

Summer activities

Swimming in the lake

Duck



Figure 1: This is a cute duckling

Let's swim!

To get started with swimming, first lay down in a water and try not to drown:

- You can relax and look around
- Paddle about
- Enjoy summer warmth

Also, don't forget:

1. Wear sunglasses
2. Don't forget to drink water
3. Use sun cream

Hmm, what else...

Let's eat

After we had a good day of swimming in the lake, it's important to eat something nice

I like to eat leaves

Here are some interesting things a respectful duck could eat:

	Food	Calories per portion
Leaves	Ash, Elm, Maple	50
Berries	Blueberry, Strawberry, Cranberry	150
Grain	Corn, Buckwheat, Barley	200

And let's add another list in the end:

1. Leaves
2. Berries
3. Grain