

## Vegetables

Vegetables include many hundreds of edible plants. Some vegetables such as potatoes and aubergines are always cooked. Others like lettuce and radishes are eaten raw. Some can be eaten either way. These include carrots, celery, spinach and green apples.

The edible part of a plant may be those parts which grow underground, like roots, tubers, bulbs and rhizomes. Or they may be the stems, leaves, flowers and fruits which grow above the ground. The idea of fruit as a vegetable may cause some confusion. Courgettes, toma-

atoes, peas and aubergines are seen as vegetables by the cook and as a fruit by the botanist. A stem vegetable which is used as a fruit and served as a dessert is rhubarb.

All fresh vegetables contain Vitamin C. Dark-green leaves, tomatoes and peppers have the largest amounts. Green and orange vegetables contain Vitamin A. All vegetables are low in energy but high in dietary fibre.

**Germey Julius (11 years)**  
**Harrow International**  
**College**

## Morning and night

The sun is rising like a golden star  
 The sky is bright  
 And full of light  
 And bird sing songs of delight

There are children walking to school  
 There are elders going to work  
 And some go to places they want  
 Like ants working as a team

It's evening and warm  
 And all back home  
 Some playing, some watching television  
 And the sun is setting like a red ball

Now it's dark  
 but not afraid the moon and stars have come  
 It's beautiful to see the moon and stars  
 Looking down at us with a big smile  
 The day ends from here and all asleep

Good Night

**Nadisha Babapulle (12 years)**  
**Holy Family Convent, Bambalapitiya**

## Lost and found

We have a doggy  
 Whose name is Sindy  
 Who went missing  
 One Sunday morning,  
 Oh! How everybody searched,  
 searched and searched.  
 She was not in the house  
 not in the garden.  
 We called her name  
 from time to time

I started crying because  
 she is so loving,  
 After sometime,  
 We heard a  
 little whine

we all came running.  
 To see her coming

**Chathumi Wijesekara**  
**(Grade 3) Bishop's College**

## Going to the temple on a special day



**Sajalee Hettiarachchi (7 years)**  
**Alethea International**

## Dennis the Menace



**Shenaya Fernando (5 years)**  
**Ladies College Nursery**

## A baseball game

**Nathan Nicholas**  
**(7 years)**  
**Colombo**  
**International**  
**School**



## At the beach



**Tharini Fernando (6 years)**  
**St. Bridget's Convent**

## My friend

My friend is Manuli. She is six years old. Manuli goes to Musaeus College. She is in Grade Two. Manuli stays at Kaduwela. She likes to eat pizza. Milk is her favourite drink. She has an elder brother. I love her and she loves me too.



**Sarindri De Silva (Grade 2)**  
**Musaeus College**

## How to be a perfect child

Childhood is a very important time. As a child we have a vast role to play, to be a successful person.

From a small age we must work systematically. For that we can prepare a time table, for the work we do from early morning to the end of the day. We must keep our resources such as books, pens, pencils, clothes and shoes in a systematic manner to save our time.

After we finish our work, we must tidy up the place. Also we must clean our room daily. We can use a dustbin to put unnecessary things.

Also we have to clean ourselves. Brushing our teeth twice a day is a good habit. We must

have a balanced diet daily. Self cleanliness and good nutritious food are the most important things to have physical and mental well-being.

As a perfect child we must obey our parents and teachers. We must listen to their advice. We must be friendly with worthy people. We must always engage in some good work and make good use of our leisure time. We can help each other, or our school or society, then we can live happily. Also we must look pleasant for everybody. The perfect child is like a blooming flower.

**Ishenka Fernando**  
(10 years)  
Sujatha Vidyalaya

## Beautiful Bird



Ashane Perera (6 years)  
St. Benedict's College

## I am a butterfly

If I am a butterfly I can fly around the world. I can suck nectar from flowers. When enemies come, I can hide under beautiful flowers. When the sun is rising in the morning I can go in search of food.

If I am a butterfly I can fly to 'Sripada' and worship. I can have lots of beautiful butterfly friends. When little children come to catch me, I can fly far away. I sleep in beautiful gardens. I fly into their gardens and drink nectar. I can eat *thora* leaves. I can have beautiful colours and beautiful spots on my body.

**Senuri Dharmakeerthi**  
(Grade 3)  
Vidura College

## Car design for a baby pillow cover



Devin Karunanayake  
Gateway College

## A Poem for the Week

Create your own little poem and send it in to us. This competition is open to age groups from 4 - 14 years. The poems will be judged according to the age of the competitor.

**Please remember that the poems you send should be your own original composition and not copied from anyone or anywhere.** Entries should be in your own handwriting and clearly certified as your own creation by a teacher or parent.

**Word limit: 100 words**  
**Please write 'A POEM FOR THE WEEK' at the top of your entry.**

**The winner will receive a book voucher for Rs.500.**

## A visit to a circus

With a blast of music, and a fan of balloons,  
All the performers enter the sawdust ring.  
As people cheer and jump in the aisles,  
And the songs and chants they sing!

The trapeze artistes swoop and dive,  
As the open-mouthed audience gape,  
At the lions and tigers with their ferocious snarls,  
And their trainer, with his glittering cape.

Then the clowns come followed by the acrobats,  
And the ringmaster himself, in all his glory,  
But then, finally, the circus ends,  
And everyone leaves; but that's another story!

**Dilshan Senaratne**  
(12 years)  
Ecole International,  
Digana