



Amogh's picnic

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Level 3



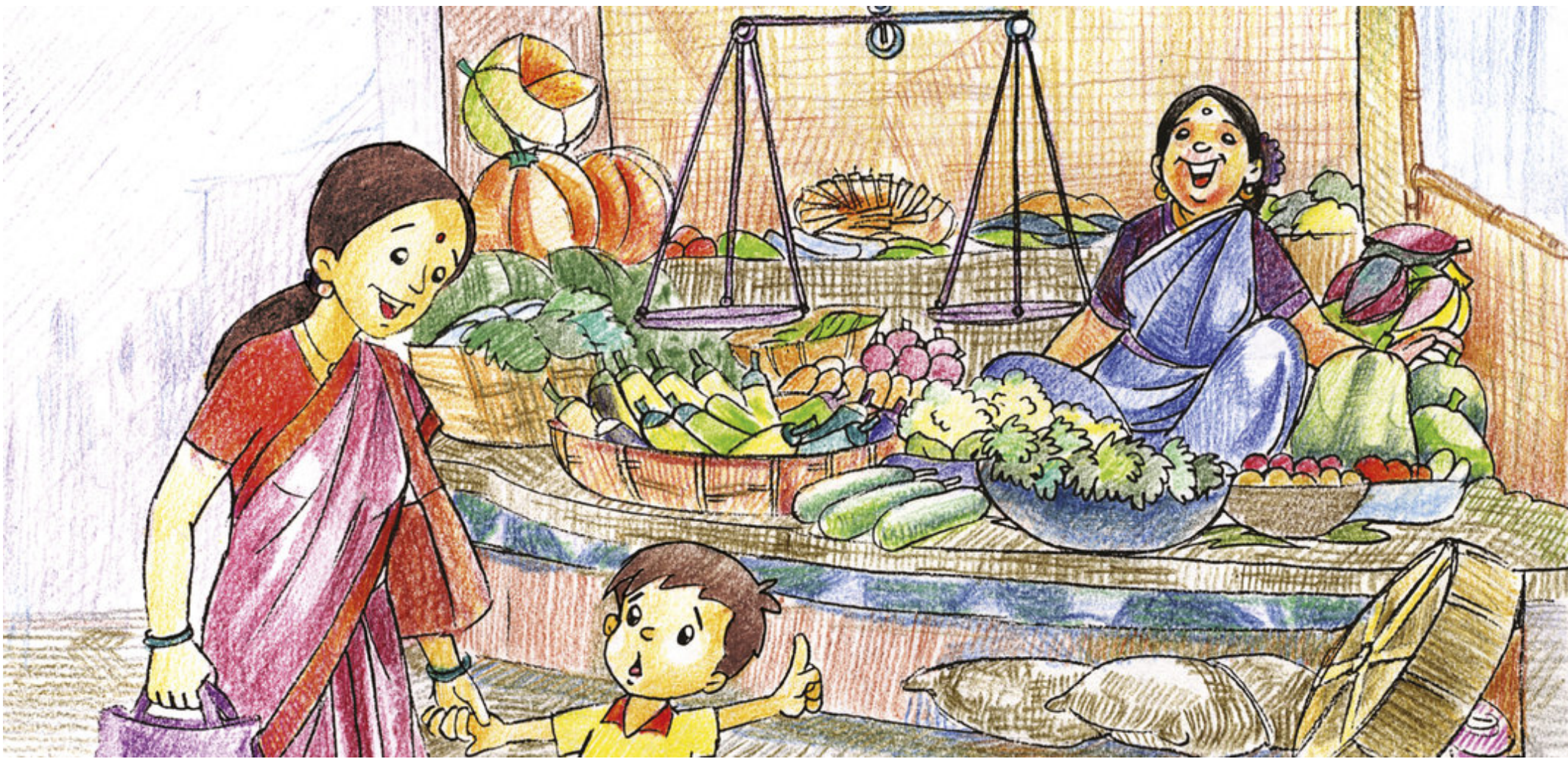
It was a warm sunny day, perfect for spending time outdoors!

"Amma! I am bored at home", said Amogh.
His mother said that they could go out for a picnic in the park nearby.



They sat down and made a list of things to eat for the picnic.

And they took an auto, went to the market to buy the groceries.



At the vegetable shop, Amogh asked "Amma, can we buy some red juicy carrots? What are those yellow and orange vegetables called?"

Amma smiled, " The yellow vegetables are capsicums and there are yellow red or green capsicums. A pumpkin is orange in color"



Amogh's eyes became big like saucers seeing the bright, green watermelons;

"Amma, can we buy some fruits for the picnic? "

They bought a big watermelon and some ripe mangoes from the fruit seller.

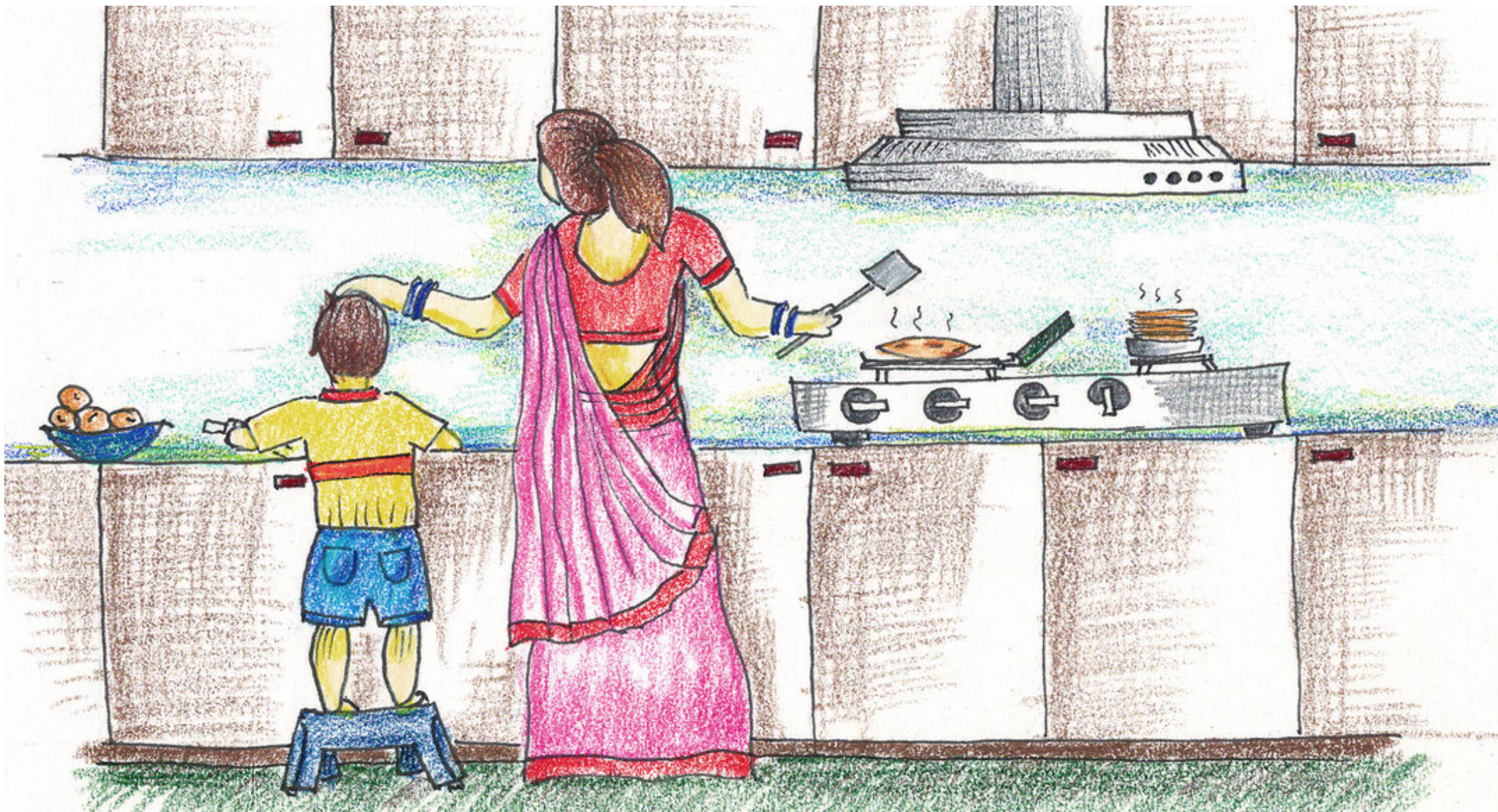


"Amma there are so many types of rice and dals. Should we buy some? ".

Amma then bought some atta, rice, and dal.



After coming back home, Amogh helped Amma to put away some of the vegetables and groceries.



She then started mixing the atta with water to make the dough.

"Amma can I help roll some dough for you? "

Amma and Amogh rolled out the dough and made soft, puffy rotis. They then dabbed some ghee on the rotis and packed them in a round tiffin box.



They made a mixed vegetable curry with pumpkin, carrots, capsicums, onions, and tomatoes.

"Amma the curry smells yummy! Could I try some now please?", asked Amogh. Amma cooled down some of the hot curry and gave it to him.



As they started cutting the watermelon,
Amogh bit into a large juicy slice.

The water from the melon dripped out of the
corners of his mouth. The melon had lots of
black seeds which he carefully removed from
his mouth.



Now that all of the food was ready and packed, both of them went to the park to play.

Amogh had a great time on the swing, at the slide, and on the see-saw.



After a while, they spread out the food that was packed and had a scrumptious meal together.

"That tasted really great Amma!", said Amogh as he hugged his mother. He thanked her for the wonderful day!



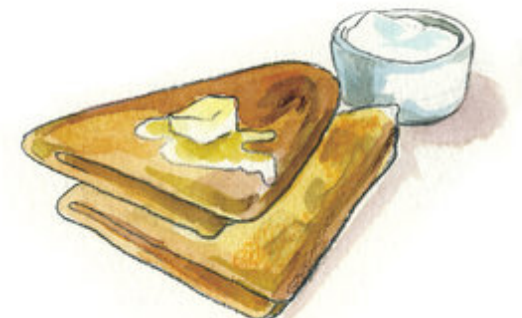
Dear Children,

It is always better to eat fresh food which is colorful, healthy and tasty.

Foods like idli-chutney, rajma rice, dosa, upma, poha, and biryani make great meals.

This along with lots of fruits, nuts, dry fruits and water would make you healthy and strong.

Love,
momSAURUS



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Amogh's picnic (English)

Meals made from local ingredients are best for everyone to be healthy and strong. Join Amogh and his mother as they explore the market, have fun cooking together and enjoy themselves at the park eating delicious home-made food! This book was created by momSAURUS for helping parents and their children understand the importance of eating local healthy food!

This is a Level 3 book for children who are ready to read on their own.



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