

The stories of Alex and Pancho

# ALEX AND PANCHEGO GO TO THE MARKET

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*We value helping at home and not being afraid to  
taste all healthy food.*



Today is Saturday and it's market day. Alex knows he must help his mum and he loves going shopping with her to the big market full of colours.

"I'll take the shopping cart, mum!" exclaimed Alex.

"I'm coming too!" exclaimed Pancho excitedly. Alex and Pancho will help with the weekly shopping and they will learn a lot today.



# MARKET





When they get to the entrance they have to get a cart. They are all stuck together and Pancho tugs on them.

"Pancho, you must put a coin in to get it out," Alex said.

Both friends manage to get the cart and Pancho, pleased, hopped in.

"Push me along, Alex!" exclaims Pancho. "I'm riding in a car!"

"How much fun!" Alex said pushing the cart.



Now they are in the market and there are delicious smells and lovely colours everywhere. Alex and Pancho are pushing the cart while Alex's mother is shopping for different things. "A half a kilo of chicken," they ordered from the butcher.

# GROCERY SHOP



"A quarter of a kilo of ham," they asked another butcher. Alex and Pancho were organizing the food in the cart. The three made a wonderful team!

**BAKERY**



Now we're going to the fish shop. Alex doesn't like fish very much and he covers his nose. "Have you ever tasted fish?" Pancho asked him. "No, but I don't like it at all!" he answered. "You must taste it to know if you like it or not. You might be missing something delicious," Pancho explained to him. Pancho loves fish and he's very brave because he tastes all kinds of food.

