



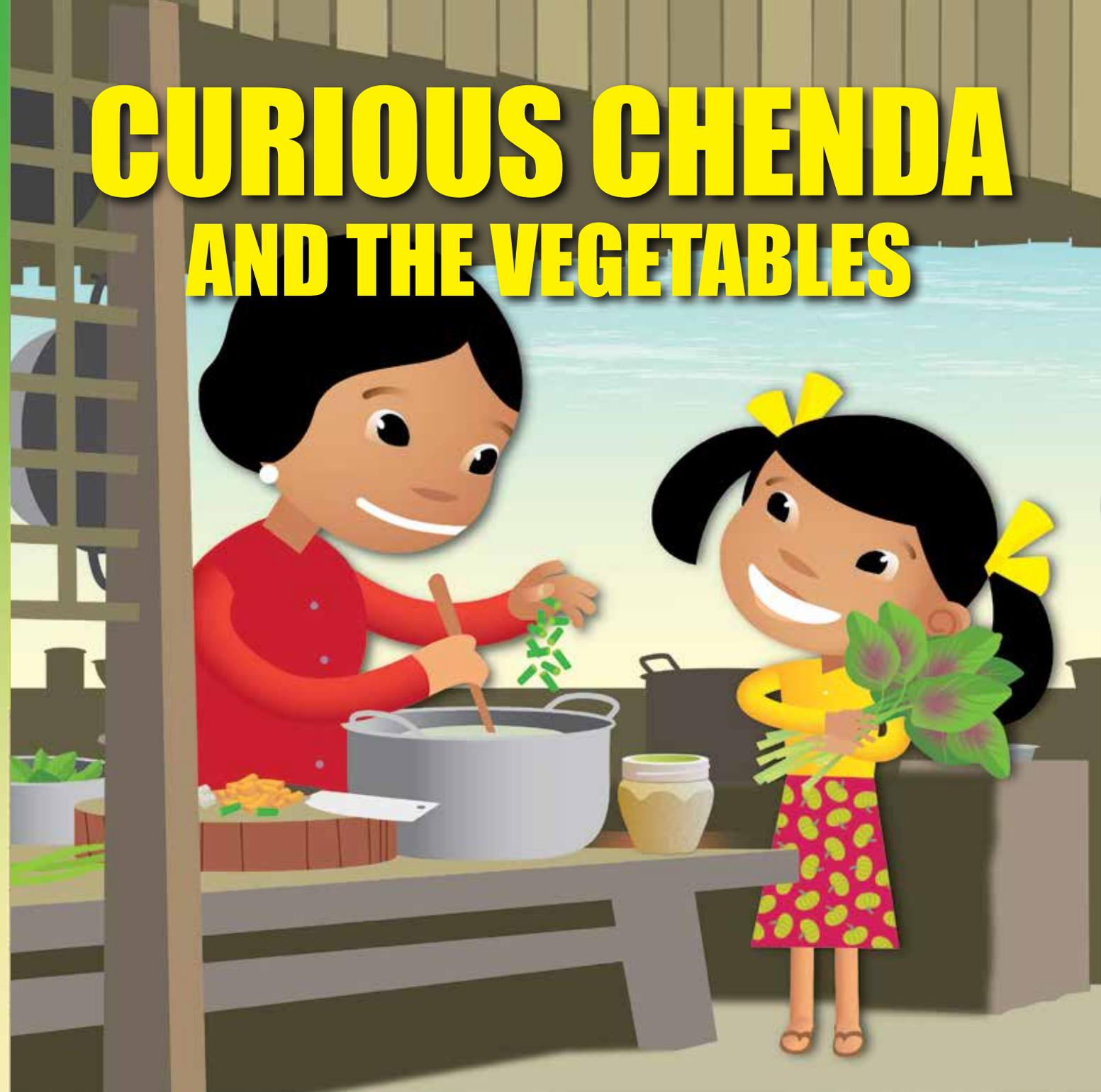
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**Disclaimer:**

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# CURIOUS CHENDA AND THE VEGETABLES





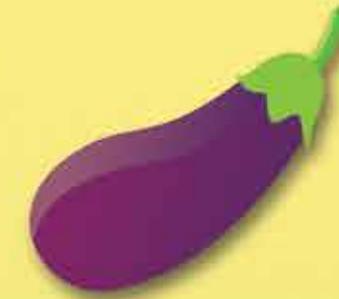
**Every day Chenda rides her bicycle to school. One day she learned from her teacher about plants. She especially liked the plants that produce different food—fruits and vegetables.**

**The teacher also taught Chenda that we need different foods to grow, be smart and strong. Chenda was curious to learn more...**



**So when her uncle stopped by her home, Chenda had many questions ready to ask him—he works as an agricultural officer.**

**“Which vegetables grow fast and easy at home?” Chenda asks her uncle.**



**“Many. All you need is water, sun and soil. You can grow amaranth, yard-long beans, pumpkin, eggplant, and morning glory even at a small garden.”**

**“All vegetables taste different – pumpkin is my favorite. But which ones are best for children?”**



**“Many vegetables are good for all children from 6 months. Green vegetables like amaranth, yard-long beans, and morning glory makes bones strong, help fight illnesses and stay healthy. Orange like pumpkin and sweet potato are great for the eyesight.”**

**“Hmmm....” Chenda looked delighted!**

**Chenda’s baby brother, Channi, is turning one year old soon. Chenda always thinks about her brother growing well and being healthy. She wants to be a special type of doctor, a P-E-D-I-A-T-R-I-C-I-A-N.**

The next morning Chenda helped her dad to start a small home garden with vegetables for Channi and the whole family.

“Dad, let’s use some pumpkin, morning glory and yard long bean seeds,” said Chenda.

“I want Channi to grow healthy, happy and clever!”

Later that year, Chenda was helping her mom to cook Korco soup. She collected vegetables from the home garden that her dad planted and added the powder from the small fish that they made together.





Everyone, including Channi who is growing so fast, washed their hands with soap before eating. Chenda helped him rub both hands together with soap and rinse well.

“Mom says, no exceptions, Channi: you must wash your hands before the meal,” said Chenda to Channi.





**The whole family loves the soup with home grown vegetables mixed.**

**“Eat, baby Channi, vegetables with the fish will help you grow healthy, strong and clever, just like me!”**