

Age
5-7

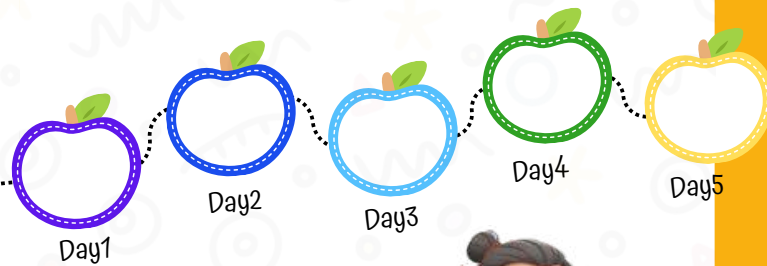
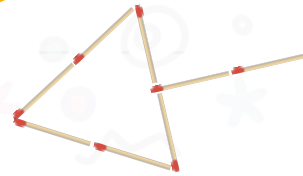
शाश्वतSTUDY™

TALES & TASKS



 Panchkosha Based

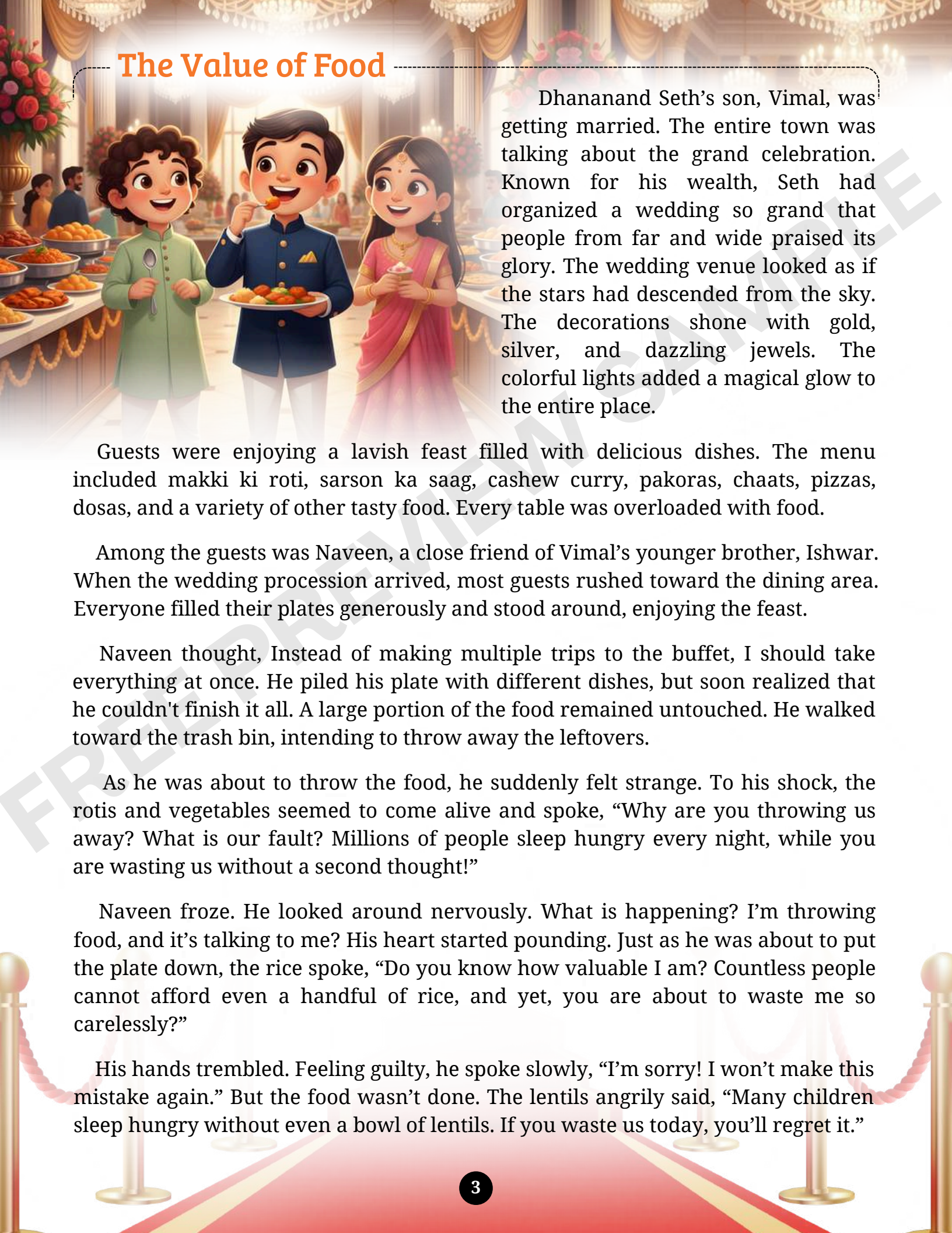
- Moral Stories
- Draw, Color, Solve
- Maze & Puzzles
- DIY Fun Activities
- Brain & Logic Play & much more



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The Value of Food

An illustration of a wedding reception. In the foreground, three children are standing at a buffet table. On the left, a boy with curly hair in a green kurta is holding a spoon. In the center, a boy in a blue kurta is eating a piece of food. On the right, a girl in a pink sari is holding a small cup. The buffet table is filled with various dishes like rotis, curries, and snacks. In the background, other guests are visible, and the room is decorated with chandeliers and floral arrangements.

Dhananand Seth's son, Vimal, was getting married. The entire town was talking about the grand celebration. Known for his wealth, Seth had organized a wedding so grand that people from far and wide praised its glory. The wedding venue looked as if the stars had descended from the sky. The decorations shone with gold, silver, and dazzling jewels. The colorful lights added a magical glow to the entire place.

Guests were enjoying a lavish feast filled with delicious dishes. The menu included makki ki roti, sarson ka saag, cashew curry, pakoras, chaats, pizzas, dosas, and a variety of other tasty food. Every table was overloaded with food.

Among the guests was Naveen, a close friend of Vimal's younger brother, Ishwar. When the wedding procession arrived, most guests rushed toward the dining area. Everyone filled their plates generously and stood around, enjoying the feast.

Naveen thought, Instead of making multiple trips to the buffet, I should take everything at once. He piled his plate with different dishes, but soon realized that he couldn't finish it all. A large portion of the food remained untouched. He walked toward the trash bin, intending to throw away the leftovers.

As he was about to throw the food, he suddenly felt strange. To his shock, the rotis and vegetables seemed to come alive and spoke, "Why are you throwing us away? What is our fault? Millions of people sleep hungry every night, while you are wasting us without a second thought!"

Naveen froze. He looked around nervously. What is happening? I'm throwing food, and it's talking to me? His heart started pounding. Just as he was about to put the plate down, the rice spoke, "Do you know how valuable I am? Countless people cannot afford even a handful of rice, and yet, you are about to waste me so carelessly?"

His hands trembled. Feeling guilty, he spoke slowly, "I'm sorry! I won't make this mistake again." But the food wasn't done. The lentils angrily said, "Many children sleep hungry without even a bowl of lentils. If you waste us today, you'll regret it."

A deep sense of sadness filled Naveen's heart. With folded hands, he sincerely apologized. He thought, Why did I take more food than I could eat? I should have known better. Just then, the onions, tomatoes, and carrots spoke together, "If you keep wasting us, your health will suffer too! We provide nourishment, yet you are insulting us."

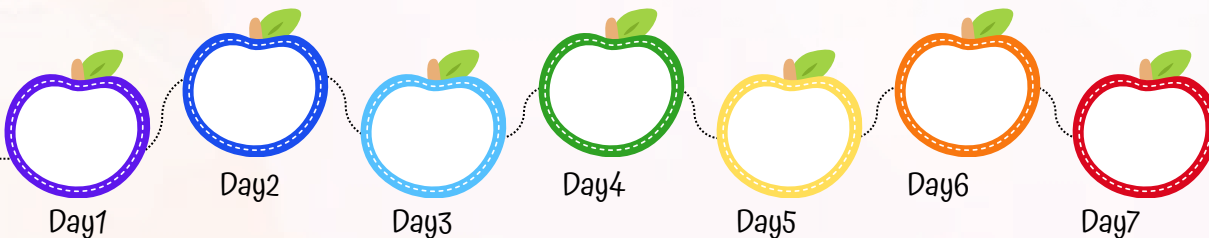
Naveen couldn't bear it any longer. He sat down, trembling, and burst into tears. He cried out, "What have I done? I've made a terrible mistake. Oh, Food God, please forgive me! I promise never to waste food again." The roti and vegetables gently said, "We nourish the hungry, those who struggle for even a single meal. Look around you, so many people go to bed without eating."

Naveen was filled with shame. Without hesitation, he rushed outside and gave the leftover roties to a starving beggar. He placed the remaining rice and salad in front of a hungry stray dog. Without eating another bite, he returned home. Even though it was a cold night, sweat dripped from his forehead. That night, he made a firm vow—"I will never waste food again."



From that day forward, Naveen changed his habits. He also encouraged his friends and family to respect food. He made them understand how important it is to value food, as millions of people in the world struggle to get even a single meal. Just like Naveen changed his life, you can too—take the challenge and try this activity!

FOOD HERO TRACKER



Be a Food Hero! Mark this tracker before bed. Did you finish all your yummy food today?

Decode the code to reveal the picture



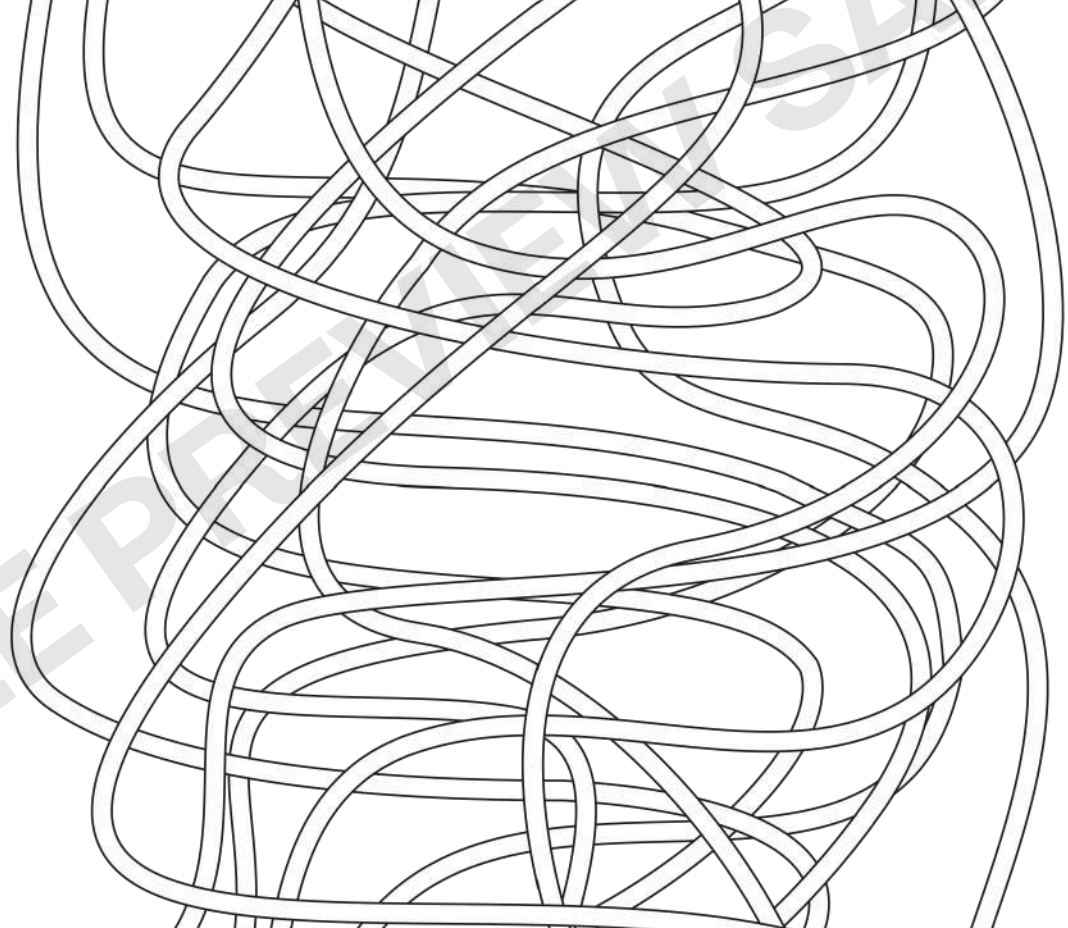
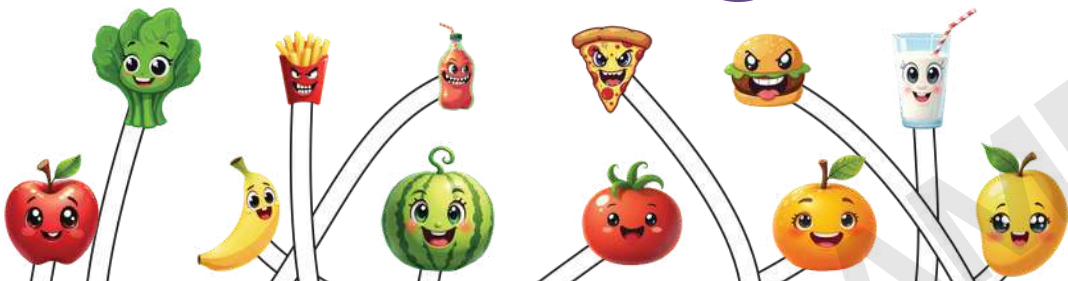
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Look at each code and find its letter on the left side and its number at the top. Color the circle where that letter and number meet!



FIND WHO ATE WHAT?



Friendship of Dog and Leopard

A dog and a leopard once met and became friends. Since the dog had no home, he started living with the leopard. But the leopard began treating the dog like a servant and made him work all the time.

When the monsoon arrived, the leopard said to dog, "Let's go check the termite mound. I want to see what kind of insects have come up this season!" They both went there and found many insects crawling inside. They filled their bags with them and returned home. The leopard's wife cooked those insects into a sweet dish, and everyone ate heartily. Whatever was left, she dried and stored carefully.

After a few days, the leopard said to dog, "I want to send this dried food to my in-laws. Please make four small bundles of it." The dog obediently tied up four little bundles. The leopard dressed up smartly, picked up his musical instrument—a guitar—and began walking toward his in-laws' home, singing happily. He told the dog, "You carry the bundles behind me." As they walked along, people on the road asked, "Where are you two going?"

The leopard proudly replied, "I'm going to visit my in-laws!" Someone said, "Leopard! Please play your guitar for us." The leopard joyfully played and sang:

"I'm going to my in-laws home,
With bags of sweets I proudly roam
The dog will carry all the load,
I walk like king along the road."

The leopard sang proudly, while the poor dog felt humiliated. He grew angry but stayed quiet. After a while, the dog said, "Leopard, I need to pee. Please go ahead. I will catch up once I'm done." The leopard walked on.

As soon as he was gone, the dog opened one of the bundles, ate all the dried sweets, and filled the empty bag with mud. Then he quickly ran to catch up with the leopard.



After some time, the dog said, “Leopard, may I play your guitar for a bit? I also feel like singing.” The leopard agreed. The dog took the instrument and sang:

“Strong cheetah, brave and great,
Trusts me much and fills my plate.
Sweets for his family he will not touch,
I walk behind, it weighs not much.”

The leopard clapped and said, “Wonderful, Dog! You sing so well!” The dog smiled and replied, “It’s all because of you. I learned it from watching you!”

They finally reached the leopard’s in-laws’ house. Everyone welcomed the leopard warmly, calling him “dear son-in-law.” Nobody paid attention to the dog. The leopard sat proudly while his in-laws served him sweet drinks. The poor dog sat quietly in a corner, ignored. After a while, he slipped away unnoticed and ran away.

The leopard happily said to his in-laws, “I’ve brought you some delicious dried sweets!” His mother-in-law eagerly opened the basket, and his father-in-law leaned forward to see. But to everyone’s shock — inside the basket were lumps of mud!

The leopard was furious. He realized the dog had tricked him. He immediately ran out to look for him, asking people on the way, “Have you seen Dog?” A clever man said, “If you want the dog to come, play the drum and dance — he’ll show up.”

So the leopard played the drum and danced. All the animals—goats, cows, and buffaloes—came to watch, but the dog stayed hidden. He was scared. He thought, “If I go, the leopard will surely eat me!”

The next day, a goat told the dog, “The leopard is dancing again today. You should come! It’s fun!” The dog really wanted to go but was afraid. The goat said, “Don’t worry. I’ll hide you in my tail. The leopard won’t see you.”

So the next day, when the drums began, the goat hid the dog in his tail and joined the dance. The leopard looked everywhere for the dog but couldn’t find him. Disappointed, he gave up.

That evening, there was another round of drumming and dancing. Again, the goat hid the dog in his tail and went to dance. The drums beat louder and louder, and all the animals began wagging their tails with joy.

But the goat’s tail was moving too much, and the dog hidden inside couldn’t stay still. Finally, he slipped out and fell to the ground!

MATCH SPICES WITH THEIR BENEFITS



Turmeric



Ginger



Ajwain



Honey



Tulsi



Clove



Immunity



Throat infection



Cut on skin



Gas



Tooth pain

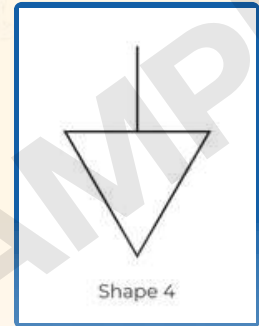
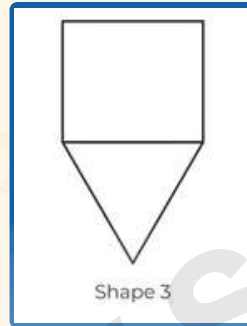
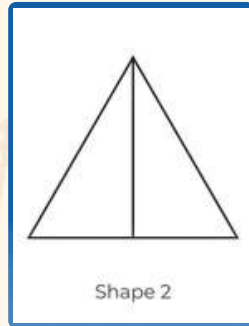
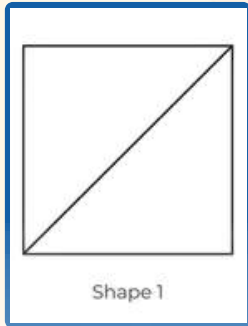


Digestion

Answers: Turmeric - Cut on Skin, Ginger - Digestion, Ajwain - Gas, Honey - Throat Infection, Tulsi - Immunity, Clove - Tooth Pain

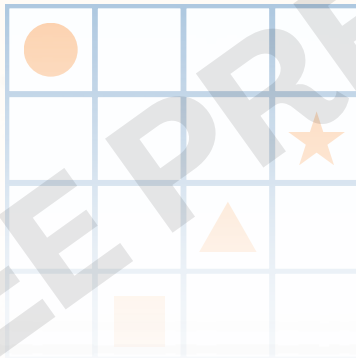
DRAW WITHOUT LIFTING OR CROSSING

Try to draw the given shapes in one continuous stroke without lifting your pencil or crossing any lines. This activity builds problem-solving and logical thinking.



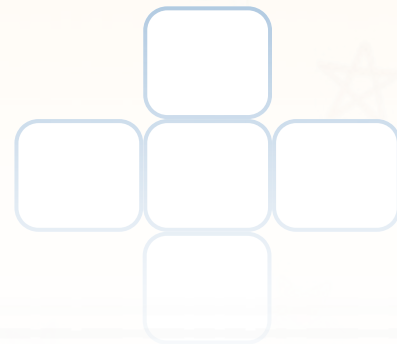
Mini Sudoku with shapes!

Draw shapes in the boxes so that each shape appears only once in every row and column.



Fun with Numbers!

Fill the boxes with the numbers 5 to 9 so that the vertical and horizontal sums are the same.



Fun with Numbers!

Fill the given circles with given numbers such that the sum on both sides is equal.

End of Sample

Loved this Sample?



This is just a small glimpse of what your child can experience.

The complete **Tales & Tasks Book** is designed to help your child:



Build strong thinking skills



Improve creativity & imagination



Develop good habits & values



Stay happily engaged without screens

Give your child a meaningful learning routine at home.

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