

# The KK Times

A SARK PROMOTIONS PUBLICATION

## Healthy Food Habits

The role of balanced diets and safe food habits in our children's health

Salad Making challenge

JOKES

RIDDLES

RECIPES

FUN FACTS

and much more ....

Build Vocabulary

2 pages of vocabulary activities!

Halloween Crazy Crafts



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# The KK Times

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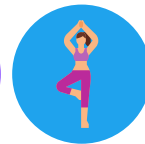
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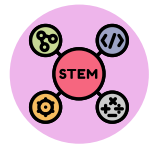
History &  
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Games



## Editor's Note

Dear Friends,

Creating this edition of our magazine has been a joyful journey for me! Our theme, "Healthy Food Habits," explores the importance of nutritious eating (even online). However, I know that many of us struggle with the fear of trying new, healthy foods. It's perfectly okay to feel that way! Remember, stepping outside our comfort zone can lead to exciting discoveries and yummy new favorites.

Through this magazine, I hope to inspire you to embrace healthy habits while celebrating the delicious variety of foods available to us. Let's learn together, share our experiences, and make healthy eating an enjoyable adventure. I'm excited to share these stories and tips with you.

Happy reading!

Your friend and editor-in-chief, Kanira.



## Why Mindful Eating?

Mindful eating is about paying full attention to the food we eat—how it looks, smells, and tastes. It helps us enjoy our meals more and make healthier choices. Instead of eating quickly or while being distracted, mindful eating encourages us to slow down and listen to our bodies when we're hungry and full.

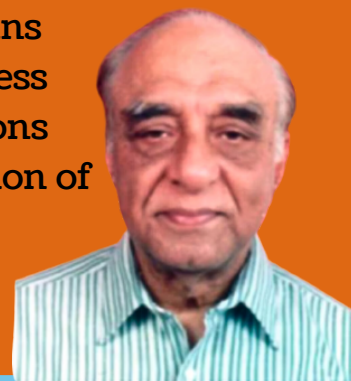
Here are some tips on mindful eating for school kids:

1. Eat slowly: Take your time to chew food well. This helps you enjoy the flavours and allows your body to tell you when it's full.
2. Put away distractions: Avoid eating in front of the TV or while using your phone. Focus on your food.
3. Use all your senses: Notice the colours, smell, and taste of your meal. Appreciate how your food looks and feels.
4. Eat only when hungry: Listen to your body's hunger signals. Don't eat just because you're bored or stressed.
5. Stay hydrated: Drink water regularly. Sometimes we mistake thirst for hunger!
6. Stop when you're full: It's okay to stop eating when you feel satisfied, even if there's still food on your plate.
7. Enjoy family meals: Eating with family or friends is a great way to make mealtime fun and mindful.

By practicing these habits, us kids can develop a healthy and mindful relationship with food!

### KNOW A SCIENTIST

**Dr Coluthur Gopalan** (1918-2019) is revered as the Father of Indian Nutrition Science. He pioneered nutrition research in India. He made ground-breaking contributions to the fields of nutrition, health and agriculture. He evaluated the nutritional content of over 500 Indian foods and recommended balanced dietary plans appropriate for Indian people. He oversaw surveys to assess nutritional status and deficiencies in vulnerable populations in India. This served as a foundation for the implementation of Mid-Day Meal Programme, now a PM Poshan Initiative. Millions of children around the nation now enjoy better nutrition and health thanks to these efforts.





## Cooking Corner

Did you know, that October 16th is celebrated as World Food Day? Other important days in October include World Vegetarian Day on October 1st and National Dessert Day (USA) on October 14th. This month, let's create some delicious healthy desserts that are vegetarian to celebrate this month that's perfect for foodies.

### Apple Donuts

Ingredients: 1 Apple, Honey / Chocolate Syrup / Strawberry Syrup (or any other), Sprinkles (you can take other toppings too like chocolate-chips)

#### Recipe:

1. Cut an apple into a few thin slices and make a small hole in the middle of each slice. Take the help of an adult.
2. Drizzle any syrup of your choice on top in a moderate amount.
3. Cover it with sprinkles, chocolate chips, raisins, berries, nuts (National Nut Day - Oct 22) or any other syrup. Your delicious donuts are ready.



### Banana Split

Ingredients: Banana, Honey / Chocolate Syrup / Strawberry Syrup (or any other), Sprinkles (you can take other toppings too like chocolate-chips)

#### Recipe:

1. Cut a slit through the middle of the banana (not all the way through). Adult supervision is required.
2. Cover the middle slit with Malai (a thick cream made of milk).
2. Drizzle any syrup of your choice in the middle and on top.
3. Sprinkles, chocolate chips, berries, nuts or any other toppings can be sprinkled on top. Your banana split is ready.







Riddle Ride

What can you catch, but not throw?

Check the correct answer in next edition.

Last Edition's Answer - "11"

## WHO AM I?

I have a neck but no head, and I wear a cap without a crown. Who am I?

-----



## DIY Monster Hands

Materials Needed: Coloured Paper, Coloured Markers, Pencil, Scissors, Glue, Double-Sided Tape, Googly Eyes (optional)

How to Make: Trace your hand on a piece of coloured paper with a pencil. Cut it out around the borders neatly. Draw a mouth, hair or any other details you would like. Glue on a pair of googly eyes. Paste a piece of double-sided tape on the back. Now, you can decorate your house with as many Monster Hands as you would like. (Ideas for Monster Hands include Frankenstein's monster, vampires, and jack-o'-lanterns)



## Did You Know?

DID YOU KNOW THAT HONEY IS THE ONLY FOOD THAT NEVER SPOILS?

ARCHAEOLOGISTS HAVE EVEN FOUND POTS OF HONEY IN ANCIENT EGYPTIAN TOMBS THAT ARE OVER 3,000 YEARS OLD AND STILL PERFECTLY EDIBLE!

## FOOD

## What are Healthy Food Habits?

Eating habits that help us to maintain a healthy lifestyle are called Healthy Food Habits. Examples include mindful eating, proper handwashing, safe food handling, eating nutritious food and balanced meals.

EAT BALANCED MEALS

WASH YOUR HANDS



What is a tornado's favourite game?

Twister!



## Fun with Facts



### Halloween

Celebrated on the 31st of October annually, this day is celebrated in the USA, Canada, the UK and many other countries. On this day, kids go trick-or-treating, houses are decorated with spooky decor and people wear scary costumes and give each other a spook. Check page no. 5 for a DIY Halloween craft.



## Challenge

### DIY Make Your Favourite Salad

Yum! Try October's Challenge of the Month by making a delicious salad. Did you know, Oct 16th is World Food Day?

#### How to Participate:

Step 1 : Make a Salad: **Choose your favourite salad recipe and make a salad (any type) Take a good, clear photo.**

Step 2 : Write a Recipe: **Write a simple recipe for your snack and share it with us.**

Step 3 : Submit Your Creations: **Submit your photo and recipe to us through our Google form or submission email.**

<https://forms.gle/ngmhJL6vtwuiNgRU6>

## It's Magic!

### The Mind Reader

1. Shuffle a deck of cards and ask a friend to pick any card they like, but not to show it to you. Have them remember the card.
2. Ask your friend to place their card back on top of the deck.
3. Cut the deck in half, keeping track of the bottom half where your friend's card is located.
4. After a moment of dramatic thinking, reveal the top card from the bottom half of the deck. This will be your friend's card! Act like you've read their mind, and they'll be amazed!







## BALANCED BYTES A Healthy Digital Diet



You must have heard your teacher say, “Eat a balanced diet every day to stay healthy.” That’s true, and you know what else is true? You also need to have a balanced digital diet.

### What is a Balanced Digital Diet?

Just like you consume the food served to you, you also consume information from the internet. So, we can call this our digital diet. A balanced digital diet means managing our screen time and carefully choosing the content we engage with, to keep our minds and bodies healthy.



### How to Consume a Balanced Digital Diet?

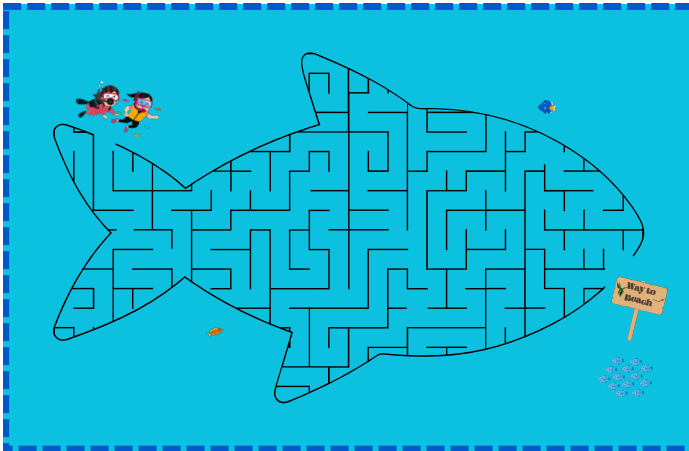
1. Limit Screen Time: Just as too much junk food isn’t good for your body, too much screen time can make your brain tired. Set a daily limit to how long you spend in front of screens.
2. Choose Wisely: Not everything online is good for you. Just like you pick healthy foods, choose educational and positive content that makes you smarter, more creative, and happier.
3. Take Breaks: Don’t forget to take breaks! Go for a walk, read a book, or spend time with your family. Breaks help refresh your mind and reduce screen fatigue.
4. Sleep Smart: Avoid using screens right before bed. Just like how you wouldn’t eat heavy food late at night, you shouldn’t overload your brain with screens before sleeping. It helps you rest better!



By consuming a balanced digital diet, you can keep your mind sharp, your creativity alive, and enjoy the best of both online and offline worlds.



## Activity Area



1. Ria and Mia are scuba diving in the Arabian Sea. Help them find their way through the sea.

2. While searching the mountains for unique types of rocks like diatomite, dolomite, and coquina; Ria and Mia saw something unusual. Can you find 5 unusual things in this image of their trip.



### What to Take to the Desert

1. RWATE \_\_\_\_\_
2. SNKSCA \_\_\_\_\_
3. UGNELSSASS \_\_\_\_\_
4. SCURSNENE \_\_\_\_\_
5. RMAEAC \_\_\_\_\_
6. ACP \_\_\_\_\_
7. SITRF DAI ITK \_\_\_\_\_
8. ACSMSOP \_\_\_\_\_
9. HGSTIHLAFL \_\_\_\_\_
10. OOTBS \_\_\_\_\_

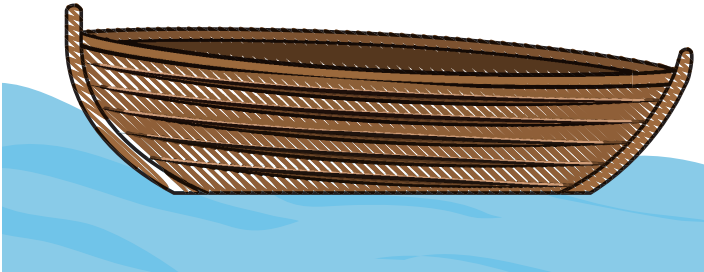
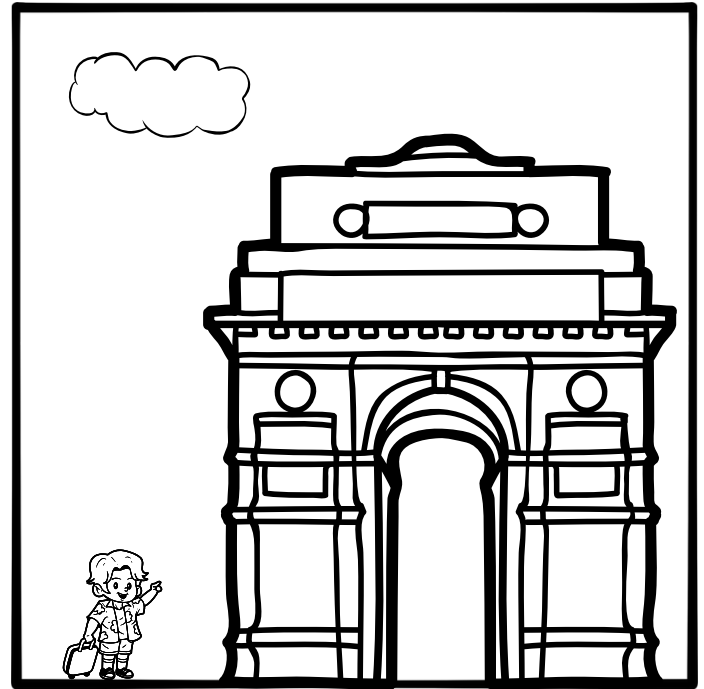
3. Next on their 'Adventure List' was India's largest desert, Thar Desert. Solve this tricky word puzzle to tell them what to carry to the desert.





## Activity Area

4. Ria and Mia had enjoyed their adventure so far and were looking forward to exploring New Delhi, the capital of India. Colour in this beautiful image of India Gate.



5. The girls enjoyed boating on the Ganges River. Why don't you solve this riddle? "What can run but never walks, has a mouth but never talks?"

6. Ria and Mia are heading on a jungle safari. Take them to the Tiger Terrain.

On an average jungle safari, you might spot around 2 to 6 animals, depending on the location and season. Safaris are also a great way to see birds you wouldn't normally find, with over 300 species in some forests.





## Activity Area

6. Finally, Ria and Mia headed to Ladakh for a glimpse of snow. It was very chilly.


Chilly is a homophone because it sounds the same as Chilli, but has a different meaning and spelling.

Underline other pairs of homophones you find in this travel blog. (Each pair in a different colour.)

riaandmiablogs.com/ladakh

### Our Trip to Ladakh

The chilly winds in Ladakh made us shiver. In our hotel, we enjoyed a spicy bowl of chilli noodles. Later on, we climbed almost to the peak of the mountains and admired the view. Then, I took a quick peek at the photos we clicked. We stopped for a break by the river to rest. We also rode around on



riaandmiablogs.com/ladakh

our mountain bikes. A funny incident I recall was when we had to brake as a yak was crossing the road. When we went hiking, we bought two pairs of gloves, a cap and a scarf to save us from the cold.



Before we headed home, we also bought some special juicy pears from the local market.

### WHY IS ADVENTURE IMPORTANT?

Going on adventures not only boosts your courage but also offers a chance to grow and gain knowledge. Different places and cultures are rich with valuable life lessons that you might miss in your daily routine. Adventures broaden our perspective and shape how we connect with the world.





## TOURIST TIME

### Sikkim, Part 1 : Culture

Sikkim, nestled in the northeastern Himalayas, boasts a vibrant blend of cultures, home to diverse communities including Lepchas, Bhutias, and Tibetans. The state's rich heritage is reflected in its food, handicrafts, and traditions.



Bowl of Thukpa

Sikkimese cuisine is known for dishes like momos, thukpa, thenthuk and gundruk, made from fermented vegetables, highlighting the region's love for simple yet flavourful food.

Bamboo and cane crafts are significant part of Sikkim's cultural identity, with locals crafting beautiful baskets, mats, and furniture. Handicrafts such as woolen carpets and painted masks also thrive here, reflecting the unique craftsmanship of the Tibetan and Bhutia communities. These arts not only preserve the region's cultural heritage but also provide livelihoods to many artisans.



Traditional Handicrafts of Sikkim

Sikkim's vibrant festivals like Losar and Saga Dawa are deeply rooted in Tibetan Buddhism, showcasing the spiritual side of its people.

The harmonious blend of ethnic groups and cultures gives Sikkim its unique identity, making it a beautiful example of unity in diversity amidst breathtaking landscapes.





## vocabulary *On* HALLOWEEN



BLOODCURDLING

TRICK  
OR  
TREAT



BROOMSTICK



GHOUL



SPINE-CHILLING

HAIR-RAISING



JACK-O'-LANTERN



HAIR-RAISING



## The Vocabulary Building

Mindful - remembering something when you do something

Pioneered - to be one of the first people to do something

Evaluated - to study the facts and then form an opinion about something

Deficiencies - the state of not having enough of something; a lack

Archeologists - expert in the study of the past, based on objects or parts of buildings that are found in the ground

Perspective - the ability to think about problems and decisions in a reasonable way without exaggerating them

Livelihood - the way that you earn money

## Vocabulary Activities

Colour the cloud containing the synonym of the given word.

a) impartial

unbiased

part of

unfair

b) frequently

less

quoted

often

c) alluring

charming

artistic

quirky



## DID YOU KNOW?

On average, 3,200 distinct bacteria from over 150 species are present on our hands; some of these can be dangerous and lead to infection.



### Haiku: Soap

Foamy bubbles rise,  
Wash your hands squeaky and clean.  
Germs swirl down the drain.



Handwashing:  
A Poem  
Collection

### Limerick: Scrub It!

When washing your hands, give a scrub,  
Get in all the spots, like a club.  
Between every finger,  
Let the suds linger,  
To keep away germs in the tub

### Acrostic Poem: Wash

W- Wash Your Hands  
A- And Keep Them Clean  
S- Soap And water  
H- Hand Hygiene!

### Ballad: Handwashing Wonders

Rub-a-dub dub,  
What important? Hygiene!  
Before you eat,  
Keep your hands clean!

## Key Tips for Safe Food Handling and Storage

Keeping food safe is essential to prevent illness and make sure it stays fresh for longer. Here are some simple tips to follow:

1. **Wash hands and surfaces** before and after handling food.
2. **Separate raw and cooked foods** to prevent cross-contamination.
3. **Cook food thoroughly** to proper temperatures (e.g., chicken at 75°C).
4. **Store food properly** by refrigerating leftovers within two hours.
5. **Check expiry dates** and discard expired items.

These simple tips will help keep your food safe and healthy to eat while ensuring your food stays safe and fresh!



## Healthy Cooking Methods

Healthy cooking is all about preparing food in ways that keep its nutrients intact, so your body gets all the goodness from what you eat. There are several cooking methods that help preserve the nutrients in food, making meals both delicious and nutritious.

**STEAMING** is one of the best techniques. It involves cooking food using steam from boiling water. Since the food doesn't touch the water, most vitamins, like vitamin C, stay in the food rather than being lost in the water. Steamed vegetables like broccoli or carrots stay crunchy and full of flavor. You can also steam dumplings or fish for a healthier alternative to frying or baking.



Another great method is **STIR FRYING**. This uses a small amount of oil and high heat for a short time. Because the food cooks quickly, most of the nutrients, especially in vegetables, are preserved. Stir-fried dishes like vegetable noodles or chicken stir-fry are tasty and full of nutrients. Stir-frying is common in Asian cooking and is a fun way to mix up flavours and colours.



**GRILLING** is also a healthy option, especially for meats. When you grill, fats in the food drip away, reducing the fat content. Grilled chicken, fish, or even veggies like corn and bell peppers are delicious examples. However, be careful not to overcook, as too much heat can destroy some nutrients.

Lastly, **BAKING** is a method that uses dry heat and doesn't require added fats. It's great for foods like fish or whole-grain bread, which can keep omega-3 fatty acids or fiber when baked. You can bake healthy dishes like baked salmon or veggie casseroles.

With the latest gadgets, some traditionally fried foods can be made healthier. **AIR FRYERS** use hot air to cook food with little to no oil, making it perfect for healthier versions of French fries or samosas. **INSTANT POTS** combine steam and pressure cooking, which can preserve nutrients in soups, stews, and even rice dishes. These gadgets help make traditionally cooked food healthier while maintaining the same flavours!







## OUR DEAR ANIMAL FRIENDS

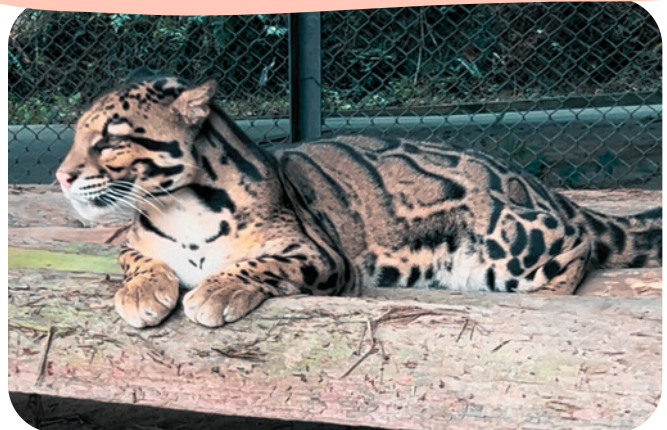


Did you know, October 4th is known as World Animal Day or World Animal Welfare Day? Animals are our friends, and they help us in so many ways. That includes pets reducing stress and increasing heart health, their manual labour like horses carrying carriages, and some animals are crucial for climate change like bees who pollinate plants and crops. Just like animals help us, we should also help our dear friends. Read ahead for tips on how to help animals, fun facts on animals and much more.

### A FURRY FUNNY JOKE

How do bees go to school?

On a school buzz!



### TIPS TO HELP SAVE ANIMALS

1. Eat vegetarian food and avoid eating meats and eggs.
2. Avoid buying animal made products like leather boots.
3. Volunteer at local animal shelters.
4. Adopt pet animals from animal shelters instead of pet stores.
5. Do not litter in the ocean to help protect aquatic animals.
6. Do not buy products that encourage animal cruelty (i.e. - leather products, animal-tested products).
7. Raise awareness about these tips in your neighbourhood through simple posters or campaigns.
8. Take the pledge to protect animals on the next page.



## AN ANIMAL STORY

Maya and Rohan loved visiting the park, but one day, they saw kids throwing stones at a stray dog named Rusty, who was starving. Determined to help, they confronted the kids and started bringing Rusty nutritious meals from home. They even took him to the vet for vaccinations, ensuring he was healthy. As Rusty grew stronger, more kids noticed him and began treating animals with kindness. Inspired by their actions, the park became a happier place for all animals, teaching everyone that small acts of kindness can change lives and create a better world for all.



## PLEDGE

I pledge to protect animals by being kind and taking care of their homes, like forests and oceans. I'll reduce plastic, recycle, and keep their habitats clean. I promise to learn more about endangered species and share how important animals are with others. I will use only cruelty-free products and will help animals live merrily.

## FUN FACTS

- Fleas can leap 350 times the length of their body.
- Hummingbirds are the sole birds capable of flying backward.
- Crocodiles are unable to stick out their tongues.
- Starfish lack a brain.
- Slugs possess four noses.



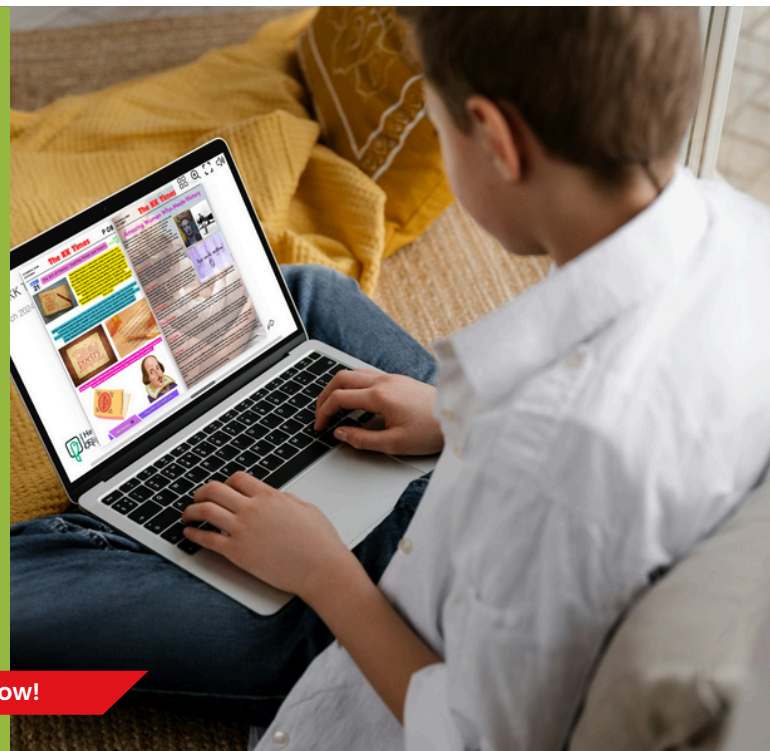
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