-The KK Times

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Superhero Foods

The process of gobbling up yummy food and magically turning it into superpower energy and other super-duper important things is called "nutrition". It's like having a secret superpower inside your tummy! Imagine that!

You see, nutrition isn't just about munching on food; it's about getting special gifts like vitamins and minerals. They're like tiny superheroes that make your body strong and healthy.

Vitamins are like the Avengers, fighting off germs and bad stuff, while minerals are the Justice League, keeping your bones and muscles super strong. And energy, well, it's like the super fuel that powers you up, ready to take on the day like a true superhero!

Let me explain it to you. When you eat delicious vegetables and other healthy food your body uses the vitamins, minerals and other stuff to make energy and other needs which are needed to live. Nutrition also helps in keeping us strong and powerful by using all the goodies we eat to power up our body.

So I hope you understand the importance of good nutrition in life. Do you know that September is observed in India as the National Nutrition Month or "Poshan Maah"? Read more on this in following pages.



Editor's Note:

Hey guys. September is National Nutrition Month and we have included an article and even a cartoon. We have also included answers to past activities. if you're new here be sure to check out Cooking Corner and Tourist Time. We loved the

submissions you sent us. In case your submission

hasn't been featured yet, send it to our email or upload it on our Google

Form. The KK Times is now a monthly newsletter with more pages and more fun. Hope you enjoy this edition. It is handcrafted specially

for you by -

Yours truly Kanira 🤍

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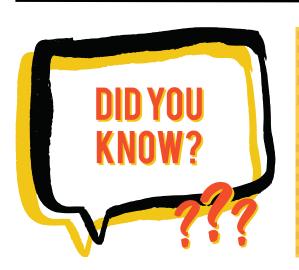
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The Sun's gravity holds the solar system together and is about 27.9 times that of Earth.

In The Rays: The Adventure of Aditya L1

By Kanira Gupta, 4-B, AISV6

At 11:50 AM IST, 2 September 2023, something super-duper amazing happened! Aditya L1, a rocket that was as cool as a rocket can be, decided to blast off like a super-fast cheetah! It zoomed up into the big blue sky from a place called Sriharikota in Andhra Pradesh, which is a big word for a very special location.

Now, you might be wondering, where did Aditya L1 go? Well, buckle up, because it headed straight to the Sun! Yep, you heard it right, it was off on a mission to get up close and personal with our fiery friend in the sky. I bet Aditya L1 was feeling a mix of excitement and nerves, just like when we're about to ride a roller coaster!



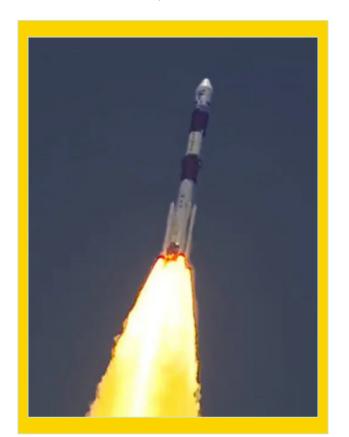


Can you imagine how hot it must be up there? I'm pretty sure the Sun was wearing its hottest sunglasses to greet Aditya L1. It's like a big game of "tag, you're it" between a brave rocket and a blazing ball of fire. I hope Aditya L1 has a super fun journey and collects lots of interesting facts to share with us!

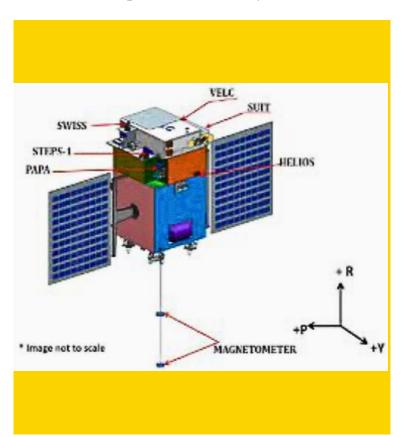


The rocket's launch vehicle was PSLV-C57 (Polar Satellite Launch Vehicle C57). From the Moon to Sun to Mars, for us anything is possible. When you grow up you'll definitely be the best rocket scientists if you read the Qurious Atom. Have fun zooming till the big, bright Sun.

Launch of Aditya L1: Sun Mission



Components of Aditya L1



Animated Photo of Aditya-L1



LIVES IN DELHI-NCR GETTING SHORTER

IMPACT OF AIR POLLUTION

Delhi is like super duper polluted, you wouldn't even believe it! This mind-boggling report from the Energy Policy Institute at the University of Chicago says that the people who live there might lose like almost 12 years of their life because of the yucky air pollution (PM2.5). OMG!!!

Guess what? The PM2.5 level in Delhi last year was a whopping 126.5 g/m3, which is like 25 times the limit that World Health Organisation (WHO) thinks is safe (it's only 5 g/m3, how lame!). And get this, even in 2020 (the year of the Covid Pandemic) it was still bad at $107 \, \text{g/m3}$. If India doesn't follow their own air quality rules (the limit is $40 \, \text{g/m3}$), people in Delhi might lose up to $8.5 \, \text{years}$ off their life. That's so not cool, like seriously.

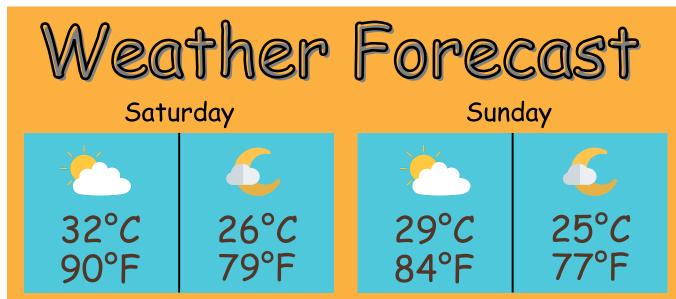
Even while Delhi is the place of greatest concern, its surrounding regions in the NCR are not far behind. Gurgaon follows closely behind, with residents there expected to lose 11.2% of their life expectancy as a result of pollution. Faridabad (10.8%), Noida (11.3%), Ghaziabad (10.7%), and Rohtak (9.6%) are more NCR areas with alarming numbers.

According to the EPIC analysis, every single one of India's 1.3 billion residents resides in a zone where the annual average particle pollution exceeds WHO standards, highlighting a worrying national trend. Additionally, 67.4% of the population resides in regions that exceed India's national air quality standards.

The biggest threat to Indians' health is now particulate pollution, but not just because it ruins the skyline. This environmental danger shortens the lifespan of the average Indian by 5.3 years, making it more lethal than cardiovascular disease, which reduces it by 4.5 years, and child and maternal malnutrition, which costs 1.8 years of their lives.

The numbers look really bad, but if we understand how serious the problem is, we can take smart steps to make it better.

The KK Times









IMD predicts light to moderate but widespread showers all across North India for this weekend.





Why is 6 afraid of 7 7

Because 789 (Seven ate Nine)!

हिंदी- येरी भाषा, येरा गौरव

सुप्रभात दोस्तों और हिंदी दिवस की शुभकामनाएँ! आज मैं आपको हिंदी दिवस के बारे में बताने जा रही हूं, जो सभी भारतीयों के लिए एक दिलचस्प विषय है और विदेशियों के लिए एक नया इतिहास सबक भी है। हर साल 14 सितंबर को हिंदी दिवस मनाया जाता है।

हिंदी हमारी राष्ट्रभाषा-

जैसा कि आप जानते हैं, हिंदी भारत में लगभग हम सभी लोगों द्वारा बोली जाती है। हालाँकि भारत में कुल 22 आधिकारिक भाषाएँ हैं, लेकिन हिंदी मुख्य भाषा है और इसे सभी लोग समझते हैं। क्या आप जानते हैं, हिंदी संस्कृत से विकसित हुई है और दुनिया में बोली जाने वाली सबसे पुरानी भाषाओं में से एक है। जैसा कि मैं कह रही था, अंग्रेजी के विपरीत हिंदी में शब्दों का उच्चारण बिल्कुल वैसे ही होता है जैसे हम उन्हें लिखते हैं।

खैर, अब बहुत हो गया, हिंदी दिवस मनाने का आनंद लीजिए, यहां आपके लिए एक चुनौती है- पूरे दिन हर बात हिंदी में बोलने का प्रयास करें।



Cooloulary Building

GOBBLING- to eat quickly and noisily

SNAKING- to move like a snake in large turns

FORMATIONS- the act of making or developing something

EQUINOX- the day when day and night are of equal length

PARTICULATE- tiny particles goatings into the air.

MALNUTRITION- lack of one or more nutrition due to inadequate food eaten

ECONOMIC- study of how society distributes resources and earns from them.

CONTRAPTIONS- a strange piece of equipment to bind something

BEEFEATER GUARDS- the ceremonial guards of the tower of London

New Wonders of the World

Article by Kanira Gupta, Class 4, AISV6



Hey guys! Today we're going on an exciting journey through the new Seven Wonders of The World. Get ready for some mind-blowing facts and adventure!

Let's start with the majestic Taj Mahal. Did you know it was built by a king (Shah Jahan) for his beloved wife (Mumtaz Mahal)? Imagine a giant marble palace shining like a diamond under the golden sun!

Next up, we have the mystical Machu Picchu. Hidden among the clouds, it is an ancient city filled with secrets. Legend has it that only those with a brave heart can discover its treasures. Are you up for the challenge?



A llama in front of Machu Picchu ©.

Now, let's travel to China to see the Great Wall of China. Prepare your binoculars because this wall is so long that it can't be seen with the naked eye! It seems like a dragon snaking through the beautiful landscape, guarding the ancient kingdom.

Moving on, we have Petra, also known as the Rose City. The awe-inspiring carved rock formations will make you feel like you've stepped into a fairy tale. Watch out for hidden caves and mysterious paths!

Wait, didn't we mention Machu Picchu ear<mark>lier? Oops, it's so</mark> amazing, it deserves a second mention! The ancient ruins

perched on top of the Andes mountains will leave you breathless. Just don't forget to snap a selfie with llamas!

Next on our list is Christ the Redeemer in Rio de Janeiro, Brazil. This colossal statue seems to embrace the whole world with its outstretched arms.

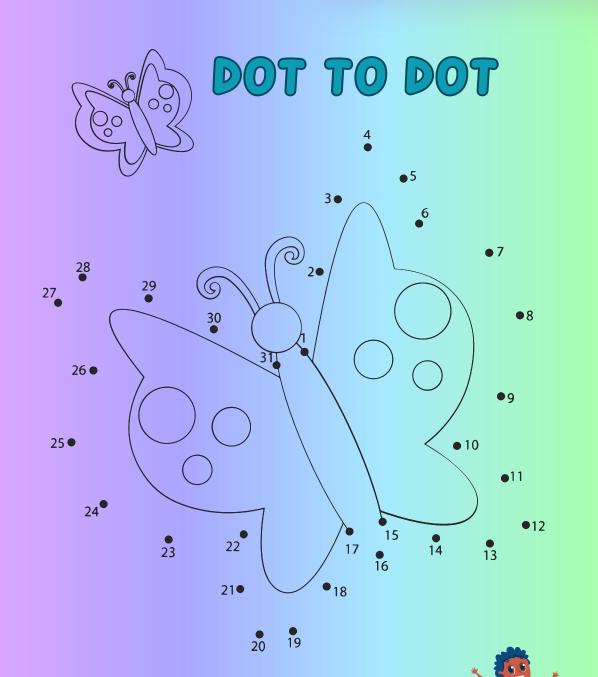
Moving on to Italy, The Colesseum in Rome is so cool, it's like a giant playground for history-lovers!

Lastly, we have the charming Chichen Itza in Mexico. Get ready to be mesmerized by the towering pyramid, El Castillo. Legend says that every equinox, a magical shadow of a serpent appears on its steps. How cool is that?

So, are you excited for this incredible journey through the Seven Wonders of the World? Get your passports ready because adventure awaits! Let's go explore these wonders together and create memories that will last a lifetime!



Activity Area



2				3			4	
	3		6					7
		9			7	1		8
		4		7	2			
	2	5		8	1	9		
1		3			6			5
				2		4		
4		6	8				7	
5			9			3		



Design a T-Shirt with patterns, colours and fun illustrations.





International Makeup Day

1. GRLGHIHITEH

2. DEEWYSOAH

3. RELNEEIY _____

4. LBUHS

5. APKUME

6. TODUOIANFN

7. OBRZNER _____

8. OENECCRAL

9. KIITSCPL

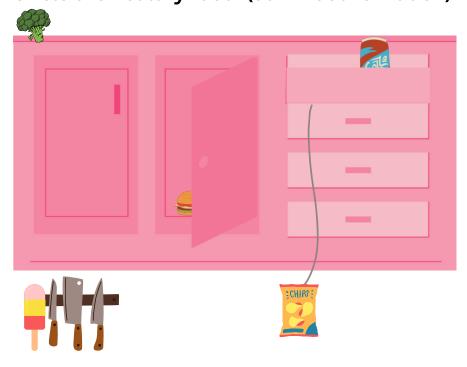
10. EAFK SLSAHE

11. BB ACREM _____

12. BHERSUS



Cross out the junk food given in the picture. Circle the healthy food. (Junk food is hidden).







National Nutrition Month is celebrated every year in India during the month of September. It was started in 1982 to encourage people to eat healthy food, and to raise awareness about nutrition. This year's theme is "Healthy Diet Going Affordable for All."



The recipe of ...

Strawberry Coconut Laddoo

By Raunak Gupta, Class 11, AISV6

Preparation time: 30 mins



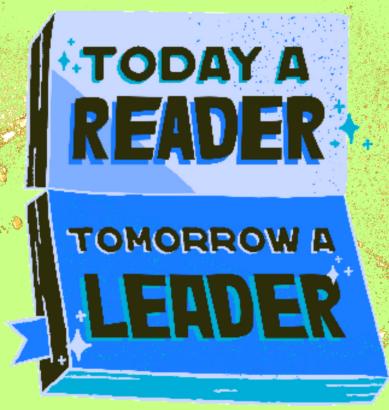
Ingredients:

Coconut powder - 200g Milkmaid - 200g Strawberry sauce - 5 tbsp Cardamom powder - 1tsp



Recipe:

- Keep aside about 50g of coconut powder and add the rest to a pan.
- Add the condensed milk to the pan and turn on the stove on a light flame.
- Cook until the mixture becomes thick and gooey.
- Turn of the stove and add the strawberry sauce and cardamom powder.
- Mix well and let it cool so that it does not burn your hands.
- Take small bits of the mixture and roll them in the coconut powder left aside.
- Let the laddoos cool
- Your tasty strawberry coconut laddoos are ready.



Name: Kavin Dalela Elast: 5 Age: 10 yrs School: School of Science & Technology, Bayshore, Texas





Submissions

Kavin Dalela is now a Kreative Kid as he sends many submissions and reads this magazine - The KK Times- often.

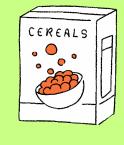


Is Cereal A Healthy Breakfast Choice? - 27 August



Bringing Mars Samples to Earth-12 August





Hey Awesome Readers! Become a Star in The KK Times and The Qurious Atom!

Want your name to shine in our mags? Be our Reader of the Fortnight:

- 1. Read All Issues: Dive into The KK Times and The Qurious Atom.
 - 2. Join Activities: Solve puzzles, enjoy science have a blast!
 - 3. Share Your Genius: Send your answers and creations.

The KK Times

P 09



The Fantastic World of Cleanliness and Hygiene! 🚀

Hey there, curious little pals! Let's dive into the amazing world of cleanliness and hygiene, where we'll learn how to keep those pesky germs at bay and stay super-duper healthy! 📹 💪 Imagine your body as a superhero castle, and germs are the sneaky villains trying to sneak in and make you sick. But don't worry, we have some awesome tricks to protect your castle! 🔭

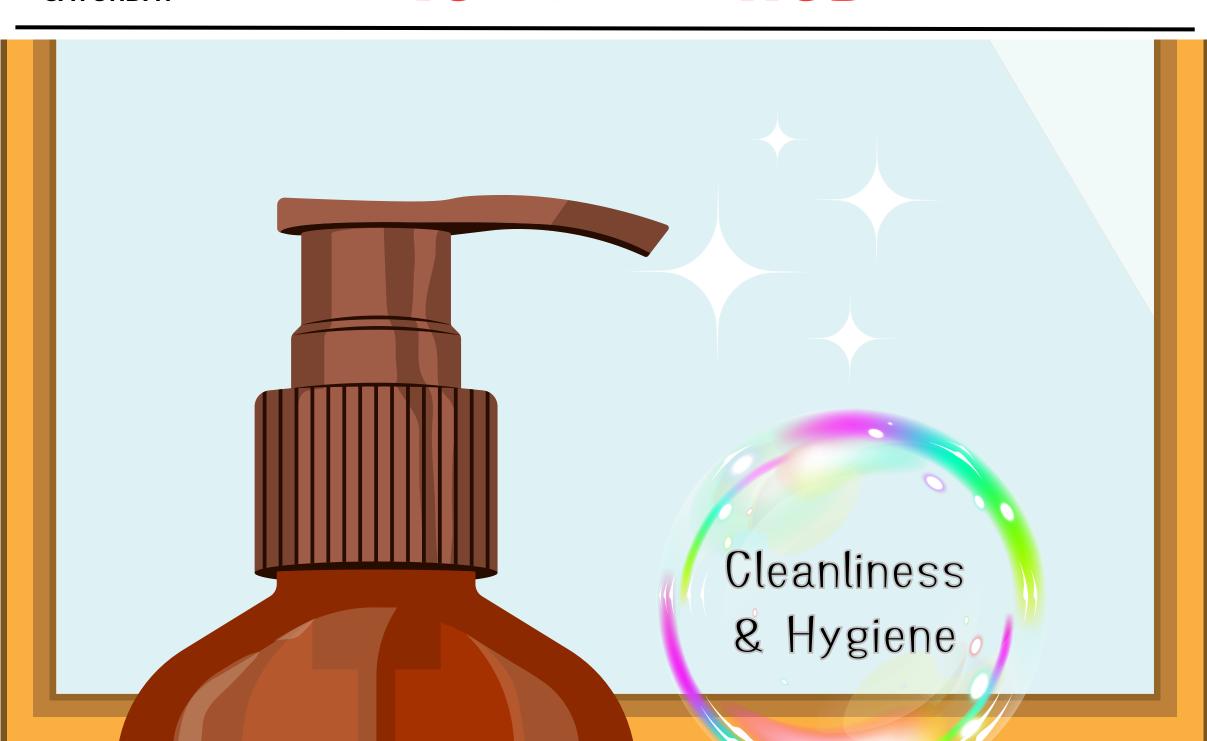
- 1. Soap Magic: Grab your magical soap wand (soap bar) and make a bubbly potion! When you wash your hands, sing your favorite song like the Soap Symphony to make sure you wash for 20 seconds. Bye-bye, germs!
- 3. Sneezing Spells: When you feel a sneeze or cough coming, use your superhero elbow shield (bend your arm) or a tissue to catch it. Germs won't stand a chance! !
- 4. Super Clean Spaces: Thelp your grown-ups clean your play area and toys regularly. It's like giving your castle a shiny makeover.
- 5. Healthy Foods: Eat colorful fruits and veggies. They're like magical potions that make you strong and ready for adventures!

Remember, my Kreative Kids friends, staying clean and healthy is like having a superpower. You can play, learn, and explore the world without any worries. So, keep up the good work, and let's keep those germs far, far away from our superhero castles! Stay happy, stay healthy, and keep spreading smiles!

fetivity fra Answers

- a) The car will consume 13 litres of fuel.
- b) Raju will be able to complete 8 rounds in 24 liters of petrol.
- c) The car will take 40 hours to cover the distance between Delhi and Mumbai.
 - d) The weight of 14 of Radha's cars will be 21000 kgs.
 - e) The sum of Radha and Naisha's car will be 3500 kgs.





In a world so bright and clean,
Let's keep our bodies and spaces pristine.
Wash your hands with soap and care,
Say goodbye to germs that linger there.

Brush your teeth, don't forget the paste,
A dazzling smile, a healthy taste.
Clean your room, make it neat,
A tidy space is oh-so sweet.

Remember, kids, it's clear to see, Cleanliness and hygiene set you free. With every wash and every sweep, You'll stay healthy and always leap!

So, in this rhyme, we surely find,
A lesson for all, one of a kind.
Clean and healthy, that's the theme,
For kids like you, it's a gleaming dream!









TOURIST TIME



Welcome to the Magical Kingdom of the United Kingdom!

1. President and Prime Minister

- In the UK, they don't have a president like they do in some countries. Instead, they have a Queen or King who is super fancy! Right now, King Charles is in charge. Rishi Sunak is the Prime Minister. Did you know, Rishi Sunak is Author Sudha Murty's son-in-law?

2. Tourist Attractions

- Get ready for some awesome adventures! Visit the Big Ben, which is a giant clock that goes "ding-dong!" 🕰
 - Meet the King's guards at Buckingham Palace. They wear funny hats and don't move much!
 - Explore the magical world of Harry Potter at Warner Bros. Studio tour London.
 - Don't forget Stonehenge, where giant rocks stand like a puzzle waiting to be solved!

3. Souvenirs

- Grab a red double-decker bus toy or a cute London taxi as a souvenir.
- Get a teddy bear dressed as a Queen's/King's Guard to cuddle with.
- Don't leave without trying some delicious tea and taking home a teapot!

4. Things to Pack

- Your favorite raincoat because it might rain a lot.
- An umbrella shaped like a funny animal, just in case.
 - A warm sweater for those chilly British days.
- Comfortable walking shoes to explore all the cool places.

5. Things to Do

- Go on a magical quest to find all the hidden castles in the countryside.
 - Have a picnic in one of the beautiful parks, like Hyde Park.
 - try fish and chips it's yummy!
 - Pretend you're a detective and follow the trail of Sherlock Holmes.

6. National Symbols

- the union jack flag, with lots of red, white, and blue.
 - the beautiful red rose, which is England's flower.
- the adorable Beefeater guards with their tall, black hats.

Remember to use your imagination, just like in your favorite storybook, while exploring the UK! * Have a jolly good time!





Send us your birthdate with you're going to be. A special in your birthday month. You should be greater than 1 MB.



HEY GUYS, WE'RE RUNNING A CONTEST FOR THE

OCTOBER EDITION.

OCTOBER EDITION.

DETAILS:

SEND US A PHOTO OF YOURSELF WITH THIS EDITION

OF THE KK TIMES, ALSO, WRITE WHY YOU LIKE THE

OF THE KK TIMES, ALSO, WRITE WHY POU?

KK TIMES AND HOW IT HAS HELPED YOU?

KK TIMES AND HOW IT HAS HELPED IN THE KK.

THE BEST ENTRY WILL BE FEATURED IN THE KK.

SEND THE ENTRY ALONG WITH NAME, CLASS, AND

AGE. IMAGE SIZE SHOULD BE GREATER THAN I MB.

Poem Party Jest



Save Our

India- A

Poem on India

India is our mother and land,
We must give it a helping hand.
Clean the ways of our city,
Find ways to preserve electricity.
Save the precious water,
In case of a drought when it gets
hotter and hotter.
Plant more trees in the soil,

Save food make sure it doesn't spoil.

Love our land the way it is

Love our land the way it is, Hug it and give it a kiss. Poem by Kanira Gupta,

Class 4

WORLD FIRST AID DAY

Thermometer

Antiseptic

Adhesive Tape

Medicine

Hospital

Stethoscope

Bandage

Doctor

Health

Injection



What do you call a baby ant?



Check the correct answer in next edition.

Answer to 27th August's Riddle Ride - "Tenants"

C20 Sumil's One World, One Family

Finance, Climate Change, Economic Problems and all these bad things are stressing the whole world out. But don't worry because G20 -our superhero is here to save us. You might be wondering what G20 is. Well G20 is this super cool group, of 19 countries and 1 European Union bloc, that solves all our problems.

A place is chosen every year for these meetings to be held. And guess what? This time India is hosting the 18th G20 summit. And this time we have a super duper theme - Vasudhaiva Kutumbakam. That must sound like a bunch of mixed up words to you. But it actually means "The World is One Family" in Sanskrit.

Interestingly, we have also welcomed a new guest into this party of nations during this presidential year of India. The African Union is now a part of this amazing gang. Together they will give us solutions to all our problems. So buh-bye problems, hello G20!



The KK Times

Madrima Madmass

Q: How is food digested in stomach?

-Miss Kanira, 8 Years

A: Digestion in the stomach is like a big blender. It mixes the food you eat with special juices that help break it down into tiny pieces so your body can use the nutrients to help you.

Ask your questions about digestion, nutrition or any other questions about food. Answers by our Nutritionist will be published in the next issue.



Send us your original articles, riddles, stories, poems, DIY crafts, recipes, graphic designs, drawings, and answers for **Activities & Fun Times with your** full name, age and class at email: shubhangan@outlook.com with subject "Newsletter Submission". All submissions with images must be of high quality, in PNG/JPG format above 1 MB size. Rename the image(s) with your name. You can also share your creations on our Google submission form at https://forms.gle/bVcgKS1DoG1 DXXD37



Drawing by Ragini, Sona Sarovar Trust, Mumbai



Sketch by Abhijay Kumar, Class 3 Heritage Academy Modinagar



Clay Sculpture by Gauransh Kumar, Class 2, Heritage Academy Modinagar



Mokshagundam Visvesvaraya- A Legend

Mokshagundam Visvesvaraya, born on 15th Sep 1861 in Muddenhalli, Karnataka, was a super cool dude, you know? He was totally awesome and got the first-ever Bharat Ratna in India. And guess what? He even invented the Block System, a fancy contraption with automated doors that stopped flooding. Talk about genius! Not only that, this guy was also the boss engineer for a bunch of dams. Impressive, right?

But wait, there's more! Mokshagundam Visvesvaraya wasn't just a brainiac, he was a total boss as a person too. He was always on time, dressed to the nines, and super fit. Even though he was born when the British were running the show, he never forgot his roots and always rocked his turban. What a legend! Did I mention that he was the first engineer in India. Amazing right! Happy Engineers Day!

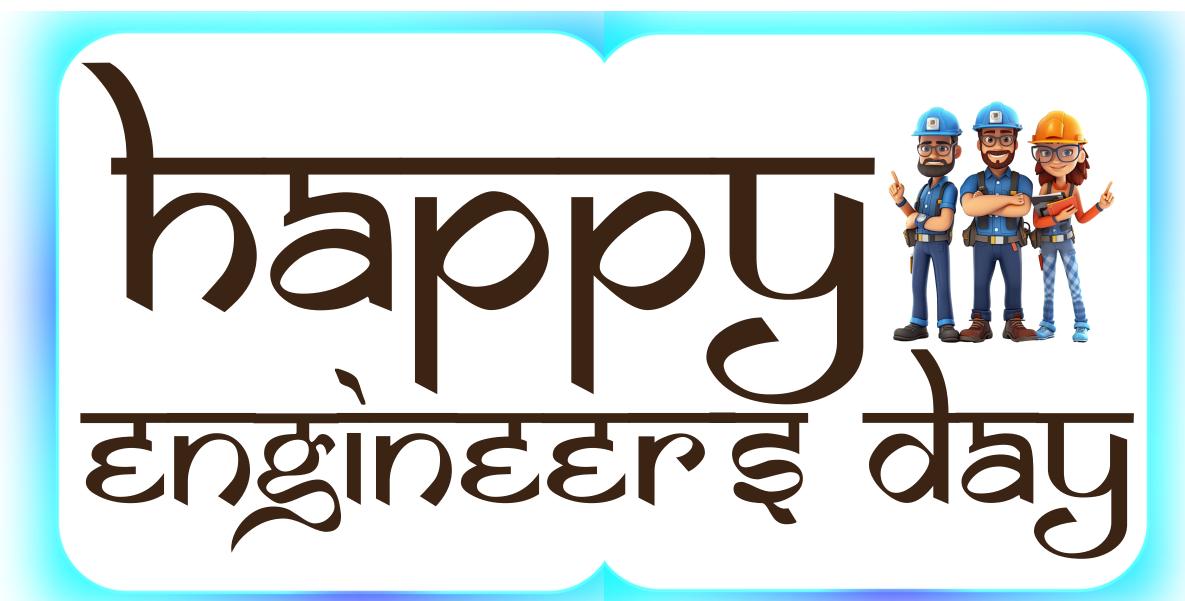
Engineers Day is, like, super cool! It's celebrated on 15th September every years.

National Engineers Day is, like, super cool! It's celebrated on 15th September every year and this year is, like, the totally rad 55th Engineers Day. Science is all about knowing stuff, but Engineering is all about, you know, doing things and making things happen! There are so many types of engineers, like mechanical engineers, civil engineers, software engineers, and more. Imagine a world without engineers, it'd be like a bike without wheels. Can you even picture that? So here's to all the amazing engineers out there, Happy Engineers Day!









NUTRITOON



Bleh! This is worse then I thought.



Math Monday - Full Story

You wake up in the morning at 6 AM. You go to the toilet 20 mins later and 110 mins later you have breakfast.

Q1. What time is it?

For breakfast you had cereal and bread with jam. You had 3 x 40 berries in your cereal and that was 1/3 of the whole cereal.

Q2. How much gram is the whole cereal of?

After breakfast you go to the market. You find some clothes that you like. You buy jeans worth ₹40, a t-shirt worth ₹50 and a skirt worth ₹30. But there is a 50% discount.

Q3. What is the total price?

You buy your clothes and then have lunch at a fancy restaurant. You order cucumber salad and chicken curry. The chicken curry had a price of ₹250.

Q4. If the cucumber salad was half the price, what would be the total bill?

You then go home, but your car runs out of fuel. You go to the nearest petroleum and get fuel.

Q5. If you get 90 L of fuel in ₹9000, how much would you get in ₹4000?

After reaching home you decide to sleep. After waking up you realise that you have an online business meeting. Yo<mark>u quickly join and</mark> see that you are 570 seconds late.

Q6. How many minutes late were you?

You notice that there were supposed to be only 95 people in the meeting but there are 161.

Q7. How many extra people were there?

After your meeting you have to go meet your cousins. When you reach you forget their ages. But you know the following things:

Mandy is smaller than Emily by 2 years

Emily is half the age of Nancy

Emma is elder to Nancy by 6 years

Nancy is 26 yrs old.

Q8. What were their ages?

You come back home and decide to hit the hay. Whew, what a long day.

Solve the questions and send the answers at our email ${\ensuremath{\boxtimes}}$ SHUBHANGAN@OUTLOOK.COM ${\ensuremath{\boxtimes}}$. Bye!

This is the September edition of **THE KK TIMES** handcrafted and designed by the **world's youngest editor-in-chief (record applied)**, an 8 year old Amitian **Miss Kanira Gupta** of class 4. She marks her debut as an editor-cum-graphic designer with this unique monthly newsletter brought out by her as a hobby for all children globally to get published. She aims to raise general awareness and promote the creativity of all kids through this free newsletter.

The Kreative Kids (acronym KK) have good critical thinking as well as problem-solving skills.

Subscribe for fortnightly newsletter directly into your inbox at email:

SHUBHANGAN@OUTLOOK.COM with subject "Subscription". Join our thriving WhatsApp community for more engaging content apart from these newsletters and The Qurious Atom.