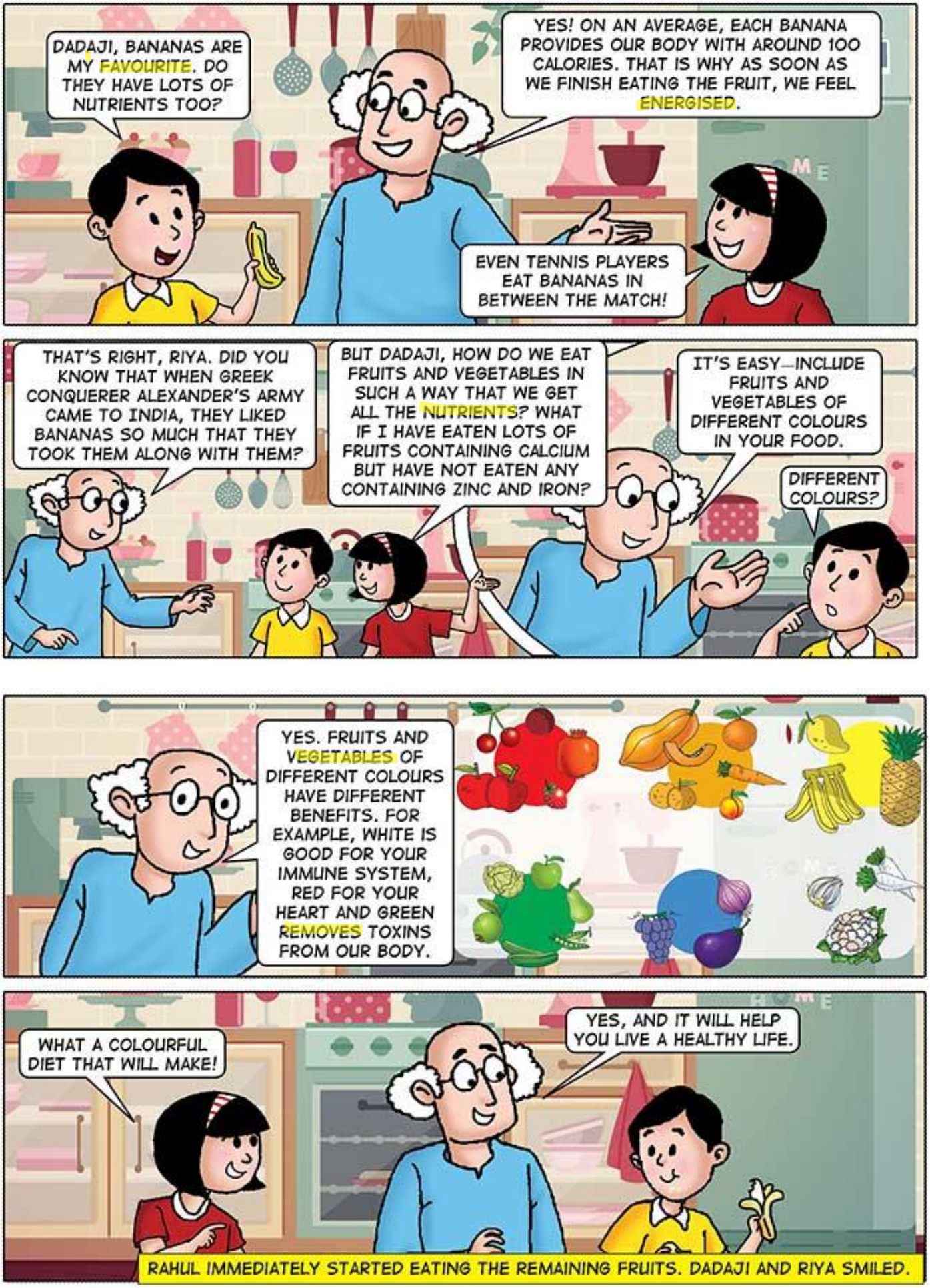
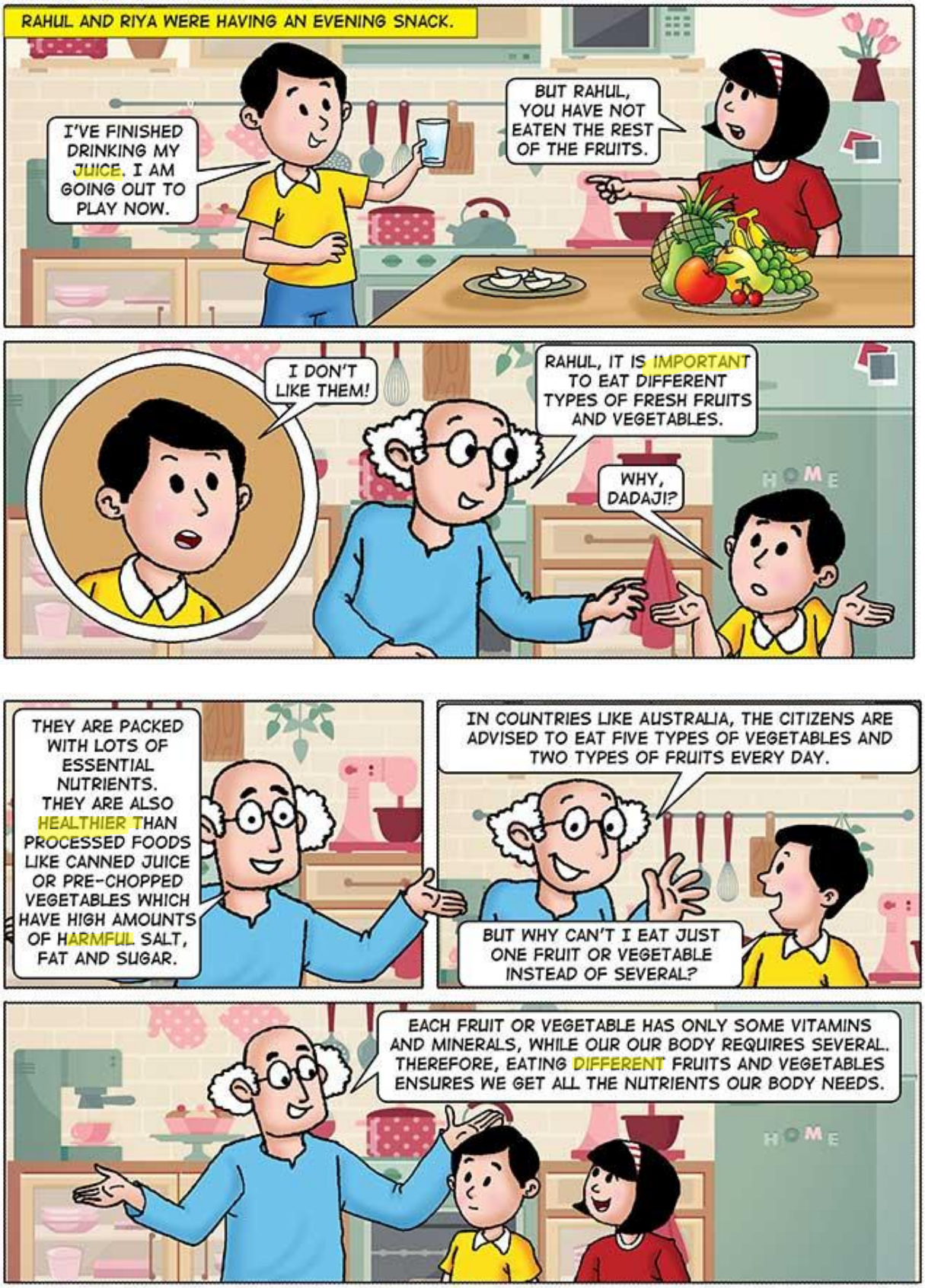

DADAJI, BANANAS ARE MY FAVOURITE. DO THEY HAVE LOTS OF NUTRIENTS TOO?
YES! ON AN AVERAGE, EACH BANANA PROVIDES OUR BODY WITH AROUND 100 CALORIES. THAT IS WHY AS SOON AS WE FINISH EATING THE FRUIT, WE FEEL ENERGISED.
EVEN TENNIS PLAYERS EAT BANANAS IN BETWEEN THE MATCH!
THAT'S RIGHT, RIYA. DID YOU KNOW THAT WHEN GREEK CONQUERER ALEXANDER'S ARMY CAME TO INDIA, THEY LIKED BANANAS SO MUCH THAT THEY TOOK THEM ALONG WITH THEM?
BUT DADAJI, HOW DO WE EAT FRUITS AND VEGETABLES IN SUCH A WAY THAT WE GET ALL THE NUTRIENTS? WHAT IF I HAVE EATEN LOTS OF FRUITS CONTAINING CALCIUM BUT HAVE NOT EATEN ANY CONTAINING ZINC AND IRON?
IT'S EASY—INCLUDE FRUITS AND VEGETABLES OF DIFFERENT COLOURS IN YOUR FOOD.
DIFFERENT COLOURS?
YES. FRUITS AND VEGETABLES OF DIFFERENT COLOURS HAVE DIFFERENT BENEFITS. FOR EXAMPLE, WHITE IS GOOD FOR YOUR IMMUNE SYSTEM, RED FOR YOUR HEART AND GREEN REMOVES TOXINS FROM OUR BODY.
WHAT A COLOURFUL DIET THAT WILL MAKE!
YES, AND IT WILL HELP YOU LIVE A HEALTHY LIFE.
RAHUL IMMEDIATELY STARTED EATING THE REMAINING FRUITS. DADAJI AND RIYA SMILED.



Adapted from: champak.in