



This edition of The Qurious Atom unlocks the science of wellness. From self-healing skin to the 30 trillion red blood cells on constant duty, science lives within us every day. Learn how sleep, nutrition, and movement power our brain and body.

ABOUT THE COVER

A dynamic mix of health heroes in action! A W.B.C. battles germs in superhero fashion, while a RBC proudly guards atop a health shield. Stick figures practicing yoga, a vibrant DNA circle and a cheerful girl role-playing doctor add layers of inspiration, celebrating the blend of science, wellness and fun.



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Meet Oddy! **Our Curious Explorer**



Get in Touch

curiobuddy.com

🔀 contact@curiobuddy.com

• +91 91190 91954

Hey friends! I'm Oddy the Octopus curious, clever, and full of ideas! With my eight arms, I explore mysteries, solve puzzles, and bring science to life. Did you know? Your skin is your largest organ!

For Parents

Helping children develop curiosity and a love for discovery is one of the most meaningful investments we can make in their future. The Qurious Atom (TQA) is designed to do just thatthrough exciting science stories, experiments, puzzles, and creative activities that make learning fun and meaningful for children aged 8-15. This special 'Health Edition' invites young readers to explore how their amazing bodies work—from the tiniest microbe to the mightiest muscle! this issue helps kids understand the science of staying strong, eating well, sleeping better, and keeping germs at bay.

Challenge

Being health-aware helps school kids build a strong foundation for a better future. When children understand the importance of eating right, staying active, getting enough rest, and caring for their mental well-being, they develop habits that support lifelong develop habits that support lifelong mellness. So, a healthy child is better prepared to grow, learn, and thrive. for you spot at least 10 health items hidden across this issue?

Health is Wealth

As a curious mind and a lifelong learner, I've always believed that understanding how our bodies work is just as important as knowing how the world works. In this Health edition of The Qurious Atom, we dive into the science behind staying strong, eating smart, and knowing what keeps us ticking—literally!

This issue is a mix of everything we love at TQA—fun facts, cool experiments, simple science, and a whole lot of "Did you know?" moments. Whether it's learning how germs really spread, discovering the superherces inside your food (hello, vitamins!), or following a red blood cell on a thrilling journey—there's something exciting on every page.

To all our young readers: Your body is the most amazing machine you'll ever own. Let's learn how to care for it, inside out.

From your friend, Kanira

About Us

The Qurious Atom (TQA) is an exciting science magazine designed for curious minds aged 8-15. Co-created by science explorer kids like our chief editor, Kanira Gupta (10 years) and academicians, TQA blends fun and learning through illustrated articles, hands-on experiments, brainteasing puzzles, and fascinating science stories. Each digital issue explores themes like space, biology, chemistry, and technology. We make science easy and engaging for our primary and middle school learners. TQA also highlights real-world applications, inspiring young readers to think critically and explore solutions for a better future. With interactive activities, science news and captivating facts, TQA sparks curiosity, builds knowledge, and encourages creativity. Join us in making science fun and inspiring for the next generation of innovators!

SCAN HERE





Meet Your Body's Defenders!

Have you ever wondered who keeps your body safe from germs and infections? Meet your immune system- your body's invisible superhero team! Your immune system is one of the most fascinating

and vital parts of your body. It's constantly working to protect you from harmful bacteria, viruses, and other invaders that can make you sick.



Imagine you're a white blood cell in your body. What types of germs do you think you'd encounter most often?



At the centre of this defence system are White Blood Cells (WBCs), the warriors of your immune army. They patrol your body, identify threats, and launch attacks to neutralise them. Some WBCs have the extraordinary ability to remember germs they've fought before. This means that if those germs try to invade again, your immune system can respond even faster and more effectively.

Vaccines play a crucial role in bolstering your immune system. They introduce a harmless version or a fragment of a germ, essentially giving your immune system a preview of potential threats. This "training" helps your WBCs prepare for a real attack by that specific germ. When you're vaccinated, your body gains an advantage, allowing you to fight off illnesses more swiftly and efficiently.



So, next time you get a vaccine, remember - it's helping your body's defenders become smarter and stronger. Thanks to your immune system and white blood cells, you've got a 24/7 team working hard to keep you safe and healthy!

Understanding how your immune system works isn't just fascinating-it's empowering. By taking steps like getting vaccinated and maintaining a

Vaccines are designed to protect against specific diseases. Can you name three diseases that people get commonly vaccinated for?

healthy lifestyle, you're actively supporting your body's defenders. Stay curious and take pride in how your body fights to keep you strong and well!

The Gase of the Missing Oxygen

By Ruby the Red Blood Cell

I'm Ruby, one of the 30 trillion red blood cells in the body. I've a big job—carrying oxygen from the lungs and delivering it to every nook and cranny of the human body. It is a thrilling loop, and I do it all in under a minute! Fast, efficient, unstoppable. That's me. Well... until last Tuesday.

It started when I was leaving the heart's left ventricle—our launchpad—with a fresh load of oxygen. "Smooth ride ahead!" I called to Whitey, my white blood cell friend and self-declared "Body Detective." He tries (and fails) to act like a stealthy spy.

But things were off. Muscles were yawning. Brain was mumbling. "Oxygen's late again," it grumbled, poking me with a neurone. And my deliveries weren't reaching on time to Kidney sisters. Even worse, some of my fellow RBCs went... missing.

"That's odd," I muttered. "We're right on time..."

Whitey adjusted his magnifying lens (which he doesn't need, by the way). "Looks like a case to me. The Case of the Missing Oxygen!"

With our trusty plasma-powered speedboats, we zipped through arteries, dodged lazy platelets, and questioned a very sweaty Skin.

"You seen any missing 0?" I asked.

Skin shrugged. "Can't feel a thing. Been clammy all day."

"Look, we are getting strange temperature signals from the hypothalamus" Whitey pointed to the handheld device.

Suspicious.

10U!-

We backtracked to the lungs. That's when we found the problem—a sneaky cold virus! Oxygen transfer was blocked!

Whitey jumped into action. "Immune team, assemble!"

Whitey called the big guns—fever, sneezes, and some rest, steam therapy with lots of immunity foods from the human host. A few days later, oxygen was flowing like music again.

The body recovered, and I, Ruby, was awarded a medal of honour—a shiny new haemoglobin upgrade! Whitey still insists, "I knew it was the lungs all along."

We laughed and sped off through the right atrium—on our way to pick up more oxygen.

Another day. Another delivery.

Life in the bloodstream never rests.

6)6















Your health is like a masterpiece created by two artists: **nature** and **nurture**. Nature refers to the genes you inherit from your parents, which act as instructions for how your body grows and functions. Nurture, on the other hand, includes the choices you make and the environment you live in—like eating healthy, exercising, and staying clean. Together, nature and nurture shape how strong and healthy you become.



NATURE: YOUR GENETIC BLUEPRINT

Genes are like tiny codebooks stored in your cells. They decide your hair colour, height, and even some aspects of your health. For example, if your parents have strong immune systems, you might inherit genes that help you fight off infections more easily.

Did you know humans share about 60% of their genetic material with bananas? It sounds odd, but it shows how all living things are connected!

Your genetic makeup is fixed at birth, but researchers have genes found that aren't always set in stone. Environmental factors can influence which are genes active and how they epigenetic function, known as

For instance, stress or exposure to toxins might affect gene expression, which demonstrates the subtle interplay between nature and nurture.

HOW NATURE AND NURTURE WORK TOGETHER

Think of nature and nurture as teammates. For example, if your genes make you prone to weak bones, you can counteract this by eating calcium-rich foods like milk and yogurt. Similarly, good hygiene habits, like washing your hands, help protect you from harmful microbes, no matter what your genes say.

Understanding germs, genes, and how they interact with your lifestyle helps you take charge of your health. Here is a fun science experiment for you to understand the action of soap on germs. By balancing nature and nurture, you can grow strong and stay healthy!



NURTURE: CHOICES AND ENVIRONMENT

While your genes provide a foundation, nurture is just as important. For example, if you eat nutritious food and stay active, you can strengthen your body and improve even areas influenced by your genes. On the flip side, unhealthy habits can weaken your natural defences over time.

Lifestyle choices are powerful tools that work in harmony with your genetic predispositions. Even small steps, like staying hydrated, managing stress, and getting adequate sleep, can build resilience and promote wellness. These conscious efforts reflect how nurture can amplify your natural strengths or mitigate vulnerabilities, creating opportunities for a healthier and happier life.



MEET THE MICROBE WORLD

Microbes, like bacteria and viruses, are everywhere—in your body, on surfaces, and even floating in the air. Some microbes cause illnesses, like the flu, but others are helpful. For instance, bacteria in your gut help you digest food and make vitamins that keep you strong.



Mad Science Fun

Simple soap and pepper experiment to explain how soap removes germs.

Experiments Germ Buster Lab

INGREDIENTS:

A shallow bowl or plate Water Ground black pepper Dish soap A cotton swab or your finger

STEPS:

- Fill the shallow bowl with water.
- Sprinkle a generous amount of pepper on the surface of the water—this represents germs.
- Dip your finger into the water without soap. Notice how the pepper doesn't move.
- Now, put a drop of dish soap on your finger (or use a cotton swab with soap).
- Dip your soapy finger into the centre of the pepper-covered water.
- Watch the pepper scatter away from your finger!

THE SCIENCE BEHIND THE EXPERIMENT:

Pepper is hydrophobic, which means that it repels water. But water molecules like to join together. They line up in a certain way, creating surface tension. Since pepper is so light and doesn't like to mix with water, the pepper molecules float on water. Soap breaks this tension, causing the water molecules to move and push the pepper away, which is how it cleans so well! In real life, soap works similarly: it breaks down the fat layers in germs and oils on our skin, making it easier to wash them away with water. When the soap is added to the water, the pepper repels away to the edges of the bowl or plate. As we learned, soap is able to break down the surface tension of water. In the absence of the surface tension, pepper no longer floats on top. But the water molecules still want to keep the surface tension going, so they pull back away from the soap, and carry the pepper along with them.



DIY: IMMUNITY BOOSTER SMOOTHIE

Ingredients

 1/2 cup cooked red lentils, cooled l cup frozen mango chunks
3/4 cup carrot juice
1 teaspoon chopped fresh ginger l teaspoon honey
Pinch of ground cardamom, plus more for garnish
3 ice cubes

Steps

Cook lentils in boiling water until just tender, about 15 minutes. (1 cup dry = 2 1/2 cups cooked.) Drain and cool. Place lentils, mango, carrot juice, ginger, honey, cardamom and ice cubes in a blender. Blend on high until very smooth, 2 to 3 minutes. Garnish with more cardamom, if desired.

Science Behind The Nutrients.

Cook Time: 15 mins

Preparation Time: 20 mins

Servings: 1

Red lentils are a great source of plant-based protein in this healthy smoothie recipe. The lentils add 3 grams more protein than an equal-size portion of nonfat plain yoghurt and 4 grams more fibre than a typical serving of protein powder. Both carrots and mango are rich sources of Vitamin A. Fresh mango also provides you with around 50% of your daily recommended Vitamin C and a significant amount of folic acid.

Vitamin A supports immune cell growth and maintains the integrity of skin and mucous membranes, your body's first defence barriers. Vitamin C is a powerful antioxidant that helps white blood cells function effectively and protects them from damage. Folic acid, protein, and fibre support the production of immune cells, repair body tissues, and maintain a healthy gut, where much of the immune system resides.







Have you ever tried running on an empty stomach? Not a great idea, right? Just like petrol need cars or electricity to run, our bodies need fuel too-and that fuel is food! But not just any food. What you put on your plate decides whether you're ready to take on the day or feel like curling up and taking a nap.

Let's break it down into easy, bite-sized chunks:

Eat Your ABCs (And Ds, Es and Ks?)

Your body loves vitamins and they're all hiding in colourful fruits, veggies, nuts, and dairy.

- Vitamin A keeps your eyes sharp. Carrots, spinach, and mangoes are packed with it.
- B vitamins (there are lots of them!) give you energy and keep your brain buzzing. Find them in whole grains, dairy, and eggs.

food

- Vitamin C helps your body heal cuts and fight colds. Citrus fruits, guavas, and bell peppers are vitamin C champs.
- Vitamin D strengthens your bones. You get it from sunlight, but also from eggs, fish, and fortified milk.
- Vitamin E protects your cells like a bodyguard found in almonds and sunflower seeds.
- Vitamin K helps your blood clot when you get a cut (so you don't bleed forever!) and keeps bones healthy too. Find it in leafy greens like spinach, broccoli, and cabbage.

The Big 3: Carbs, Proteins & Fats

These three are the backbone of your diet.

Carbohydrates are your

body's main source of energy. Think rice, chapati, bread, and bananas.

- Proteins help build and repair muscles. You'll find them in dal, paneer, milk, nuts, and meat.
- Fats aren't villains! Good fats, like the ones in nuts, seeds, and avocados, help your brain work better and keep you warm.

Don't Forget Water

It's easy to overlook, but water is as essential as anything else. It helps you digest food, stay cool, and think clearly. So yes, your water bottle is basically your power-up potion.

What you eat shapes how you feel. A mix of colourful fruits, fresh veggies, protein, and water is a recipe for a healthy, energetic you.

FLAMINGOS GET THEIR PINK COLOUR FROM THE FOOD THEY EAT—MAINLY SHRIMP AND ALGAE PACKED WITH CAROTENOIDS (A TYPE OF VITAMIN A)! SO YES, FOOD REALLY CAN CHANGE HOW YOU LOOK—JUST MAYBE NOT THAT PINK!

DID THE BANANA GO TO THE DOCTOR? BECAUSE IT WASN'T PEELING WELL!

The Curious Chronicles of Jungle Grove

Ch-20: The Science of Staying Strong

As the new week began at Jungle Grove School, Mandy the Monkey noticed a poster outside her classroom. It read: "Healthy Habits Week – Let's Get Fit and Feel Fantastic!"

Inside, Ms. Dorothea Deer greeted the class with her usual cheerful smile. "Good morning, little explorers! This week, we're going to learn all about health — not just our bodies, but our minds too!"

Mandy's ears perked up. She loved learning how things worked, especially when it came to her own body. The first lesson was about nutrition. "Food is fuel," Ms. Dorothea explained. "We need a balance of carbohydrates, proteins, fats, vitamins, and minerals to stay strong and healthy."

At lunch, Mandy proudly opened her lunchbox to reveal fruits, a vegetable sandwich, and a bottle of water. "Balanced and colourful!" she said, quoting her teacher. Her friend Emma the Elephant showed her sugary treats and looked a bit unsure. "Maybe I'll swap one for your banana?" she asked. "Deal!" Mandy grinned.



The next day was about physical health. The class did fun exercises outside, hopping like frogs and stretching like cats. Mandy's favourite part was when they measured their pulse before and after running to see how the heart reacts to movement.

On Wednesday, they learned about mental health. Ms. Dorothea dimmed the lights and guided them through a breathing exercise. "Just like we keep our bodies fit, we also need to take care of our thoughts," she said. Mandy felt calm and peaceful afterward. She decided to start a small journal at home where she could write about her day.

Thursday's topic was germs and hygiene. A cool UV light in the Bio Lab showed how easily germs can spread if hands aren't washed properly. "Soap is our lifesaver," Mandy laughed, scrubbing her hands twice as long after that!

On Friday, the school hosted a Healthy Habits Fair. Mandy's group made a display about "The Power of Sleep," with a model of the brain and tiny clocks showing the best bedtime routines. Max the Mole presented a poster on drinking water, and Sarah the Seal talked about staying active even with special abilities.

At the end of the week, Ms. Dorothea gave Mandy a sticker that said: "Health Hero!" Mandy beamed. "I'm going to keep learning and helping others stay healthy too," she promised. As she walked home, she munched on an apple and whispered to herself, "Healthy is happy."



I beat without a break, Pumping blood for your body's sake. With every thump, I keep you alive— Working non-stop as I strive. Who am I?

ancian

I filter blood and make it clean, Removing waste like a detox machine. There's two of me, I work all day, To flush the bad stuff right away. Who am I?

I help you talk and sing a song, I shout and whisper all day long. You'll find me in your throat, that's right– I vibrate sounds with all my might. Who am I?

Guess The Or

I churn your food, both old and new, With acid and juice, I make it goo. From your meals, I break things down, In your tummy, I wear the crown. Who am I? I beat without a break, Pumping blood for your body's sake. With every thump, I keep you alive— Working non-stop as I strive. Who am I?

BODY BOGGLE!

How many body-related words can you make by linking the letters below? Each word must be 3 letters or more.



3 letter words = 1 point 4 letter words = 2 points 5 letter words = 3 points 6-letter or more words = 5 points When you sleep, your brain doesn't shut downit gets to work! It sorts memories, clears waste, and recharges your mind. Meanwhile, your body slows things down. One big change? Your Basal Metabolic Rate (BMR) drops. That's the energy your body uses just to stay alive-like breathing and keeping your heart beating. During sleep, BMR goes down to help save energy and let your body focus on repair.

Z72



A sleep cycle is like a nighttime adventure that your brain goes through while you sleep. Each cycle lasts about 90 minutes, and you go through 4-5 cycles every night!

Light Sleep

This is when you're just starting to fall asleep. Your eyes move slowly, and you can wake up easily. It's like dipping your toe into a dream pool!

Deeper Sleep

Your body gets more relaxed. Your heartbeat and breathing slow down. You're now floating peacefully in dreamland.

Deep Sleep

This is your superpower sleep! Your body grows, muscles repair, and your brain organizes everything you learned today. It's like your body's own workshop!

REM Sleep: Dream Time

REM means Rapid Eye Movement. Your eyes move quickly under your eyelids, and your brain becomes super active — this is when you dream the most!

It helps with memory, learning, and creativity.

Sleep isn't just rest—it's your body's night shift!



A recent study by researchers at the University of California found that teens who sleep less than 7 hours regularly had higher risks of anxiety and trouble focusing in school.

Another study showed that during deep sleep, the brain clears out toxins linked to memory loss. So yes, sleep is like a cleaning crew for your brain!



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Gross but Cool Science

1. PHLEGM, EARWAX & SNOT!

Fun facts: Why we need them!

We often put phlegm, earwax and snot into the same category-annoying, sticky, and slippery fluids our bodies create. However, the trio is far from useless-they play essential roles in keeping us healthy.

SNOT, OR NASAL MUCUS

Snot keeps your nasal passages hydrated and acts as a barrier, preventing dust and microbes from entering your body.

EARWAX, OR CERUMEN

Earwax plays a similar role to snot. It helps trap dust and pathogens, protecting the eardrum. It also waterproofs the lining of your ear canal.

PHLEGM OR THROAT MUCUS

Produced in the lungs, phlegm traps dust, allergens and other irritants, and then expels them through coughing. It houses antibodies to fight off germs.

What Does The Colour Of Your Mucus Means



CLEAR **Healthy Mucus.**



common cold.



DARK YELLOW OR GREEN Worsening viral or bacterial infection.



RED OR PINK Caused by dry blood or irritated nasal passages.



BROWN OR ORANGE **Possible causes** can be inhaling pollutants or smoke.



BLACK Can be a sign of

serious fungal infection.

2. MICROBE MANIA

A mix of good and bad microbes.

Did you know your body is home to trillions of tiny creatures? Don't be alarmed-they're microbes! These microscopic beings live in your mouth, skin, gut, and even in your belly button. Some may sound icky, but many are actually your body's best friends.

Good microbes, like certain bacteria in your gut, help digest food, produce vitamins, and even keep harmful germs away by crowding them out. Without them, your tummy might go topsyturvy after just one slice of pizza!

The human skin has almost 200 different species of bacteria living on it. bacteria on the skin break down the proteins and fats present in sweat, producing malodorous compounds-gross, right? But they also help protect your skin! For eg Staphylococcus hominins protects our skin from inflammatory problems, such as eczema, and dangerous infections like MARS. Even the weird stuff has a purpose.

Think about how your sweat and the bacteria that eat it help keep your skin healthy and safe the next time you're hot, sweaty, and maybe a little stinky. Thank those bacteria before you get in the shower.

But not all microbes are friendly. Some cause infections like the flu, colds, or food poisoning. That's why we wash our hands and avoid sharing spoons with friends (sorry, ice cream fans!).

Microbes are small, but they make a big difference. Some gross-sounding things, like fermented foods or even belly button bacteria, are part of the cool science that keeps us healthy. So next time someone says "Ew, germs!" you can say, "Microbes rule!"







Reader Submissions

TQA Science

Snapshots



Life Beyond Earth

Astrophysicists have found gas signatures that are sure signs of life outside Earth on exoplanet.

What is an Exoplanet?

A planet which revolves around a star outside our solar system.

Exoplanet K2-18b!

A planet which revolves around red dwarf star K2-18, part of Leo Constellation, situated 120 Light years away from earth.

Is there life on K2-18b?

Dr. Nikku Madhusudan has found traces of gases like methane and CO2, which support life (mainly marine life forms such as phytoplankton), on this planet. Life is yet to be confirmed!

World's Smallest Biodegradable Pacemaker

Scientists at Northwestern University demonstrated a pacemaker measuring just 3.5 millimeters, small enough to fit inside a syringe. Designed for temporary use (in newborn babies), it can biodegrade within a set number of days, reducing the need for surgical removal. I WONDER WUY WE GET SLEEPY AT NIGUT?

NOND

At night time, our body produces a chemical called 'Melatonin'. It helps cool down your body, slow your heartbeat, and get your mind ready to dream. That's why you start yawning and feeling sleepy at night. And when the sun rises in the morning, your brain knows it's time to stop making melatonin—so you feel awake and ready to go!

When germs like bacteria or viruses sneak into your body, your immune system jumps into action. One of the ways it fights back is by turning up the body's temperature—this is called a fever. Many germs don't like hot temperatures. So when your body gets warmer, it helps slow down the germs and gives your immune cells a better chance to win the battle! i wonder Wyv we get Fever?

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April 27th is World Tapir Day.



Ancient Animals

Tapirs have been around for over 20 million years—they even lived during the time of the giant mammals!



Hide N' Seek

Baby tapirs are born with brown fur and white stripes and spots, just like watermelon rinds! This helps them hide from predators in the forest.

Tapirs look like a mix between a pig and an elephant because of their short, trunk-like noses but they're actually related to horses and rhinos!



Penguins were first called "strange geese" by explorers. Penguins are flightless birds, but they are incredible swimmers. Their wings have evolved into flippers, allowing them to "fly" through the water.

World Penguin Day is on 25th April

Penguins

In a colony of thousands of birds, it's important for penguins to be able to recognise each other's voice. Each penguin has a distinct call that helps them find their family among the crowd.

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Vocabulary

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