PM award in one hand, a sapling in another, Prasiddhi is on a green mission.

Meet the ALL-NEW SUPERFOODS

**SEAWEEDE**

Meet the new superfood of 2021, seaweed is packed with antioxidants, vitamins, and other nutrients. It also contains iodine, which is good for thyroid health. It's important to note that seaweed should not be too much too often, as it contains a lot of sodium.

**WALNUTS**

Walnuts have been linked with weight loss, as well as improved heart health, heart health and diabetes. Walnuts are a good source of plant-based protein, fiber, and minerals. They are also high in healthy fats and can help reduce the risk of heart disease.

**BEETROOT**

Beetroot has many health benefits, including improved blood flow and lower blood pressure. It is also high in fiber and can help reduce the risk of heart disease. Beetroot is also high in vitamin C and can help boost the immune system.

**MUSHROOMS**

Mushrooms are known for their immune-boosting properties and can help reduce the risk of heart disease. They are also high in fiber and can help reduce cholesterol levels.

**PAK CHOI**

Pak Choi is a leafy green vegetable that is high in fiber and vitamins. It is also low in calories and can help reduce the risk of heart disease.

**TRY THIS: You can try these superfoods in your next meal.**

**TRY THIS: Indulge in some fresh walnuts for a healthy snack.**

**TRY THIS: Mix some beetroot into your next smoothie for an extra boost.**

**TRY THIS: Enjoy some mushrooms in your next stir-fry or salad.**

**READ, PLAY, LEARN**

**MIDDLE GRADE HARDCOVER**

**BOOKS INT: RISASILLA ESTU**

**1.** *The Boy with the BFG* by Roald Dahl

**2.** *Clive's Best Friend* by Greg's Best Friend

**3.** *The Real Friend* by Katherine Applegate

**4.** *FRIENDLY KID DIARY OF AN AWESOME FRIENDLY KID* by Peter Wohlleben

**5.** *FRIENDLY KID ON THE RUN* by Katherine Applegate

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