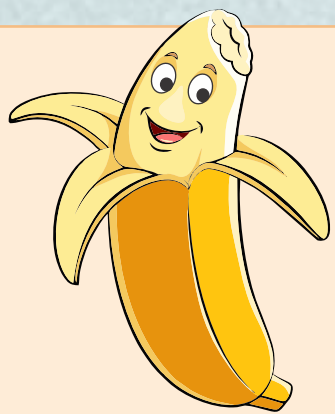


Yummy Friends

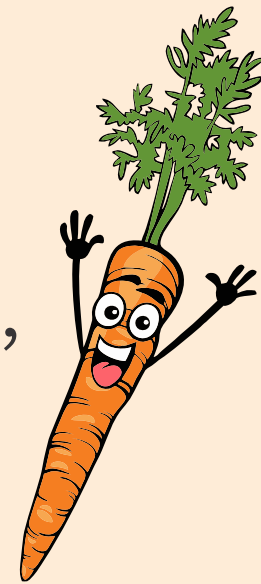


Anganwadi Aunty



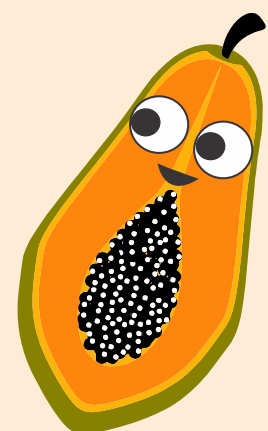
I am a yellow **banana**, tasty and nice,
Eat me regularly; this is my advice.

Meet me; I am a **carrot**, a crunchy treat,
Good for your eyes. I'm very sweet.



Lemon is here, sour if you bite,
drink, lick, or squeeze me. I'm a delight.

Give way; **Papaya** is here to stay,
Good for your stomach. Eat me every day.



I am **spinach**, good for your blood,
I make you strong, the queen of the leafy club.

We are **onion and tomato**; we make your food yummy.
Lots of benefits when we go in your tummy.



I am **bitter gourd**, oh so great!
Good for your health and I control your weight.

I am lean and green. **Ladyfinger** is my name,
Full of minerals and vitamins, a healthy dame.

