



A war between chocolates and vegetables

Once upon a time there was a war between chocolates and vegetables. The king of vegetables said, "We are tired of this war. We have to stop the war and become friends." The Chocolate King agreed.

One night the chocolates opened their stall and started selling food that contained dangerous chemicals. So, the minister informed the King, "Our Kingdom's population was 550 two days ago and now it is 400!" "Yes, we have to send Mr. Carrot, the detective to survey the matter." The Brinjal King replied. So, Mr. Carrot was called. On the way he met Mr. Radish. He was very sad. He asked, "Hi! Mr. Radish, why are you so sad?". "My son had bought Choco corns from Chocolates. When he ate it, he had a high fever and a stomach ache." He answered.

"Where did you buy it from?" Mr. Carrot inquired. "My son bought it from the Brinjal Market. The shop is near MR. Mint's Hospital and it goes by the name, 'Choco Lava'. Mr. Carrot nodded and ran to the shop and when he reached the counter he requested, "Please give me Choco Biryani." Then he ran to Mr. Spinach and said, "Please test this Choco Biryani in your lab," After some time Mr. Spinach came out of his lab and said, "This Biryani contains many dangerous chemicals please inform our King." Mr. Carrot went to the palace and told everything to the Brinjal King. So, that night all vegetables moved to a new city and started living happily.

Aryan Chawla

P4-A



Be Carb Smart



Not all carbs are created equal! Higher-fiber carbs, such as whole grains, beans, fruits and vegetables may help you eat fewer calories. Others, like cookies, crackers and chips, may cause you to eat too many calories. Compare foods by the pound below.

Calorie-Dense Carbs

- Ice cream	1,238
- French fries	1,400
- Cake with frosting	1,544
- Pretzels	1,700
- Dry cereal (sweetened)	1,701
- Cheesecake	1,733
- Baked potato chips	1,760
- Doughnuts	1,800
- Brownies, cookies	2,000
- Chocolate bars	2,163
- Chips, crackers	2,450

Calorie-Light Carbs

- Nonstarchy vegetables	195
- Fruits	135-425
- Skim milk	158
- Hot cereal, unsweetened	242-281
- Brown rice	488
- Potatoes, yams	494
- Barley	557
- Whole wheat spaghetti	562
- Beans/legumes	576



- Choose fresh fruit more often
- Eat a big, low-fat salad every day
- Bake, don't fry your potatoes
- Cut back on baked goods & sweets

When Dad turned into a Frog

One evening after dinner, a wizard came to our house. He waved his wand, cast a spell and turned my Dad into a Frog. I was extremely angry at him, but he teleported before I could catch him. Now, when Dad would talk he would croak. He would suddenly take out his long sticky tongue and gobble up all the insects. Looking at it made me feel queasy and made me feel bad for my own father. Everybody who came to our house would be shocked to hear that my father had turned into a frog! The next day in the Newspaper there was a headline which screamed. "FATHER TURNED INTO A FROG, FAMILY ASTOUNDED." I was angry that somebody had leaked the news to the news hungry reporters. One evening after dinner, exactly at the time my father had been turned into a frog, the same wizard appeared. He apologized to us and turned the frog back to my father. He disappeared before I had a chance to thank him. Now, we live happily.

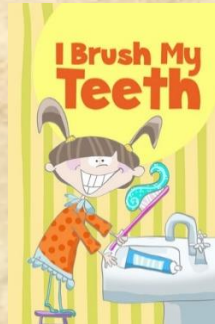
Ayaan Hasmik



HOW TO DRESS YOURSELF FOR SCHOOL?



First, I get up and brush my teeth and take a bath.



Then, I wear my uniform, socks and shoes and comb my hair.



Later, I pack my bag, lunch box and water bottle and leave for school.



It is a good habit to dress yourself in school uniform.

MY DREAM HOUSE

I want my dream house with many magical books because I love books and I like to enjoy my time reading books. I want a lovely magical fairy too in my dream house. I will ask her to make me a pretty girl and also make me helpful so that I can help everyone and take care of everyone.

Reneeka

P1-B



HOW TO SAVE MONEY?

To save money you need to earn money. It is difficult to earn money. We should save money for immediate emergencies like medical need, travelling and buying houses etc. We should reduce purchase of unnecessary items like toys, clothes, food items, etc.

If you want to save lots of money then I have some tips for you. The first tip is to *be a good boy or girl and listen to your parents.* Tip two: *request your parents to award you pocket money for your helpfulness.* When you have lots of pocket money, put it in your piggy bank for later use.

We shall *cut down on expensive habits* like eating out and using personal cars, or taxis instead of public transport. *Sell the items you don't need* and save the money that you earned.

If you want to save more money you have to earn money. To earn more money, you have to work a lot. To work a lot, you have to be hardworking.

So, it depends on you and how you want to save your money.

Divyansh Mishra (P5-B)

There are uncountable ways to save money. We can save money by not spending it. If we don't buy things that are not important, we can save a lot of money.

We can save money by putting it in our piggy bank. It is very important to save money because we need it all the time and when we are in trouble, we also need money at that time.

We can save money for use during difficult times by spending a little money for buying important things, which we need to survive and for our household work etc. We should always keep our money safe in our piggy bank.

We can save money by not shopping too much. We can keep a big piggy bank with us and can put our savings in it. I save lots of money to use in difficult times. Always save money and use these ways to save money.

Parnika Singh (P5-D)

