



STORY TIME

# The Story of Food

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What is your favourite dish that makes your mouth water?



It is Kuku's birthday today, and she is excitedly waiting to meet her friends in the evening. Suddenly, the doorbell rings. Kuku jumps from her bed to get the door.





She opens the door and sees a delivery man carrying a big gift. He smiles at Kuku and hands her the package. She looks at it and screams, “Ma! grandpa’s gift has arrived!”

She thanks him, closes the door and runs back to her room. “Ma, I will be in my room.”





Kuku opens the package and finds an **old rustic book** inside. She opens the book and sees her grandpa's familiar handwriting.

“Happy Birthday, my dear Kuku. With this package, I am sending you lots of love and some ***magic*** on your birthday.”



Let's put on our thinking hats!

What could the **'magic'** be about?

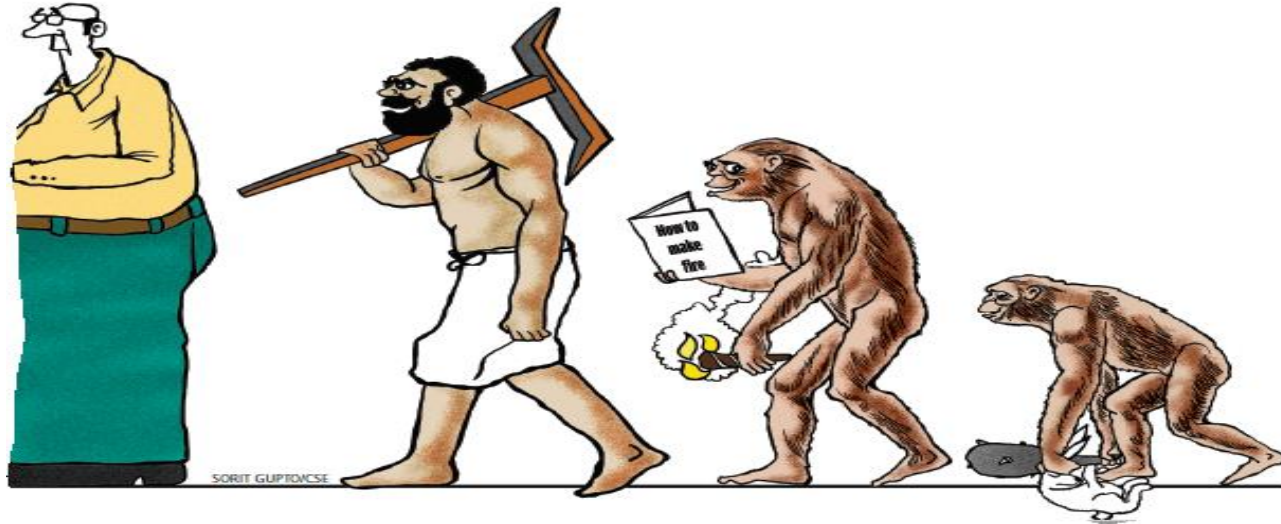
Kuku smiles and runs her hands over the title of the book: ***The Story of Food***. Her excitement knows no bounds, for she had always wanted to learn more about food!

“Grandpa is the best!” She thinks and settles in her bed to begin reading.





“Long ago, humans took a great leap with the discovery of fire. Thousands of years ago, humans learnt to control fire. Now, they were doing something very different from animals — eating cooked food! And with this began the art of COOKING.”





“When our ancestors mastered the art of cooking, they started thinking about what and how to eat. They carefully selected plants and their parts that were edible.”



“Every part of the world had different qualities like soil, climate, etc. So, humans couldn’t produce plants of one region into another. For example, foods eaten in what’s now called America could not be grown in India and vice versa.

This gave us our specific food habits.”





Kuku looked up from her book, surprised. The book was indeed full of love and *magic*, but she had to get ready for her birthday party.

Kuku didn't feel like letting go of the book and thought reading another chapter couldn't hurt.

She turned the page to find out more...





“The next important thing that happened to food was **TRADE** – people started exchanging or buying things.

Our ancestors realised that all food items could be traded from any part of the world.”





With people around the world exchanging food, every country became famous for specific things.

**Do you know what India became famous for?**



“**SPICES!!** For the rest of the world, spices were just magic herbs with no nutritional value. However, they increased the taste and aroma of the food. So much so that the countries fought to get access to India’s spices.”





“Today, our food faces the biggest challenge: **food wastage**.

Can you guess how much **food is wasted worldwide** every day?

One-third of what is produced! Sadly, much of it is perfectly edible.”







“For every glass of milk poured down the drain, we also waste at least a thousand litres of water and the fuel that go into getting it at the doorstep. Did you know that waste food releases harmful gases in great quantities?

So, it is important to buy only as much as you can consume and not shop aspirationally.”





Kuku paused for a while. She had never thought about food wastage. She wanted to read more but she was running late for her party.

She called her grandfather and thanked him for the wonderful gift . Then, she joined her parents in the kitchen.

Her father was lining up the glasses and filling them with fresh juice. Her mother was stirring the kheer over the gas stove while her sister took out burgers on a plate. The collection looked nothing less than a fancy feast.





Kuku looked at all the food items laid out on the table for the party. She realised how much effort goes into bringing food to the table.

She had never seen her plate of food the way she did today.

**“We will make sure that no food gets wasted today and we make just what we can eat,”** asserted Kuku! Her parents smiled and gave a friendly nod.

THE END



We have amazing stories to tell.  
Can we all be **STORYTELLERS**?

YES! We just need two things:

1. **Story**
2. **Structure**

...and a **colourful** imagination!

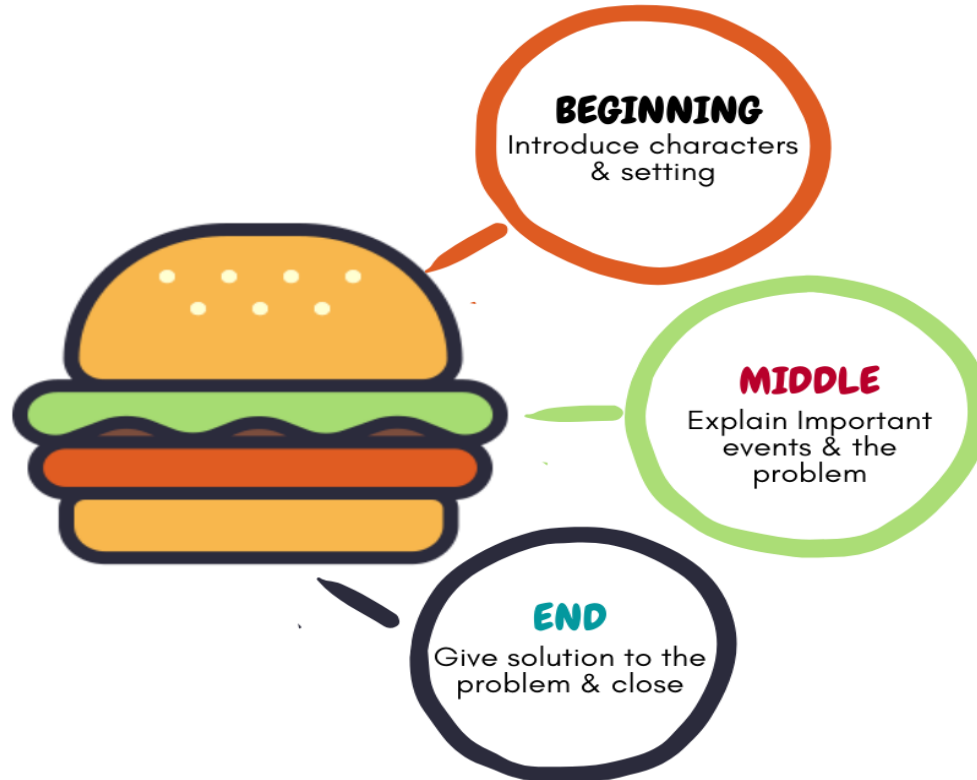


# Story

1. Characters	
2. Setting / Place	
3. Problem	
4. Solution	



# Structure: How about a burger?

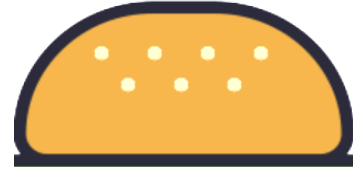






# Kuku's Story: Where is the burger?

**Beginning:** Kuku's family is celebrating her b'day at home. She receives a gift from grandpa.



**Middle:** Kuku learns about food and how most of it is wasted every day.



**End:** Kuku pledges to buy only as much food as needed and never waste it.





# Bring out the artist in you

Share your comic designs and stories with us at:

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