

00:04	<p><u><i>Engelwise goes shopping.</i></u></p> <p>How do you do.</p> <p>Or, how are you doing? Let me hear it.</p> <p>A bit louder. Good.</p> <p>Did you know that in Iceland</p> <p>there are almost 300,000 people?</p> <p>It is actually not very big in comparison to China,</p> <p>the most populated country in the world</p> <p>where 1,2 billion men, women and children live.</p> <p>4 thousand times more than here.</p> <p>That is huge!</p> <p>Everybody needs to watch out for the cars,</p> <p>brush their teeth, sleep and eat well,</p> <p>not only what they like to eat,</p> <p>drink fish oil so they will be frisky and fine,</p>
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<p>00:54</p>	<p>say "thank you" and "here you are."</p> <p>Of couse, ducks also need to care of themselves</p> <p>and others. I was downtown the other day</p> <p>and went into a big shop down by the sea,</p> <p>going to buy bread and some more.</p>
<p>01:11</p>	<p>In the shop there is an incredible variety</p> <p>of all kinds of goods. You can almost buy anything</p> <p>except friendship and love of course.</p>
<p>01:21</p>	<p>You cannot buy that. Here is bread.</p> <p>I want this and this.</p>
<p>01:30</p>	<p>I am crazy about the bread.</p> <p>One, two, three, four and five.</p>
<p>01:45</p>	<p>I just cannot stop.</p> <p>The carrots are here, very fine.</p> <p>Yellow, red, green... The carrots are very fine.</p> <p>The strawberries and the apples are here.</p>

	<p>Yellow, red and mixed.</p> <p>Orange and green pears.</p> <p>How beautiful.</p>
02:09	<p>The fruit table is very colourful, incredibly beautiful.</p>
02:15	<p>Sometimes it can be difficult for me to go shopping as I am rather tall. See? Sometimes I'm very clumsy.</p>
02:23	<p>I saw sweets.</p> <p>I lost control at the sweets rack.</p> <p>I wanted to buy it all. I didn't know what to choose.</p> <p>I just wanted to eat all the candy.</p> <p>I put a lot of it in a bag and also into my mouth but I should not have done it.</p> <p>Do you see how greedy I am? You must not do that.</p>
03:00	<p>When I was going to pay for this I had a very</p>

<p>03:17</p>	<p>bad stomach ache.</p> <p>Sweets are not at all wholesome.</p> <p>I decided to skip the sweets</p> <p>and now I have decided to skip the sweets altogether.</p> <p>My stomach went up and down.</p> <p>The stomach ache stopped later that day.</p> <p>But do you know what?</p> <p>I decided not to eat so much sweets anymore,</p> <p>only the wholesome food, it agrees much with you.</p>
<p>03:33</p>	<p>Moderation is always best.</p> <p>Nobody is worse, even if he gets wet.</p>
<p>03:40</p>	<p>Yes, it is good to bear in mind</p> <p>that moderation is always best. Understood?</p> <p>Since we cannot buy everything we want</p> <p>we must carefully make our choice,</p> <p>that is, to make the right choice.</p> <p>It may not be right,</p>

03:59	but not always light. Thanks for everything today and good-bye. Remember, be happy, not sad.
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