

# MONSTER MORLU AND HEALTHY HENEH



Based on: Monster Marley and Healthy Henry  
by Mrunal kotecha  
Illustrated by: Kalpita Powale

PROPERTY OF  
THE MINISTRY OF EDUCATION  
LIBERIA  
NOT TO BE SOLD

**AUTHORS**  
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## AUTHORS

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# Introduction for Ministry of Education Online Early Childhood Education Teaching and Learning Materials

The Liberia Ministry of Education has developed 50 context-relevant and age-appropriate early childhood education readers. These readers would be addressing the chronic need of improving the quality of teaching and learning materials and the widespread lack of curriculum materials for foundational literacy and play-based learning. Twenty-five of these ECD readers were written by ECE master trainers and, 25 were contextualized using online open-source stories from the global digital libraries.

Welcome to this audio edition of early childhood books aligned to the Liberia Early Childhood Education Curriculum. There are 50 eBooks in this edition. The uniqueness of this Ministry of Education approach is that each book has a sign language version.

The books come in three categories or levels:

- Beginner or nursery is for children ages 3 to 4
- Intermediate or K-I is for children ages 4 to 5 and
- Advance or K-II is for children ages 5 to 6

The development and production of these books were made possible through the Bureau of Early Childhood Education of the Ministry of Education, with support from the Global Partnership for Education with funding from the World Bank. The eBooks and the accompanying audio books were designed by WE-CARE Foundation, a local educational NGO.

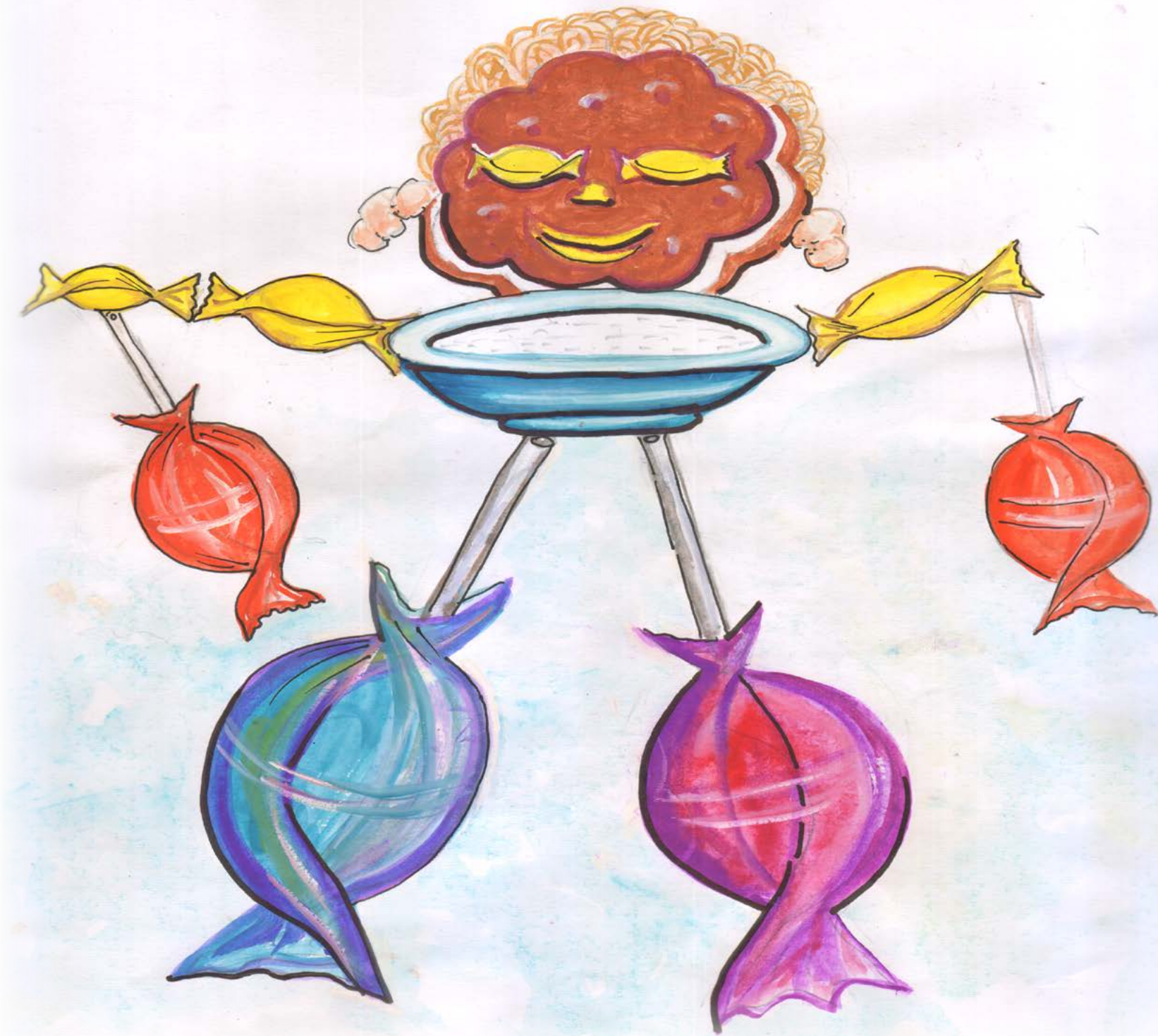
To access these early childhood books online, please go to the Ministry of Education website: [www.moe.gov.lr](http://www.moe.gov.lr)

I will tell you a secret that nobody knows. We all have food shadow. It doesn't show. Yes, you have a food shadow and I do too. It could be Monster Morlu or Healthy Heneh following you. Your healthy food shadow is Healthy Heneh.

She is perfect from head to toe. Her whole body is made of healthy food - Rice hair, bean eyes, and plantain nose. She wears a fruit bowl hat. And her limbs are cucumbers and eddoes. Exercise and choose your food well. Healthy Heneh will follow you, I can tell.



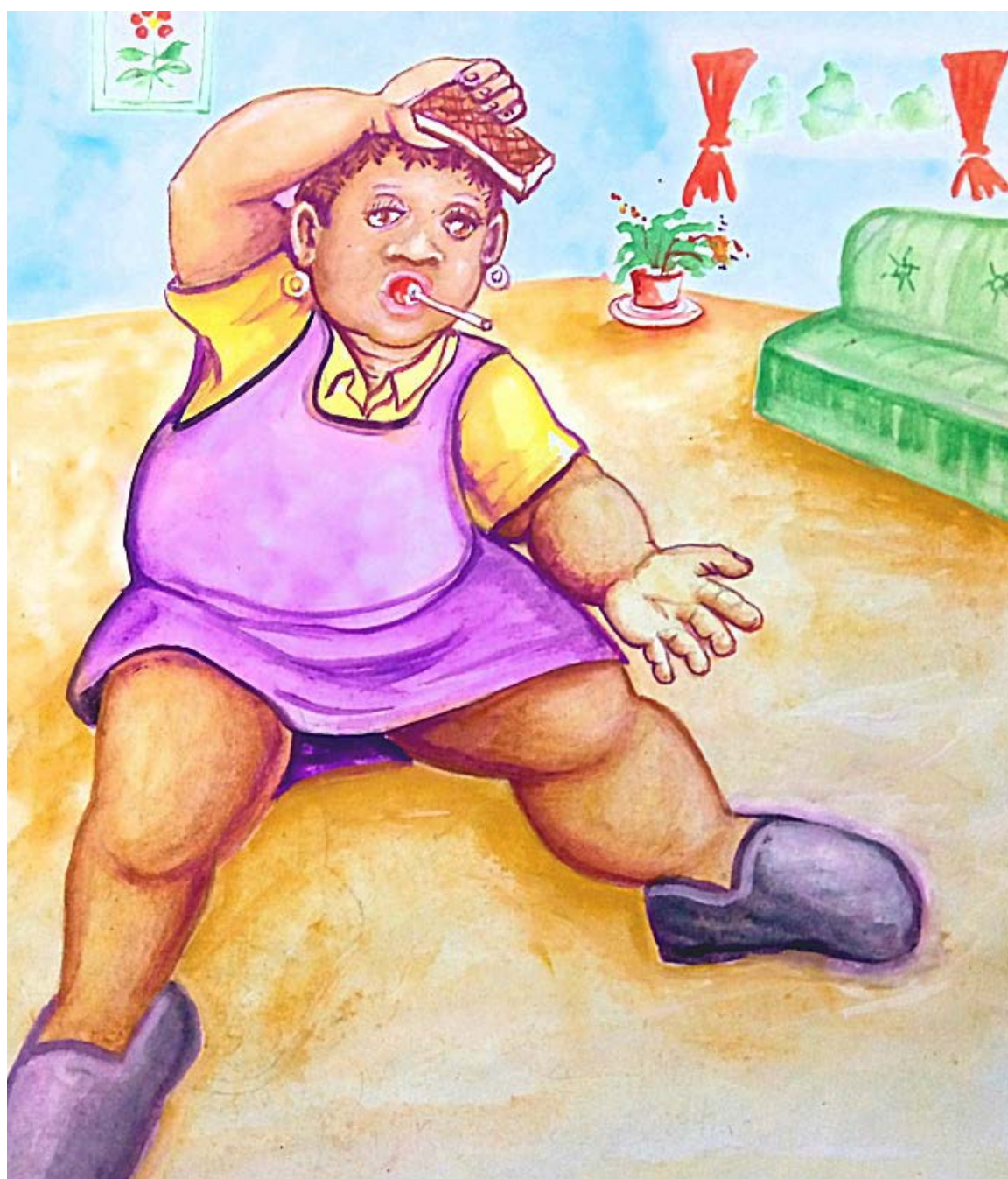
But too much chips and too much cookies will make Monster Morlu follow you. His body is a plate of plain gari with noodles hair and cheese ball ears, sweet-buy nose, and stick candy feet, Eww! How gross.



Now Monster Morlu and Healthy Heneh don't get along. So who gets to go, or stay? It depends on whether you eat right or wrong. Since you don't believe me, let me tell you about Nancy who ate too much sweets and candy.



Who won the food shadow fight? Monster Morlu, you got it right! Nancy didn't see and didn't know but her shadow was making her slow. She got too fat and heavy. Her candy limbs made her unsteady.



Her hair was messy with a lot of fleas. Tears blurred her eyes when she watch TV. Her teeth were soft like mash potatoes and were stained a dirty yellow.



Her nose was always dripping cheese. Her friends ran when she began to sneeze.



Then Nancy cried to Mama having had enough. "I will eat right. I want to be tough." Mama was happy that now Nancy understood. She gave her plenty water and food healthy and good.



The water washed away Monster Morlu forever. Healthy Heneh returned, and made Nancy stronger.



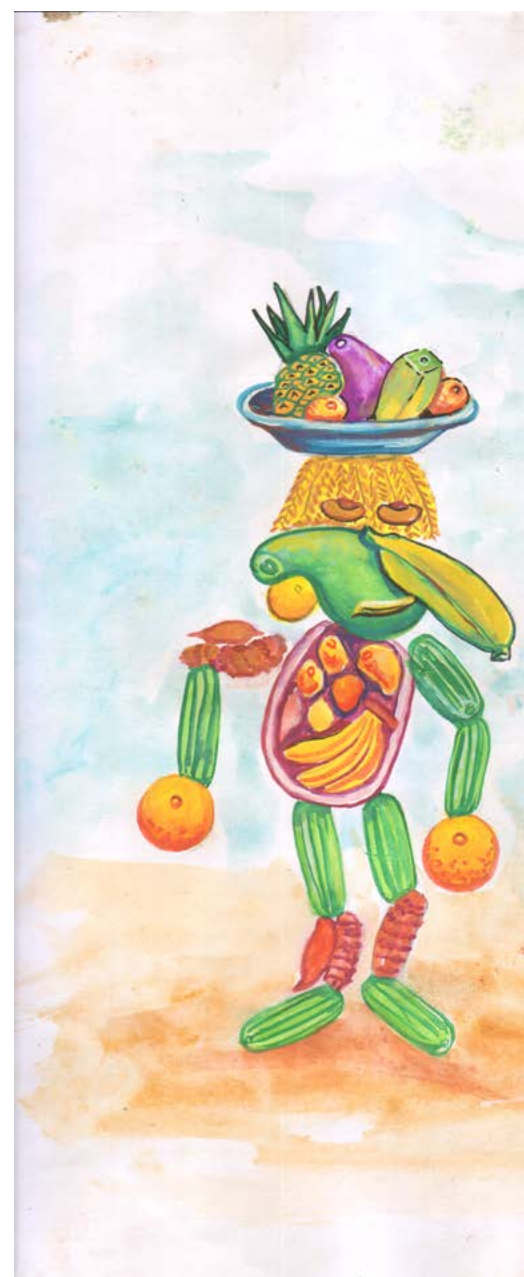
Nancy fit and filled with stamina after she listened to Mama. Now she go down the slide quickly and can bite into mangoes easily.



In school she was smart and sound because Healthy Hench was always around. Cookies and candies still made her smile. Healthy Hench gave her some once in a while.



Now look behind and let me know. Who is really your food shadow?



It is our secret so don't tell, If you see Monster Morlu just yell.



Reading Level: Advance (Age 5 -6)

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Design and production: WE-CARE FOUNDATION

Published by: Ministry of Education

# MONSTER MORLU AND HEALTHY HENEH

## Synopsis

Learn about the types of food. Find out how Monster Morlu and Healthy Heneh treat you.

