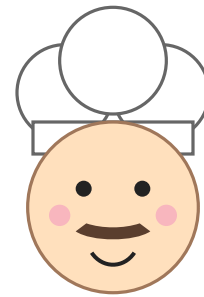


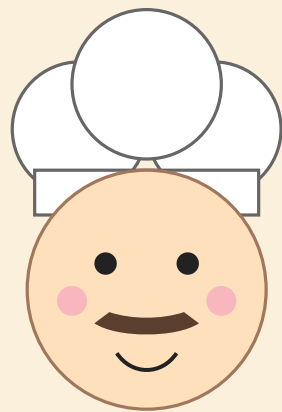
# Chef Cheeku's Halal-Healthy Plate

Food Groups • Hygiene • Healthy Habits • English + Urdu



*Eat the rainbow. Wash your hands. Sleep well.*

**Modern Day Syllabus • Playgroup • Book 4 of 7**



# Salam, little chef!

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I am Chef Cheeku.

Today we will fill our plate with  
healthy food and learn habits  
that keep our bodies strong.

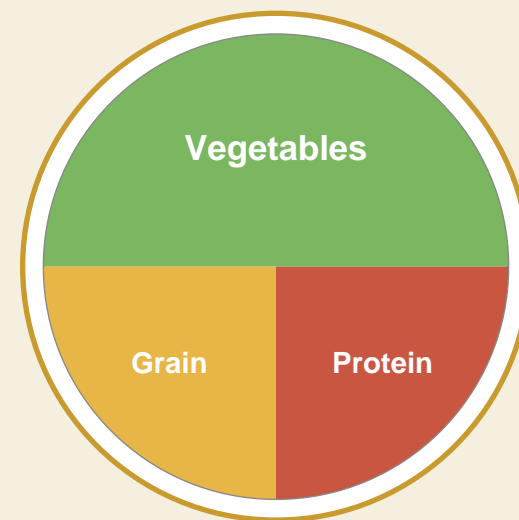
Eat the rainbow. Drink your water.  
Wash your hands. Sleep early.

Let's go to the kitchen!

# How to use this book

1. Show your child each food. Ask: 'Have you tried this one?'
2. After every food group, look in your kitchen — find the same food.
3. On the 'Yes / Sometimes / No' page, sort foods together.
4. Practice the hand-washing 5 steps in the bathroom right after.
5. Refill the water bottle together. Children copy what they see.
6. Read together at meal-times. It builds happy food memories.

# The Healthy Plate

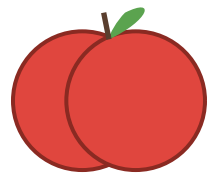


Half the plate fruits + vegetables.  
A quarter grains. A quarter protein.  
Dairy and lots of water on the side.

*Halal means: clean, kind, allowed.*

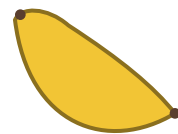
# Fruits

*Urdu: Phal — Sweet, juicy and full of vitamins.*



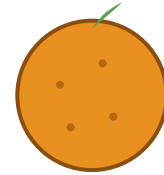
**Apple**

*Saib*



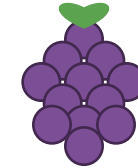
**Banana**

*Kela*



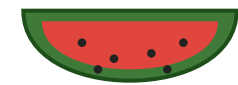
**Orange**

*Malta*



**Grapes**

*Angoor*



**Watermelon**

*Tarbooz*

*Find fruits in your kitchen today. Take a small bite!*

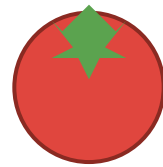
# Vegetables

Urdu: Sabziyaan — Crunchy heroes that grow in the soil.



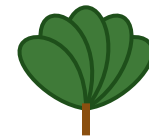
**Carrot**

*Gajar*



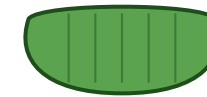
**Tomato**

*Tamatar*



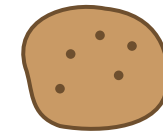
**Saag**

*Saag*



**Cucumber**

*Khira*



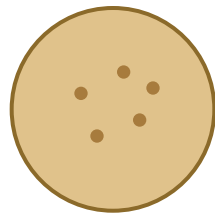
**Potato**

*Aloo*

*Find vegetables in your kitchen today. Take a small bite!*

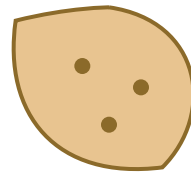
# Grains

*Urdu: Anaaj — Roti, rice and bread give you energy to play.*



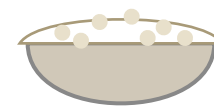
**Roti**

*Roti*



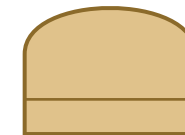
**Naan**

*Naan*



**Rice**

*Chaawal*



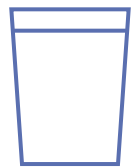
**Bread**

*Bread*

*Find grains in your kitchen today. Take a small bite!*

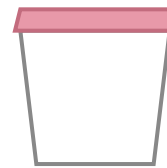
# Dairy

*Urdu: Doodh — Milk and yogurt build strong bones.*



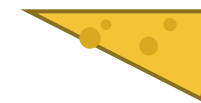
**Milk**

*Doodh*



**Yogurt**

*Dahi*



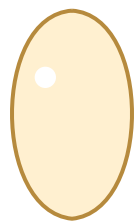
**Cheese**

*Cheese*

*Find dairy in your kitchen today. Take a small bite!*

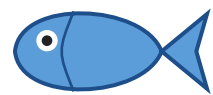
# Protein

*Urdu: Protein — Eggs, fish, chicken, daal — for strong muscles.*



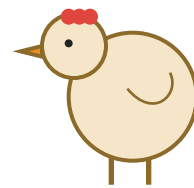
**Egg**

*Anda*



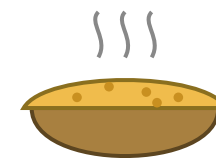
**Fish**

*Machhli*



**Chicken**

*Murghi*



**Daal**

*Daal*



**Nuts**

*Maeyway*

*Find protein in your kitchen today. Take a small bite!*

# Water

*Urdu: Paani — Drink lots of water every day. It keeps you cool.*



**Glass**

*Glass*



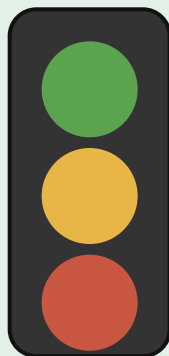
**Drop**

*Boond*

*Find water in your kitchen today. Take a small bite!*

# Traffic-Light Foods

Green YES • Yellow SOMETIMES • Red NO



## YES — every day

- Fruits
- Vegetables
- Roti
- Daal
- Yogurt
- Water

## SOMETIMES

- Sweets
- Mango juice
- Biscuits
- White bread

## NO / very rare

- Fizzy drinks
- Chips
- Candy bars
- Energy drinks

*Sort food cards into the three lights at home — make it a game!*

# Wash, wash, wash your hands!

*Five quick steps. Sing the song while you wash!*

- 1. Wet hands with clean water.
- 2. Add soap. Make bubbles!
- 3. Rub palms, backs, between fingers, under nails.
- 4. Rinse all the soap off.
- 5. Dry with a clean towel.

# Drink your water!

*Children need many small sips through the day.*



**Glass 1**



**Glass 2**



**Glass 3**



**Glass 4**



**Glass 5**



**Glass 6**

*Aim for about 5–6 small glasses a day. More on hot days!*

# Brush, brush, brush your teeth!

*Twice a day — once in the morning, once before bed.*

- A pea-sized blob of toothpaste on the brush.
- Brush small circles on every tooth — front, back, top.
- Brush for 2 minutes. Hum a happy tune.
- Spit out. Rinse. Smile big!

# Sleep early, wake early.



*A Playgroup child needs 11–13 hours of sleep, including a nap.*

- Same bedtime every night — the body loves a rhythm.
- Dim the lights, no screens, soft voices.
- A short story or a soft du'a settles the mind.
- Wake with the sun. Open the window. Stretch!

# My daily healthy habits

*Tick a box every time you do one. Race to fill them all today!*

- Washed my hands before eating
- Ate fruits or vegetables
- Drank a glass of water (x6)
- Brushed my teeth (morning)
- Brushed my teeth (night)
- Played outside or moved my body
- Helped a grown-up in the kitchen
- Said 'Bismillah' before eating
- Said 'Alhamdulillah' after eating

# Wash-Your-Hands Song

*Wash, wash, wash my hands,  
Soapy bubbles rise!*

*Front and back and in between,  
Until they're clean and dry.*

*Rinse, rinse, rinse them well,  
Shake-shake-shake them dry —*

*Now my hands are squeaky clean,  
I'm ready to say 'Bismillah!'*

# Certificate of Achievement

*I know my food groups, my plate and my healthy habits!*

This certificate is proudly presented to:

*(write the child's name here)*

**Modern Day Syllabus • Foundations Series**

# A short note for parents and teachers

## What this book builds:

- recognition of the 5 main food groups + water
- the 'half plate fruits + vegetables' visual rule
- early hygiene habits: hand-washing, tooth-brushing, sleep, water
- food sorting (yes / sometimes / no) — early classification skill
- cultural anchors: Bismillah, Alhamdulillah, halal as 'clean and kind'

## How to make this book powerful at home:

- cook together, even small jobs like washing the daal.
- let the child choose ONE fruit and ONE vegetable at the bazaar.
- praise effort, never the body. 'I love how you tried the saag!'
- no food is a reward or a punishment — keep it neutral.
- model the habits you teach. They watch everything.

## Coming next in the Foundations Series:

- Tara's First Words (50 everyday words)
- My Family & My Home (family, kindness, du'a)
- Out and About (places, vehicles, road safety)