

From Good Food

To

Good Mind



*By Tasnim Anjum Raka*





Tom and Jerry were taking rest in their safe places. They were both trying to sleep after all the little adventures of the day.



Jerry started getting mad thinking of Tom as he ate his cheese earlier that morning. On the other hand, Tom was very happy thinking about his success in getting the food he wanted.



All of a sudden, Tom started thinking about his body and got really worried. He felt that he was getting fat. He thought to himself, "I have eaten enough in my life. I need to exercise to burn the extra calories."



So as he had thought, he started to do jumping jacks. After exercising for some days, he thought he wasn't losing weight. He became very worried. He thought he needed to do something else to become fit.



He thought to himself, "The only way I can become fit is by stopping to eat." He felt that it was not a great thing to be able to get food all the time. He needed to stop chasing Jerry and food. With his plan to not eat anything he started avoiding all the fights with Jerry that he used to have over food. Jerry was having a great time with all the food.



with such behavior on Tom's part, Jerry was surprised. First, Jerry thought that it was easier to get food without fighting with Tom. But after some time, Jerry became bored. He was not having fun in Tom's absence.



So he decided to go to Tom but maintained distance from him being afraid of any sudden attacks by Tom. He said to Tom, " what happened Tom? Have you got lazy?" Tom replied, " I am not lazy. I am on a diet. I am trying to become fit and get in good shape. I am not like you trying to get fatter and fatter." Jerry said, " well, good luck with that."





Jerry got even bored and decided to just spend some time with Tom. He went to Tom and sat next to him. Tom shared that he feels different. He doesn't feel good. He says, " I don't feel like doing anything at all. I am very sad, Jerry. why am I so sad? Nothing sad happened recently. I wonder what I did differently." Jerry then reminded him, " You forgot what has changed recently!! You stopped eating." Tom then cut in, " But what I eat shouldn't make me feel how I feel. Let us think about what else has happened recently."



Tom and Jerry sat for hours thinking and finally found nothing else that had happened differently other than Tom's being on a diet. Jerry then said, " Then it must be that you stopped eating is the reason why you are sad."



with surprise, Tom repeated, " Yes, it has to be that!!" They wanted to see for sure if not eating really was the reason why Tom was sad. So they decided that Tom would start eating as before and observe if he felt better.



Tom started eating as before and started feeling happy. Jerry also agreed that eating healthy food made them feel how they feel.



Tom now wanted to run after Jerry. Jerry said, "Here you are. This is the Tom I was missing. Thanks to the food we eat that keeps us wanting to fight each other."



Tom agreed, " Food is helping both our body and mind stay sound. Now it doesn't matter if I get a little fat. I want to feel good while I am alive and I will eat properly to keep myself happy."