

Ashwika's Story World

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Ash and the Lunchbox Rainbow

Variety, creativity & friendship

Small questions. Big adventures.

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A story about variety, creativity and friendship.
Small questions. Big adventures.

A rainbow on paper



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Ash looked at her drawing and smiled. Red strawberries. Orange carrots. Green cucumber. Purple grapes. "I've designed a rainbow lunch!" she announced.

A picnic plan



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Outside, maple leaves floated past the kitchen window. Tomorrow was the class picnic, and Ash wanted to help pack her lunch. Dad pulled up a chair.

What might be missing?



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“It looks colourful,” he said. “But shall we check whether anything is missing?” Ash examined her picture. “Blueberries?” Dad chuckled. “Perhaps. But I was thinking about the rest of the meal.”

Crackers and hummus



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He opened the cupboard and brought out some whole grain crackers. Then he placed a small container of hummus beside them.

More than colours



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“Vegetables and fruit are part of the picture,” he explained. “Whole grain foods and protein foods belong in our meals too.”

A chickpea discovery



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“Hummus is made from chickpeas, which are a protein food.” Ash looked at her drawing again. “My rainbow needs more than colours!”

Foods already at home



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Together, they picked foods they already had at home. Ash added cucumber, carrots, a few strawberries, whole grain crackers and hummus to her lunchbox.

A grown-up helps



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Dad helped with the cutting and checked the school's food rules. Ash packed her water bottle beside the box.

Leo's lunch drawing



Just then, Leo arrived to work on their picnic poster. He showed Ash his lunch drawing: a whole grain sandwich, a banana and a little container of yogurt.

Yellow and brown



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Ash tilted her head. "Your lunch has lots of yellow and brown." "Is that a problem?" Leo asked.

Ash thinks again



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Ash paused. Then she shook her head. “No. Mine doesn't need every colour either!”

No perfect rainbow needed



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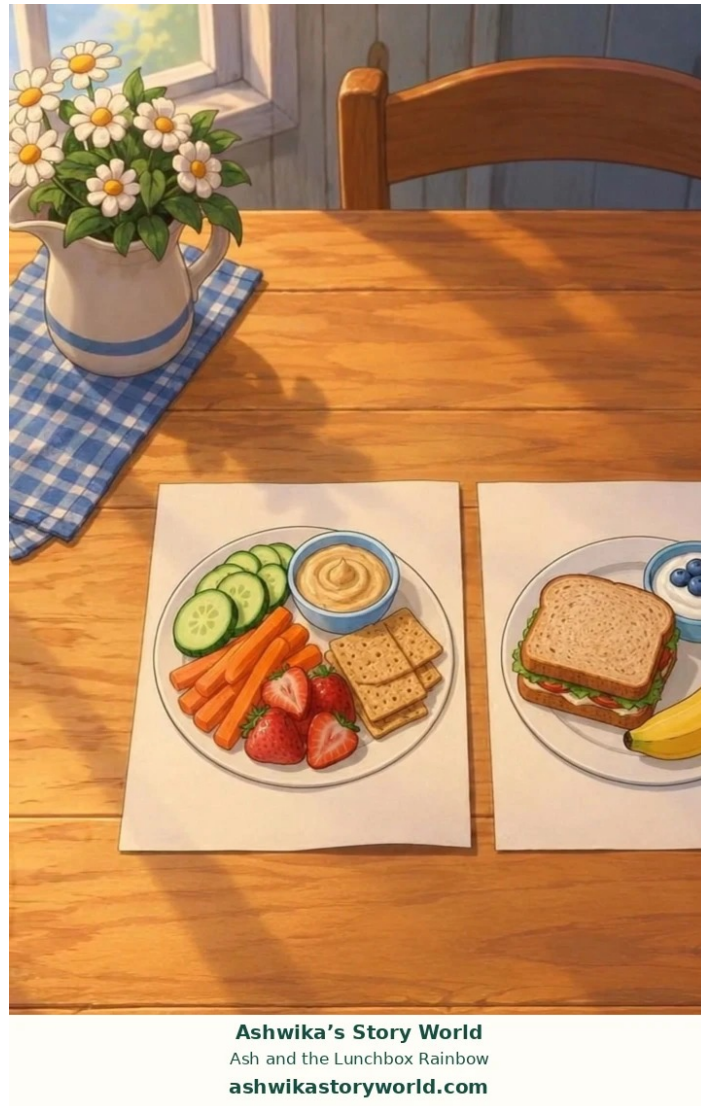
Dad nodded. "Colour can make choosing vegetables and fruit fun. But a meal doesn't have to look like a perfect rainbow."

A banana in a raincoat



Leo drew a smiling banana wearing a tiny raincoat. Ash laughed so hard that her pencil rolled off the table.

Different pictures, shared ideas



Their lunch pictures looked different. Both included a variety of foods they enjoyed.

Pack what works for you



At the bottom of her page, Ash wrote: “Choose some variety. Pack what works for you.”

A picnic together



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Then she added one more drawing: two friends enjoying their picnic together.

What would you draw?



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What would you put in your lunchbox picture? Ask a grown-up to help you plan it—and join Ashwika's Story World for another small question and a big adventure.

Your lunchbox picture

With a grown-up, draw a lunchbox picture using foods that work for your family. Think about variety, water and your school's food rules.

What changed Ash's idea? How did she respond to Leo? Talk, draw and discover together.



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