

A NOTE

Dear parents & families,

We have had a very fulfilling and exciting journey bringing this comic to life. Although meant for children, we are sure we all can figuratively take a page out of this book and take a step towards making some positive changes in our lives.

We hope this helps you start a meaningful conversation with your kids and move towards a healthier lifestyle.

Lots of health, Team Anndefined

BREAKING NEWS

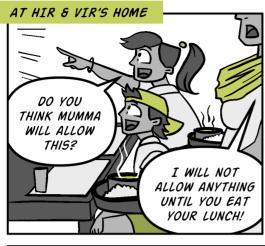
CHILDREN ACROSS INDIA ARE PROTESTING HOME-COOKED FOOD!







WE CAN ... HOME FOOD?!

















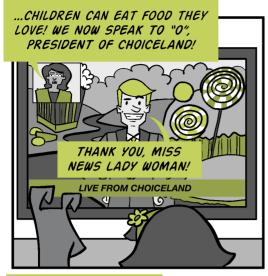


















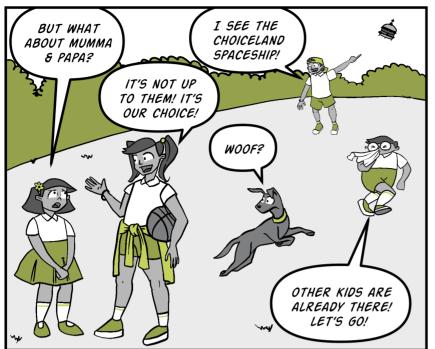






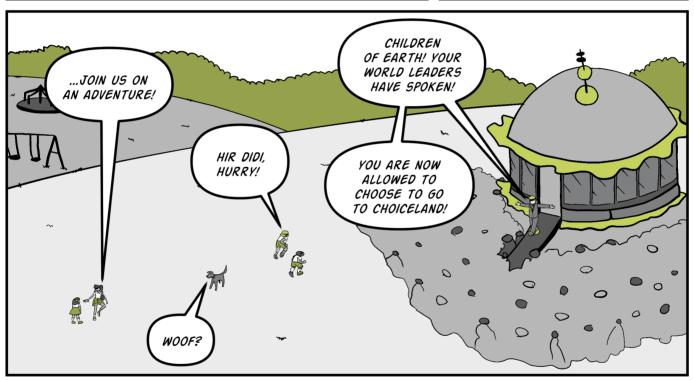
















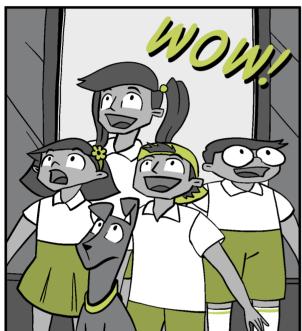






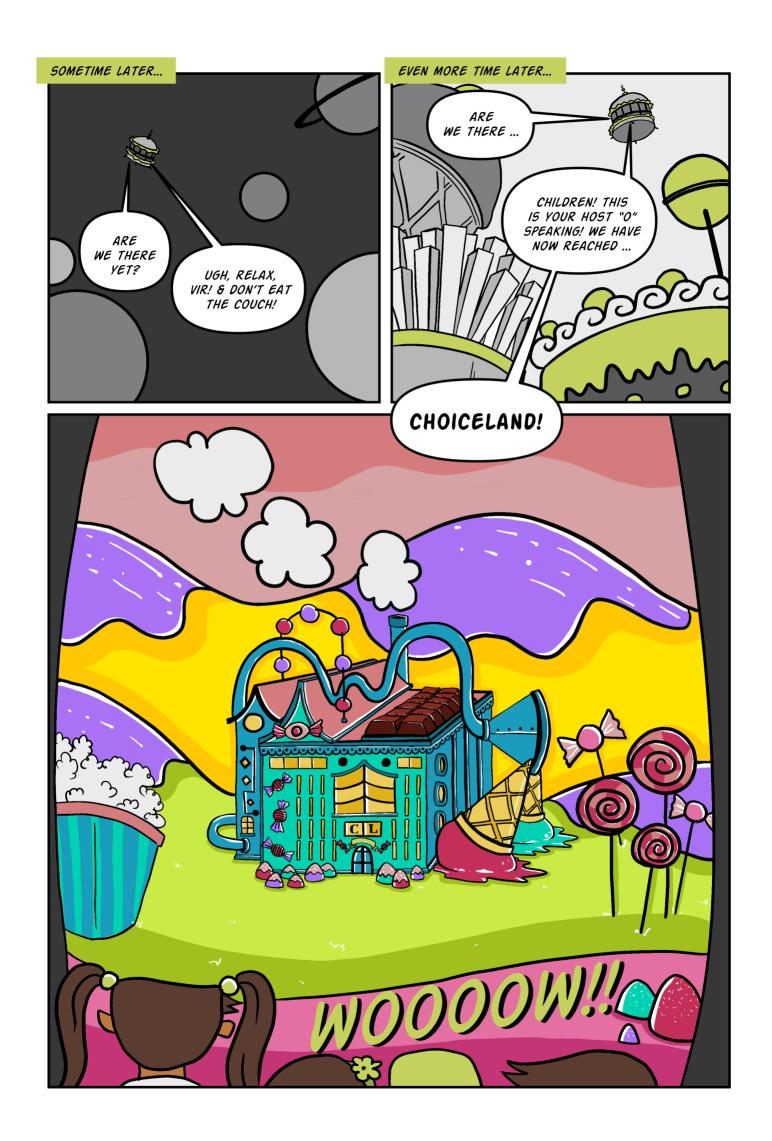




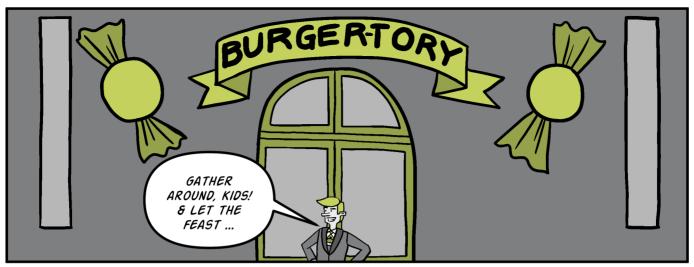






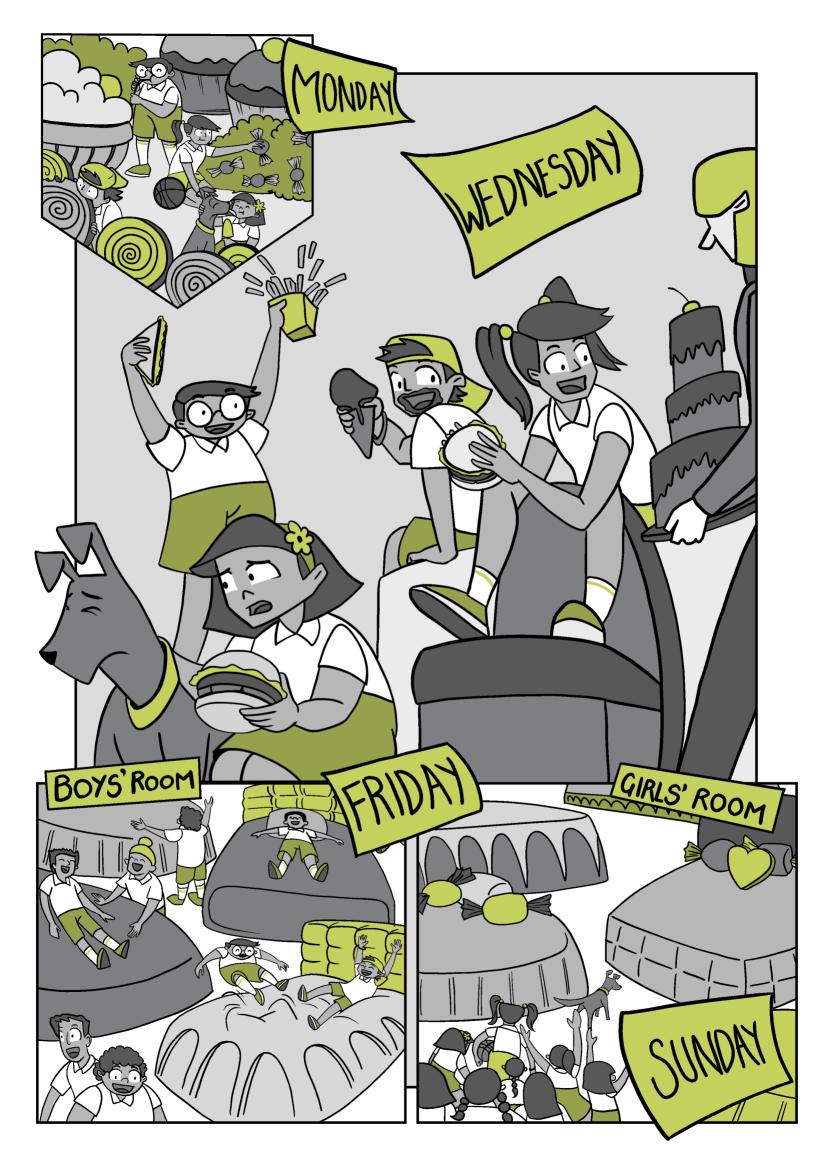




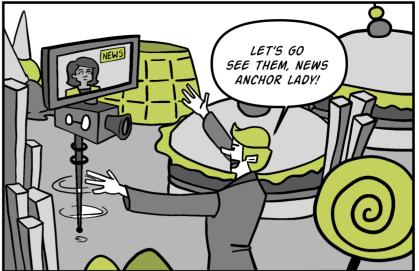






















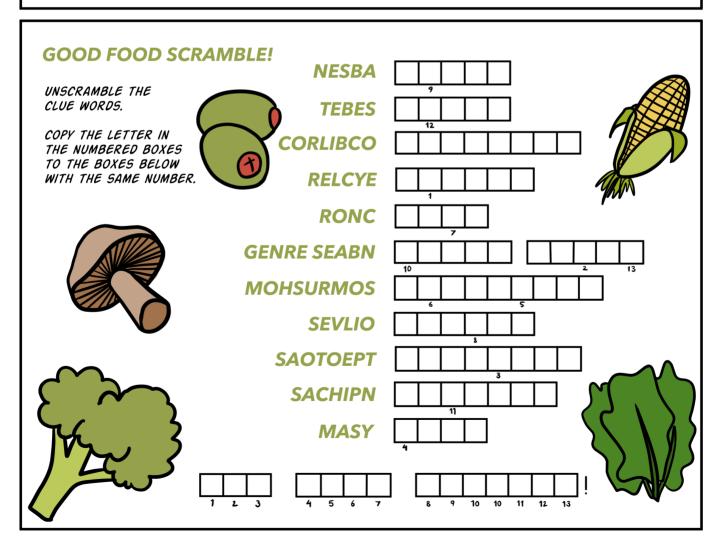


SPOT THE DIFFERENCES!

THERE ARE FIFTEEN DIFFERENCES BETWEEN THE TWO PICTURES!



















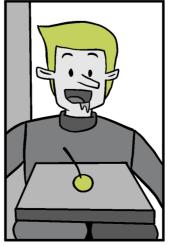




















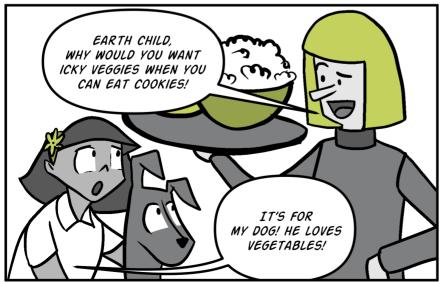




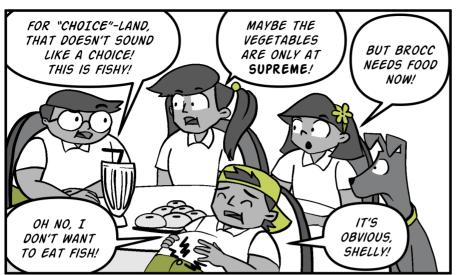


































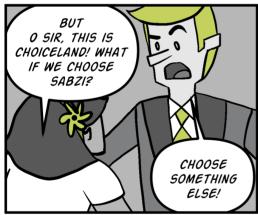


































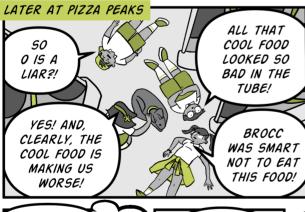








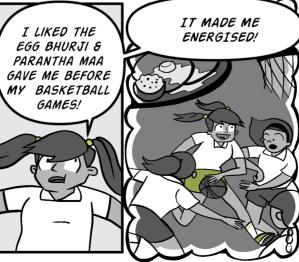








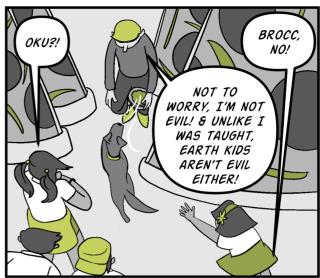






















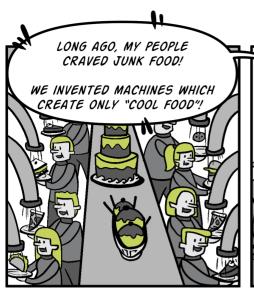










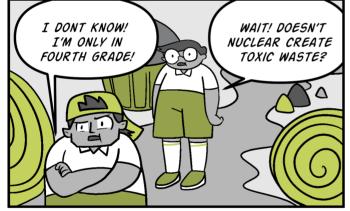


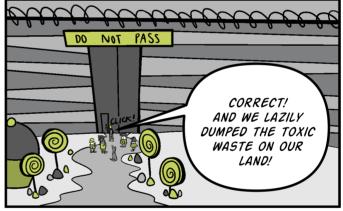








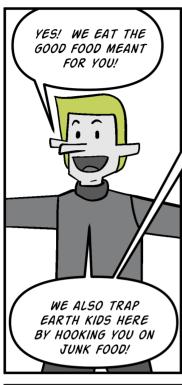


















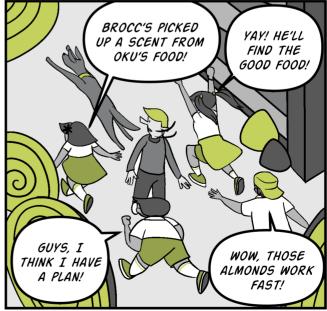


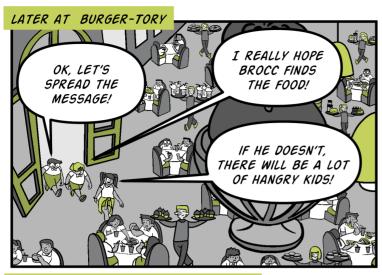


































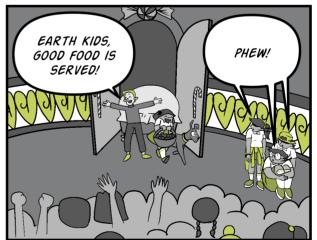


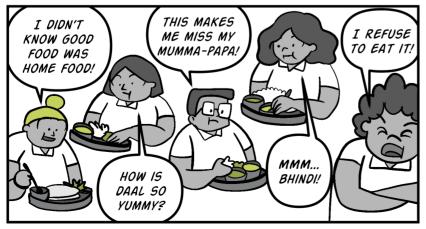


































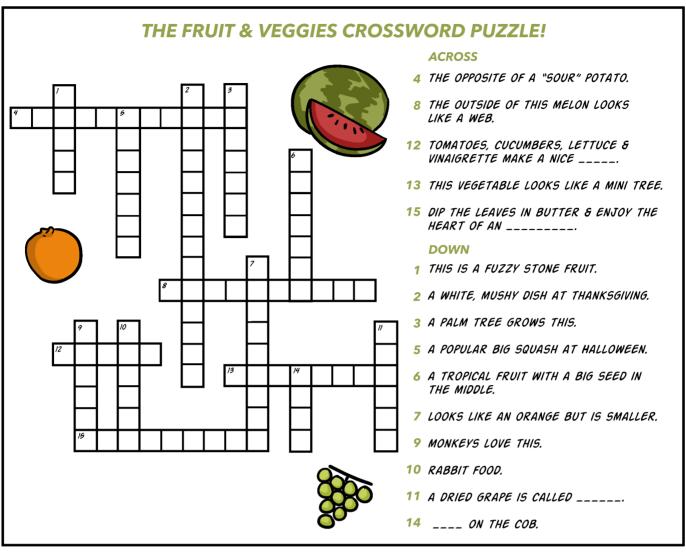


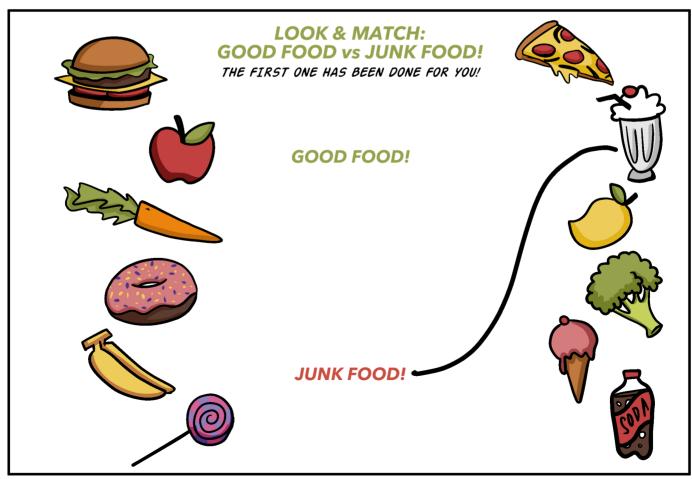














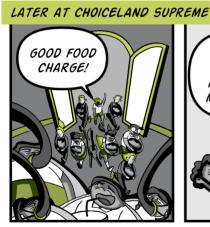
















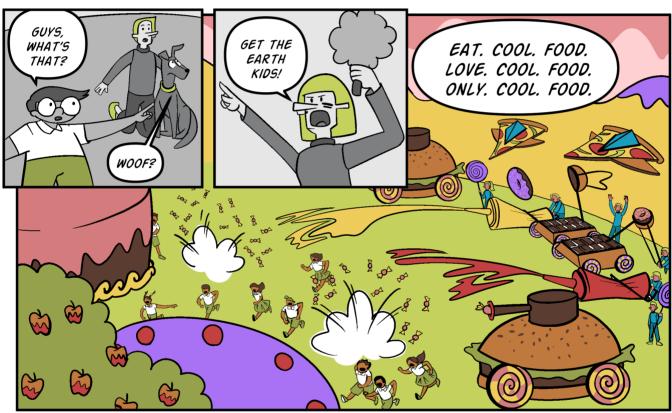






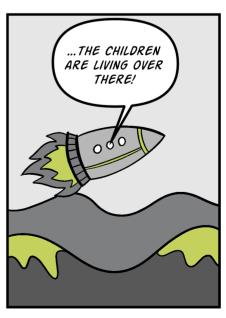












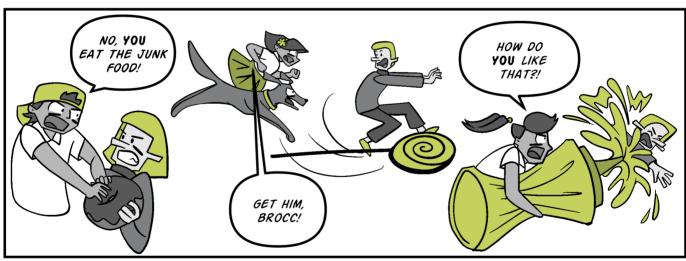






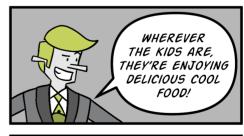










































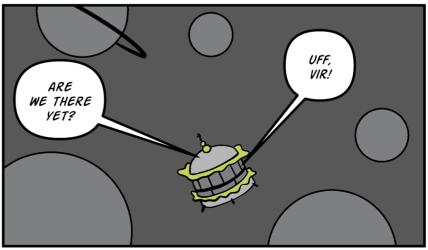


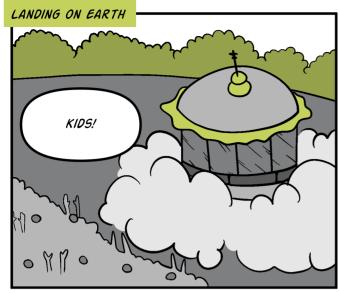


















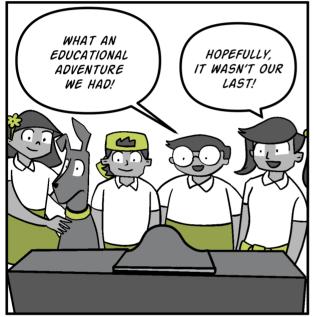




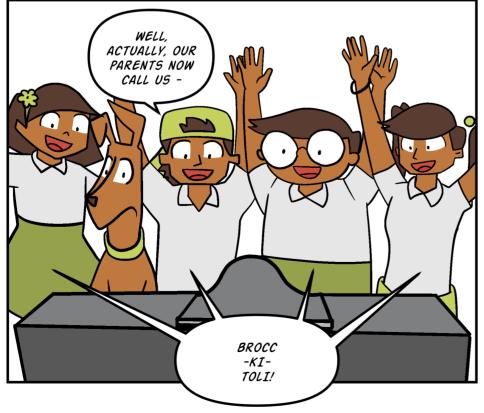














PUZZLE ANSWERS

Spot The Differences!



Good Food Scramble!

BEANS
BEETS
BROCCOLI
CELERY
CORN
GREEN BEANS
MUSHROOMS
OLIVES
POTATOES
SPINACH
YAMS

EAT YOUR VEGGIES!

The Fruit & Veggies Crossword Puzzle!

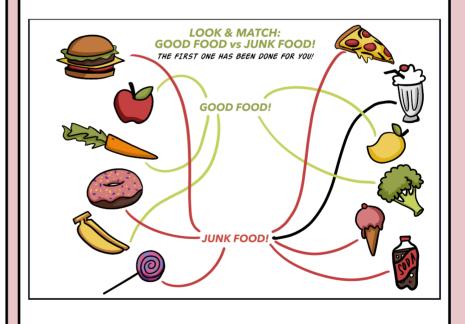
ACROSS

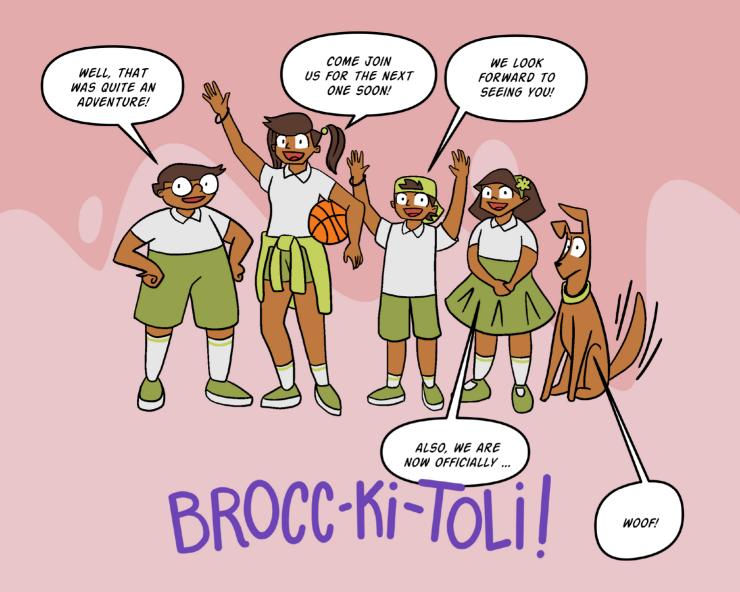
- 4. SWEET POTATO
- 8. CANTALOUPE
- 12. SALAD
- 13. BROCCOLI
- 15. ARTICHOKE

DOWN

- 1. PEACH
- 2. MASHED POTATOES
- 3. COCONUT
- 5. PUMPKIN
- 6. AVOCADO
- 7. TANGERINE
- 9. BANANA
- 10. CARROT
- II. RAISIN
- 14. CORN

Look & Match!





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