What is for Snack?

Rohini Chintha,
Hyderabad, Telangana

Little Kittu asked mom, "Mom, do we have biscuits and cheese for snack?"

"We have only fruits and water," replied mom.

"Umm...do we have noodles and sauce then?"

"We sure have eggs and milk," mom assured.

"Do we have tea and French fries?" Kittu asked.

"No, no, we have curd and cake," mom shouted.

"Can I have curd with sugar and cake with jam?"

"You can have only juice and bread!"

"Oh! Then, do we have pizza and coffee?"

"Not at all! We have delicious vegetables and salad only."

"If so, can I skip the snack, mom?" asked Kittu.

Dear Parents and Teachers,

Read out this story to the little ones with suitable gestures and voice modulation so that they listen to you with rapt attention.

– Editor

"No, no, you must eat something," insisted mom.

"Let me think then," said Kittu.

"Let me also think then," said mom.

After a few minutes, Kittu said, "An idea, mom! Why don't we mix bread, cheese, vegetables, salad and eggs and make a sandwich?"

"Good idea Kittu," mom said. "Let's mix the fruits, juice, sugar and milk and make a milkshake too!"

Oh! What a wonderful snack!

Thus, mom and Kittu made sandwiches and milkshake and enjoyed a delicious snack together.

Some food items are healthy and some are unhealthy, for us. Write 'H' near healthy food and 'J' near junk food.

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