



What's Neema Eating Today?

Author: Bijal Vachharajani

Illustrator: Priya Kuriyan

Level 2

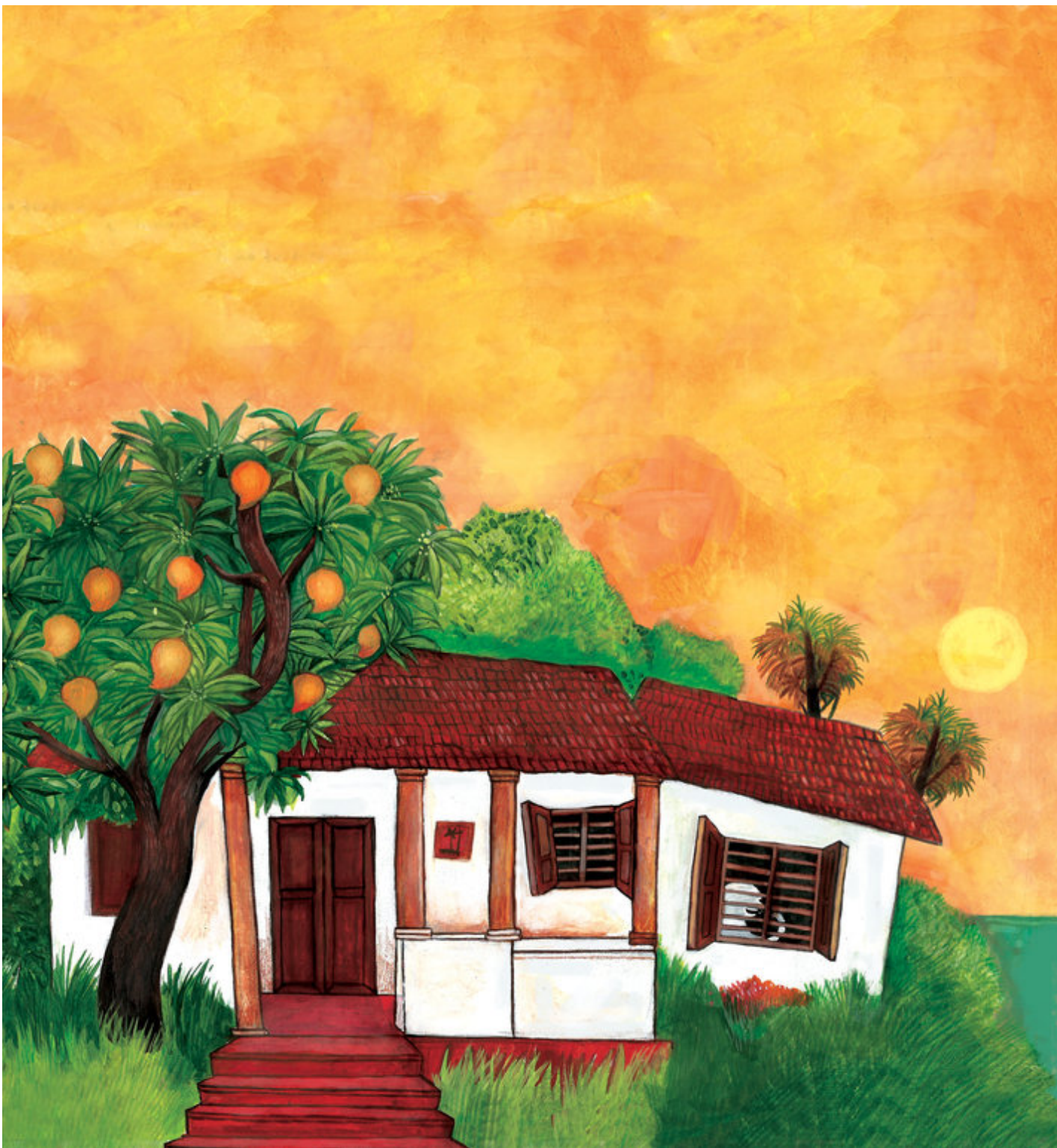


Meet Neema.
Just like you, she loves food.
Which is why,
Neema is always eating and eating.



CHOMP! CHOMP!
CHEW... CHEW!
MMM... MMM!

Oho! Close your mouth while chewing, Neema!

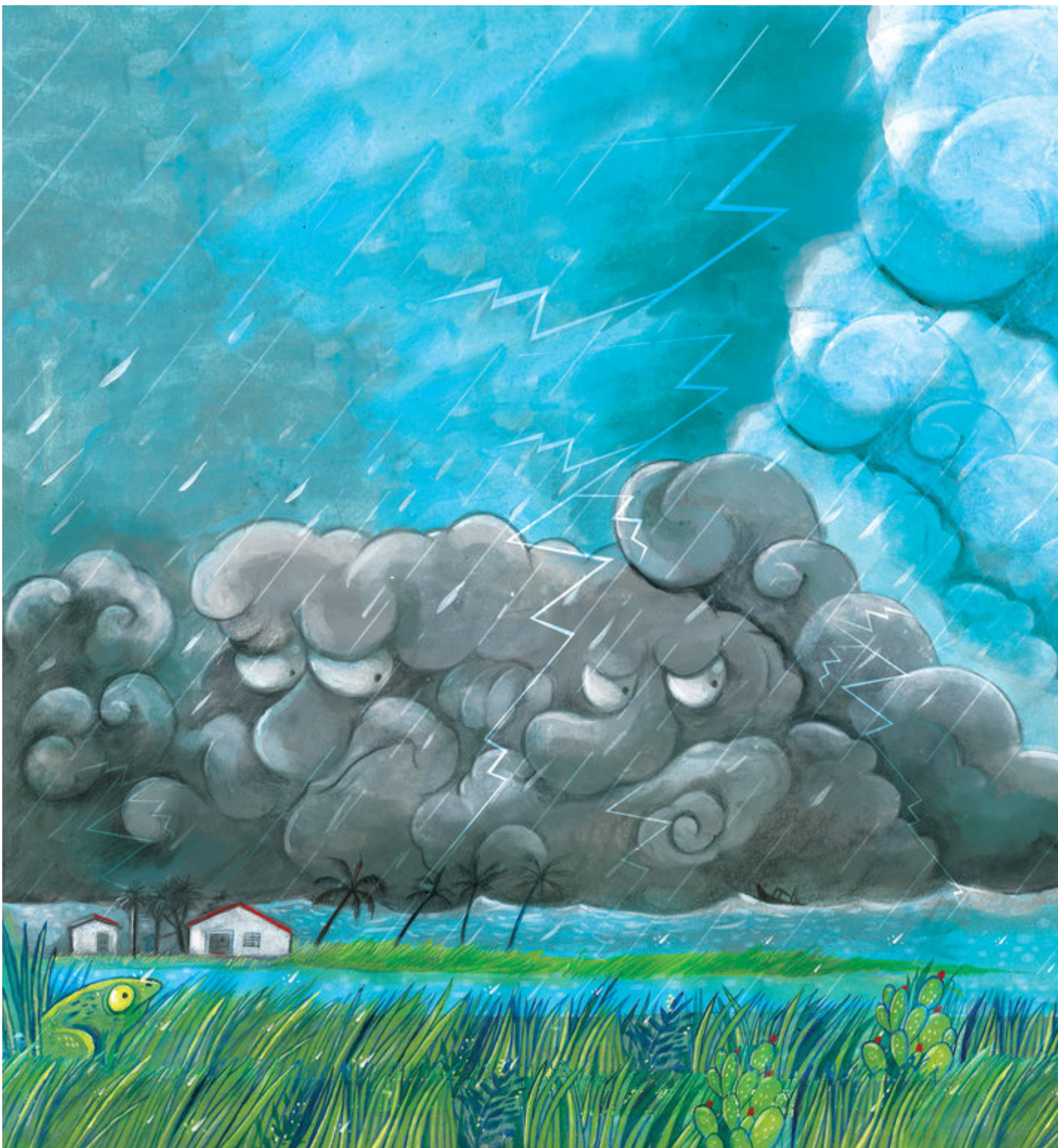


When it's summer,
The days are happy
and long,
And it's warm
outside.

**What's Neema
eating today?**



Summer is the season to eat mangoes – yellow, green and red.
Slippery white lychees with bright red coats,
Green, striped and butter yellow watermelons,
Juicy mulberries that burst in the mouth,
Oho! Neema's hands are all sticky and purple now!



When it's monsoon,
The dark and
frowning clouds roll
in,
And it's raining
outside.

**What's Neema
eating today?**



Monsoon is the season to eat corn – yellow, white and purple.
Fresh and juicy sweet limes,
Pineapples with crowns on their heads,
Purple and squishy jamuns,
Oho! Neema's tongue is all fuzzy and blue!



When it's winter,
And the days get
shorter.
And it's cold outside.

**What's Neema
eating today?**



Winter is the season for shiny leafy vegetables.
Beetroot, red like the setting sun,
Plump green custard apples.
Look, look, Neema's climbing up a tree now,
Oho! She's plucked all the sour, brown tamarinds!



Neema loves to eat,
But she loves to eat
with the season!

CHOMP! CHOMP!
CHEW... CHEW!
MMM... MMM!

Across the world, there are five types of seasons – Spring, Summer, Monsoon, Autumn and Winter. But in some places in India, like where Neema lives, the seasons are Summer, Monsoon and Winter.



Eat with the season!

Like Neema, you can eat colourful and tasty fruits and vegetables across the year. Here's a seasonal calendar so that you know which fruits and vegetables to eat through the year.



Tamarind: January to February



Chikoos: January to February and May to July



Mulberries: March to May and October to November



Spinach: March to May, and
October to January



Mango: March to August



Watermelon : April to June



Lychees: May to June



Jamuns: May to July



Corn : June to August



Sweet Lime : July-August



Custard apple: October-February



Beetroot: All year, but best eaten in winter

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What's Neema Eating Today?

(English)

Meet Neema who LOVES to eat. Slippery lychees, squishy jamuns, sour tamarinds, shiny spinach – she loves it all! Join Neema as she chews and chomps her way through the year.

This is a Level 2 book for children who recognize familiar words and can read new words with help.



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