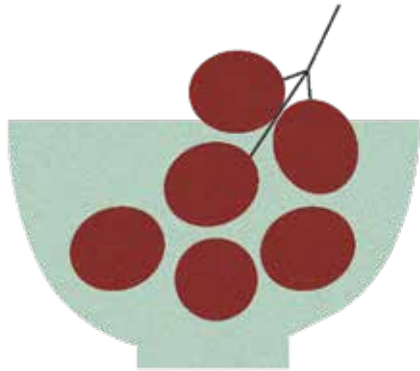




The



Magic



Meal

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Illustrations by Nandita Aggarwal.

Story by Nandita Aggarwal.

A poor boy named Bholu sits silently in a corner of the street and eats a raw potato.



A girl named Nonu watches that poor boy eat his potato from her window. She wonders if she can help him in any way.

That night, Nonu is having dinner with her mother.
Nonu, "Mother, do we have any food left?"
Mother, "Yes, there is some fish left."



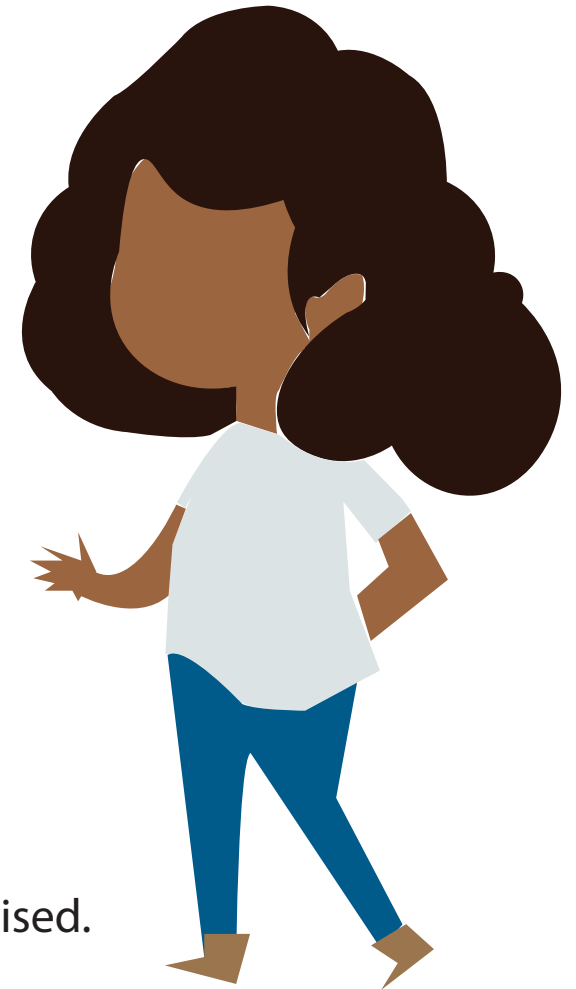
Nonu takes the leftover fish to Bholu.



Bholu happily takes it and eats the fish.

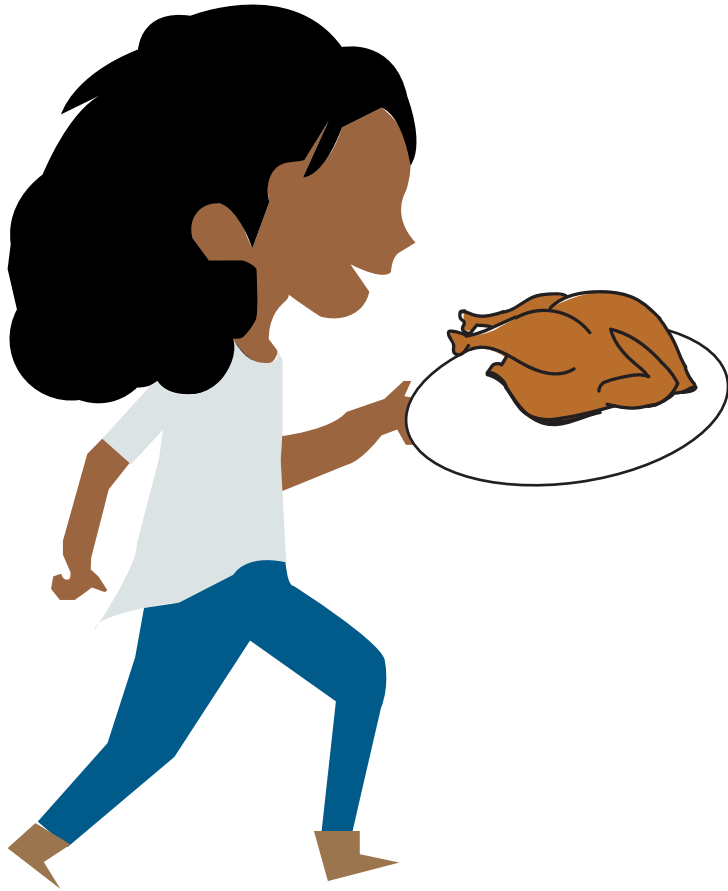


After eating, Bholu's face turns into a fish head.

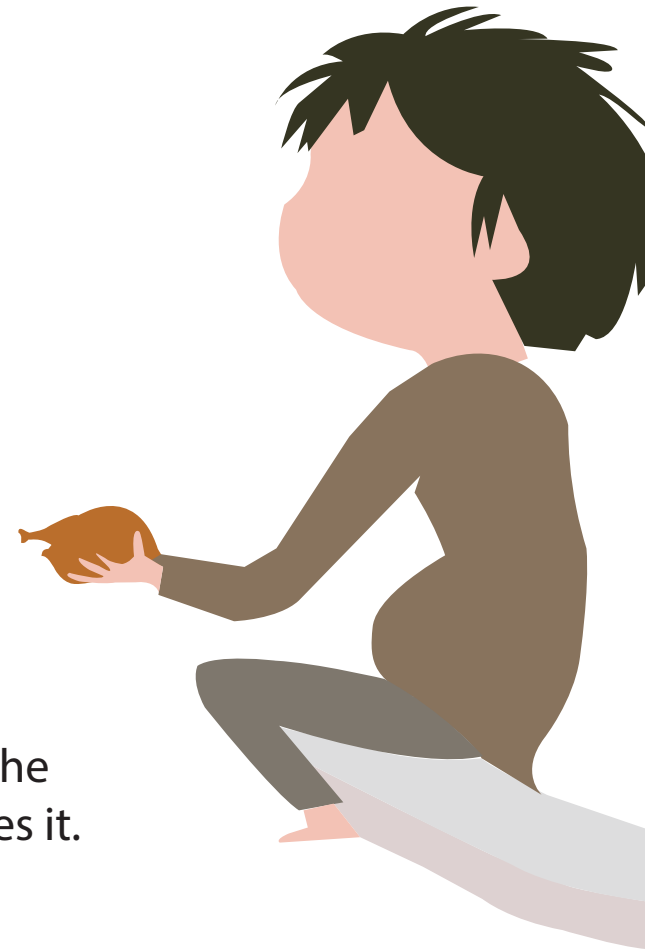


Nonu is very surprised.

Next day, Nonu takes the leftover chicken to Bholu.



Bholu tries it for the first time and loves it.



This time, after eating, Bholu's face turns into a chicken head.



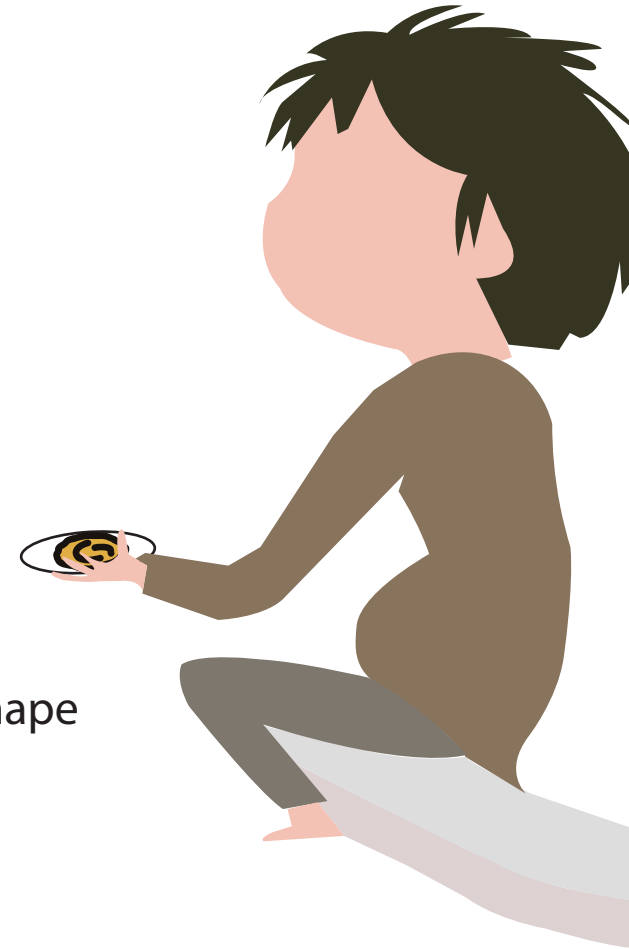
Nonu is again surprised.



The next day, Nonu takes leftover noodles to Bholu.



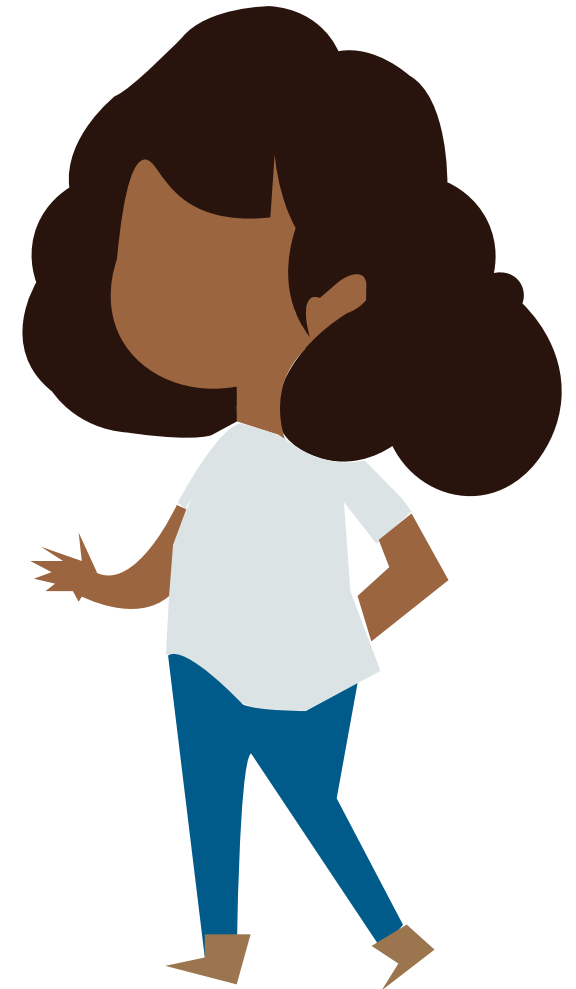
Bholu finds the noodle shape funny but still eats it.



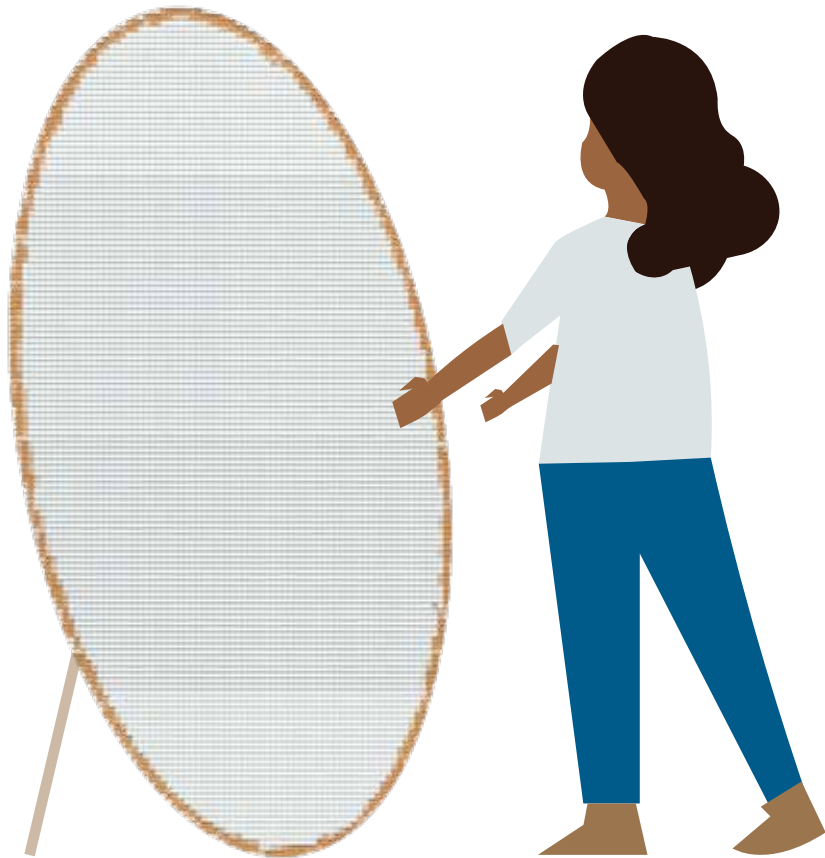
This time, Bholu's body turns into wiggly noodles.



Nonu is again surprised and decides to look for a solution.



After going home, Nonu looks in the mirror and wonders
“I ate the same things so why don’t I have a fish head or chicken head or wiggly body?”
Then, she remembers her lesson on Nutrition and decides to take help from her teacher.





Nonu really wanted to help Bholu. So, she goes to her classes and listens to her teacher earnestly. Her teacher tells that the reason could be “lack of right Nutrition”.



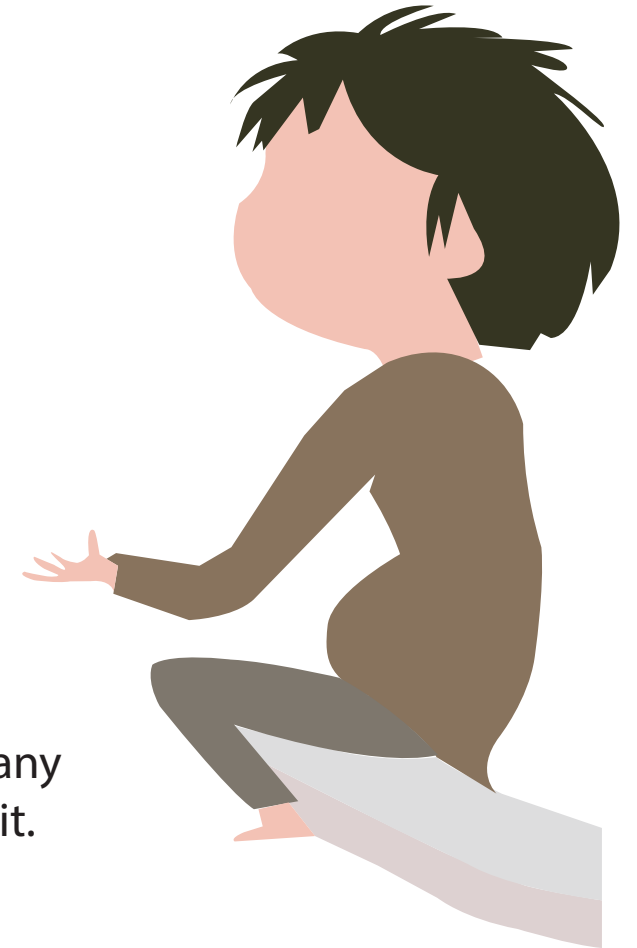
She realizes that Bholu was weak and needs all the nutrients to grow properly. That night, Nonu divides all the food in her plate into half. Some chicken, some bread, some vegetables and some soup for a balanced meal.

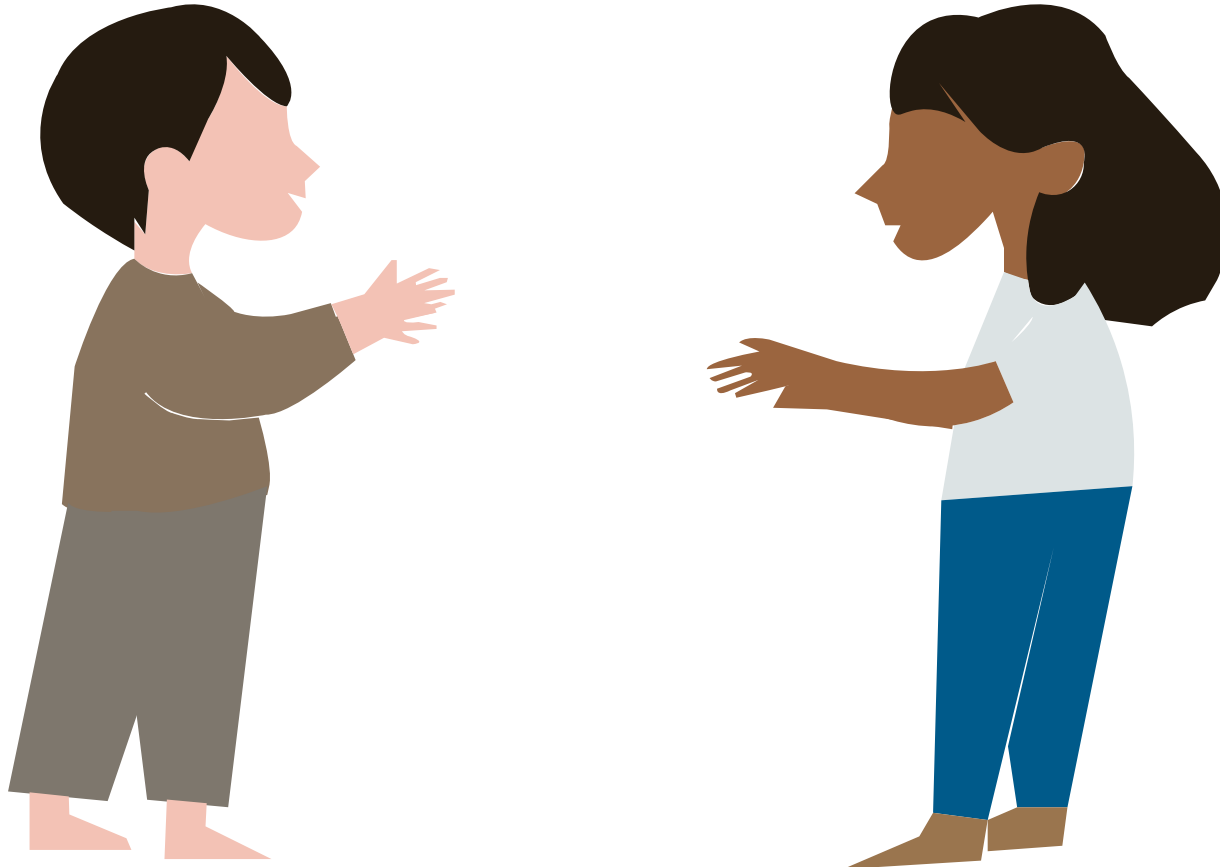


Finally, Nonu takes the special meal to Bholu.



Bholu is shocked to see so many dishes. Happily, he eats all of it.





The balanced meal worked like a magic and turned Bholu into a healthy growing kid just like Nonu.