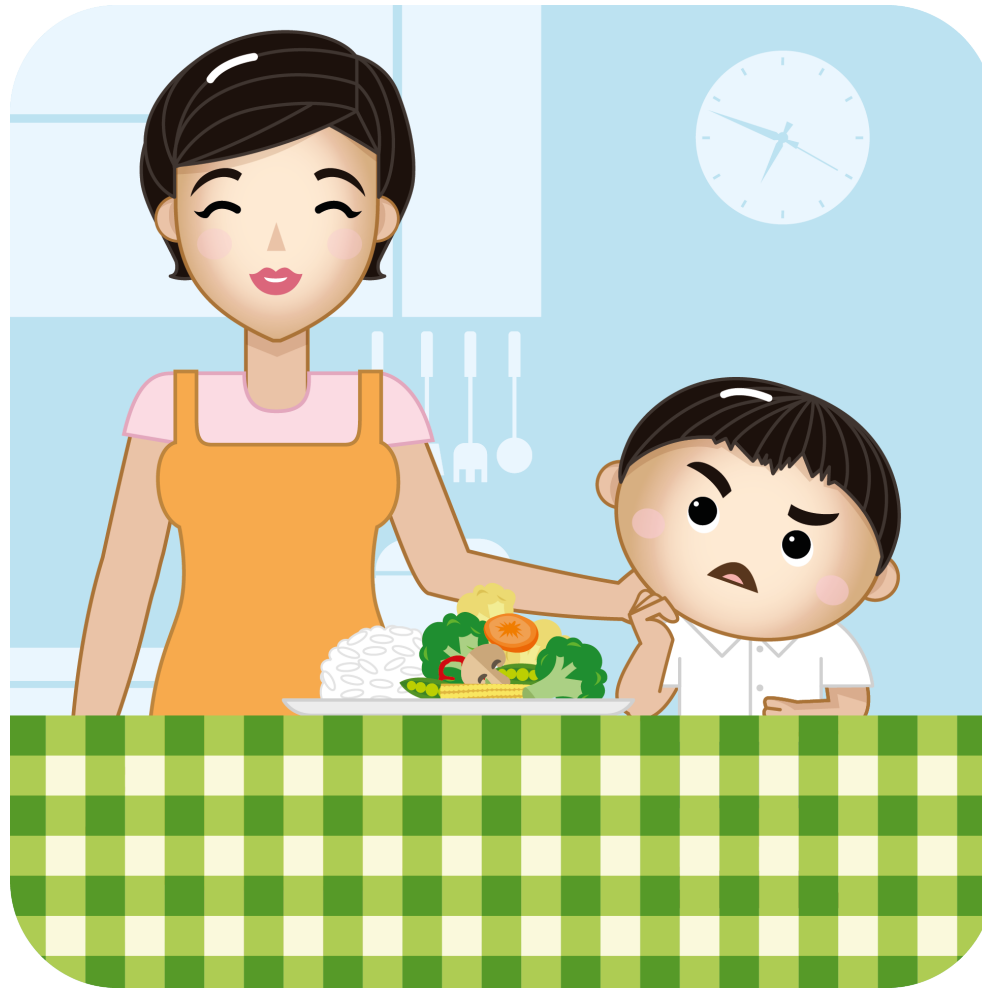


"Well then... What if I never, ever, ever eat rice or bread again?" Mio asked.



"Well then... What if I never, ever, ever eat rice or bread again?" Mio asked.

"Then you should never, ever, ever go outside to play," Mama repeated.



"Well then... What if I never, ever, ever eat rice or bread again?" Mio asked.

"Then you should never, ever, ever go outside to play," Mama repeated.

"Why not?!" Mio glared.



"Because without rice or bread, my son, your body will not have enough energy to keep up with your friends," Mama explained.



"Because without rice or bread, my son, your body will not have enough energy to keep up with your friends," Mama explained.

That's definitely no fun, Mio thought.



Mama sat down beside Mio, looked him in the eyes, and said, "That's no fun at all, is it, my dear?"



Mama sat down beside Mio, looked him in the eyes, and said, "That's no fun at all, is it, my dear?"

"Not at all, Mama," Mio whispered.



Mama handed Mio a glass of milk.



Mama handed Mio a glass of milk.

He looked at his glass and his healthy plate of food. He looked at mama's face, so full of love.



Mio took a sip of the delicious milk, and gave Mama a big, tight hug.



"Thank you for this food, Mama."



"Thank you for this food, Mama."

"You're welcome, my Mio."