

My cat is black in colour. Its name is Kitty. It likes milk. I like my cat.



**Sukry Mohamed
(Grade 1)
Alawathugoda
Junior School**

How to make a healthy snack

A healthy snack means a nutritious snack. It includes proteins, carbohydrates, fat and vitamins. So we need flour, eggs, milk, butter and some of your favourite jam.

Put a cupful of flour into a bowl and break an egg into it and stir well. Then pour a cupful of milk over the flour and egg mixture and stir again, until the batter is smooth and without lumps.

Then heat the frying pan over the fire and add a piece of butter and pour the mixture little by little.

After the mixture is crispy and golden, turn it over and let the other side turn brownish too. Now keep it on a plate and spread your favourite jam on it. You could also garnish this with some dry peaches.

Now you know how to make a healthy snack.

**Zainab Bahardeen
St. Mary's Convent,
Matara**

My mother has a news paper agency. So I'm lucky because I can read many newspapers. But among them, I like the Funday Times the most. It has won my heart. There is a page for kids' writings. I never miss to read it. I find games, competitions and puzzles in this paper and I really enjoy them.



I read all the headlines in this paper and they pro-

vide me a good understanding about the world. In addition I like this sports page because it gives me facts about my sports heroes. The history page provides me articles for my school assessments. This newspaper is very valuable to see the world.

**Thameera Ranasinghe
(12 years)
Kuli/Assedduma
Sudharthie Vidyalaya**

Lion, King

Lions live in Africa and India. African lions are bigger than the Indian lions.



Females are called lioness and the small ones are called cubs. Lions live in groups called a 'pride.'

Lions and lionesses are different. The male has a mane and the female does not. Lionesses do most of the hunting. Lions go hunt-

ing only if they are very hungry. They are very strong animals. They are light brown in colour. They live up to 20-30 years.

**Samith Ailapperuma
(7 years)
Trinity College,
Kandy**



A play-house

Sobashi Somindi Kodippili
Arachchi (7 years)
Southlands College, Galle

My Home

Senith Amunugama
(5 years)
Maliyadeva College,
Kurunegala



Prince

2550 years ago Prince Siduhath was born in the Lumbini Sal Garden on a Vesak Poya Day. His father was King Suddhodana. His mother was Queen Maya. Their kingdom was Shakya.



Prince Siduhath was very clever and his teacher was Sarva Mitra. When he was 16 years he married Queen Yashodara.

Prince Siduhath went to find true 'Sathya' and became Lord Buddha.

**Rakhitha
Dassanayake
(13 years)
Mahamaya Girls'
College, Kandy**

A girl with flower baskets



Ishani Wickramasinghe
(11 years)
Sailan International School,
Negombo

A poem for the week

Let's say no to

Mother Earth is being polluted
Aren't you aware?
She's crying to be treated
With much better care.

She once was a heaven
Beautiful, peaceful, and calm
But from recently
increasing pollution
She has begun to lose her
charm.

We talk about cleanliness
But isn't this a lie?
We are really so careless
That we simply throw trash
by.

We worry about our
examinations,
Life and future ambitions.
But why not about our future
generations,
Who might suffer from this
pollution?

So let's say no to pollution,
Join our hands and work
To stop this dangerous
infection
From destroying our
beloved Earth.

**Jennifer Perera
(14 Years)
K.C.I., Mutwal**

Thai Pongal

Thai Pongal is an important festival for Hindus and is very special for farmers. It is the end of the rice harvest and thanksgiving. Pongal falls in the month of January and that is the first day of the Thai month for Hindus.

Pongal is celebrated for three days. The first day, Bhogi Pongal, is for the Rain God Indran. On that day people set clean the houses and light fire to old things.

All will then feast, and rice is the main dish for that day.

The next day, the Soorya Pongal, is for the Sun God. On that day we boil Pongal rice with fruits, sugarcane and sweets offered to the Sun God.

The last day, Mattu Pongal, is special for cows and bulls. They bathe, decorate and feed them with milk-rice and Sweet Pongal. In some villages they play many games.

On all three days we draw kolam patterns with rice and flour so the insects will eat it. We decorate the houses with banana trees,

sugarcane, mango leaves and coconut leaves.

I wish all the people a Happy Thai Pongal.



**Thivyaa Ramani
(7 years)
Colombo International
School,
Kandy**

Cartoon friends



M. Risna
R/Al/Mackiya Muslim M.V,
Ratnapura



The beach

Joeb Mudiappa (7 years)
Maris Stella College,
Negombo

Bird-nest

Chamod Kodithuwakku
(Year 2)
Sirimavo Bandaranayaka
Model Primary School, Matale



Poems... Poems...

Create your own little poem and send it in to us. This competition is open to age groups from 4-14 years.

There will be one winner each week. The poems will be judged according to the age of the competitor. The winner will receive a book voucher for Rs. 500.

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 should be certified as your own by a teacher or parent.

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

