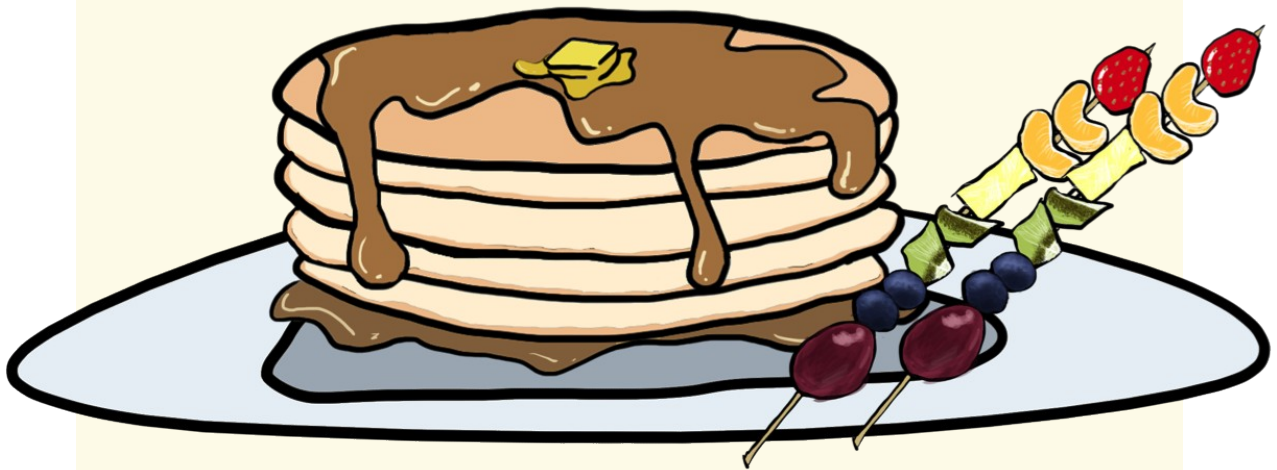


Children's Storybook + Cookbook



Story by Sze ki Chong
Illustrations by Sze ki Chong

Message to parent:

Nowadays, kids are spending more time playing games with electronic devices, which is affecting their health in a negative way. The purpose of this book is to diversify their lifestyle and interests, and help them to distract their minds away from the electronic devices to some fun and hands-on activities that can help them develop other skills such as measuring, problem solving and communication.

The recipes in this book are intended to be cooked with adult supervision.

Kitchen Safety:

Protect yourself:

Pans and foods can always get very hot when they are out of the oven, and when you remove them from the stove. ALWAYS remember to protect your hands with oven gloves and careful not to burn yourself.

Hot stoves:

Be careful not to leave stoves open when you are not watching and also be careful so you don't knock them off or spill the food when you are moving hot pans.

Chop safely:

When you are cutting food with a knife, ALWAYS remember to cut them on top of chopping board so the food won't slip around.

Tidy up:

Try to clean things as you are cooking, so it will be easier to tidy up at the end. Don't forget to wipe any spills on the floor, so you won't trip or slip over.

It's always a good idea to wash your hands before and after cooking.

Story 1: BREAKFAST IS IMPORTANT!!

Jack loves sports.



He loves every kind of sports.

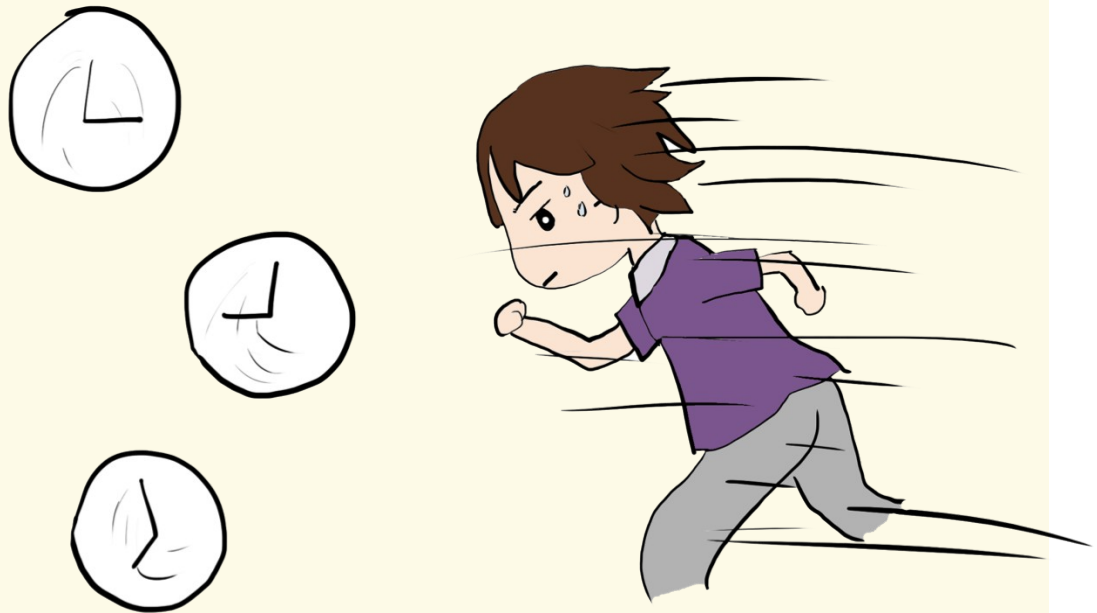
He is very excited about the upcoming Sports Day event in school.



Tips & Prompts:

If you use electronics devices too much your eyesight will get worse and you might even get digital eyestrain!

Jack uses all the free time he has to exercise, so he is ready for the day.



Sometimes he even forgets to eat his breakfast.



A week before Sports Day...



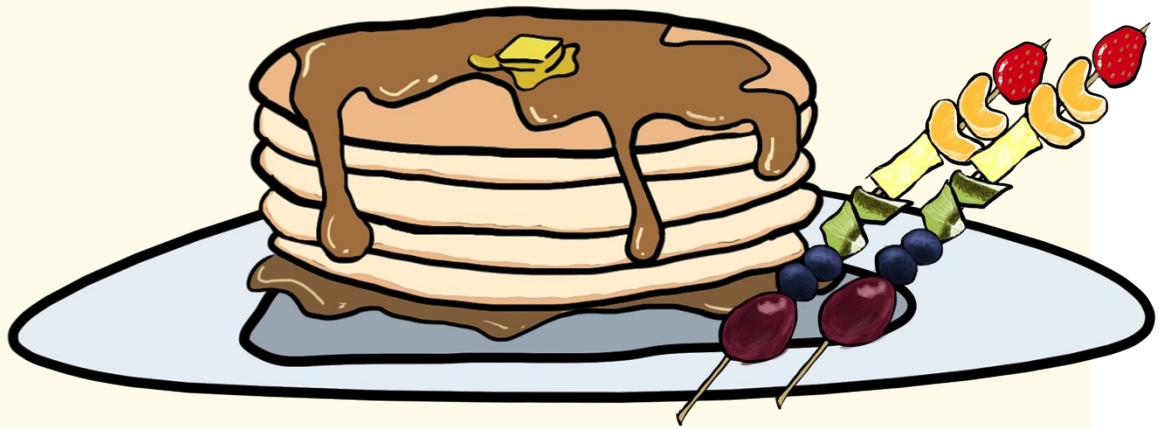
Jack fainted when was in class.

Tips & Prompts:

Some symptoms of getting digital eyestrain: dry eye, eye redness and headache...



The nurse told him: “You should be eating your breakfast everyday Jack! Or else you will get weaker and weaker, and you won’t be able to play any sports!”



After that day, Jack never forgets to eat his breakfast again, and his favorite breakfast food is pancakes.

Finally the day has come...



Jack's Favorite Pancake Recipe:

Ingredients:

- 1 cup of all purpose flour
- 2 tablespoons of sugar
- 2 teaspoons of baking powder
- 1 cup of milk
- 2 tablespoons of unsalted butter (melted) or vegetable oil
- 1 large egg
- Toppings! Whipping cream, fresh fruits, butter, strawberry jam, any thing you like!

Grease Oven Tray:

- 1 tablespoon of vegetable oil

Directions:

1. Set oven to 200°C

2. Mix flour, sugar, baking powder, milk, butter (or vegetable oil) and egg together.

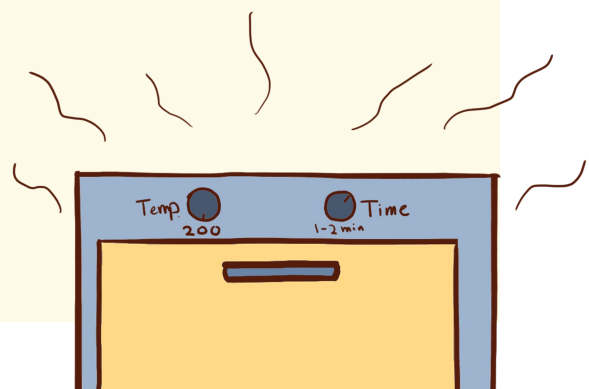


3. Pour the other spoon of vegetable on a piece of kitchen towel (tissue

4. Pour the pancake batter (mixture you made) onto the oven tray with a tablespoon. Each pancake = 3 tablespoons.



5. Put the oven tray into the oven and bake for about 2 minutes, until when the edge of the pancakes starting to bubble.

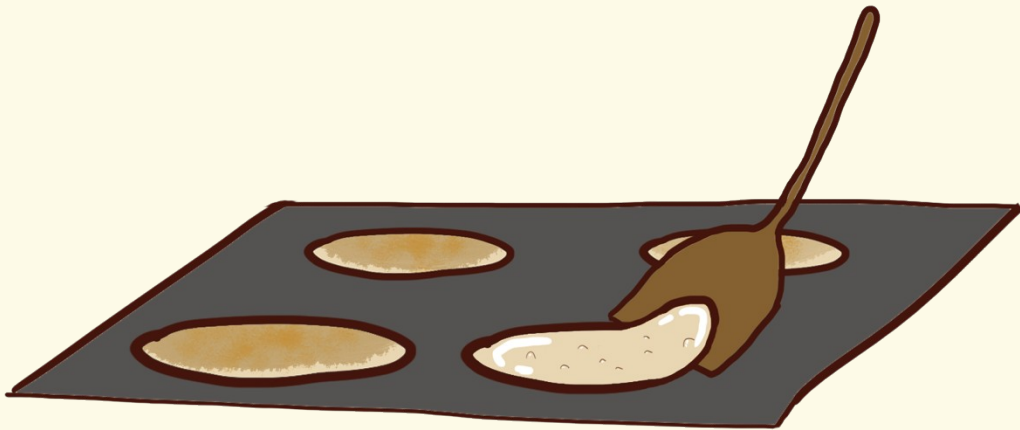


paper), and wipe the oven tray with oil.

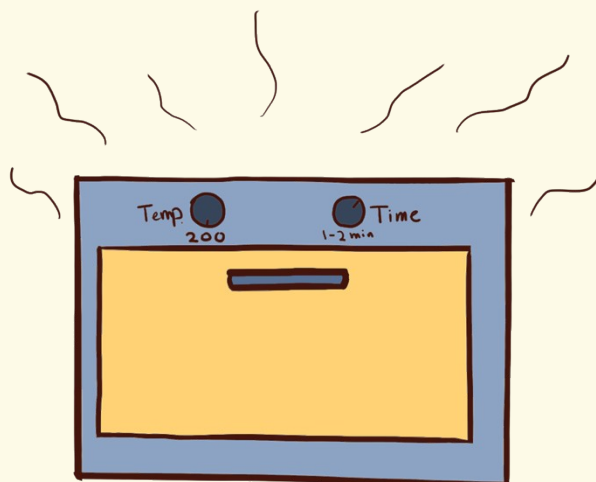


6. Take the oven tray out with kitchen gloves (LET AN ADULT TO DO THIS!!)

7. Gently flip the pancake over with a spatula.

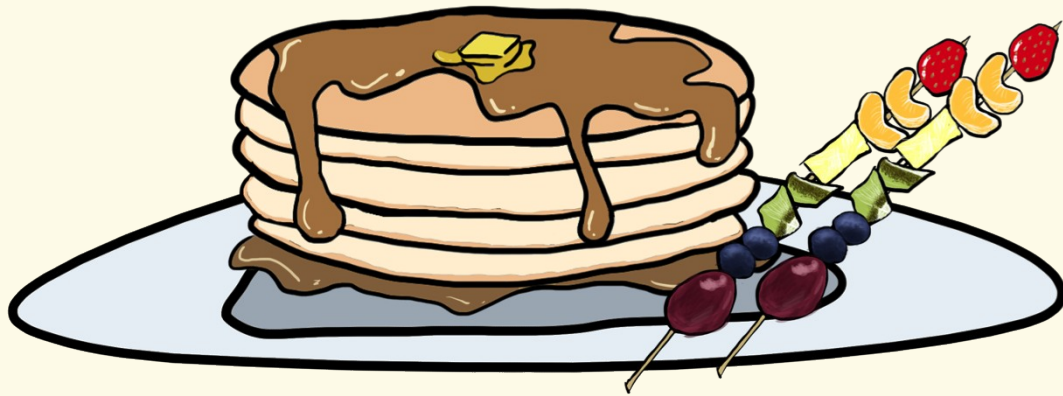


8. Put the oven tray back into the oven and bake for another 2 minutes.



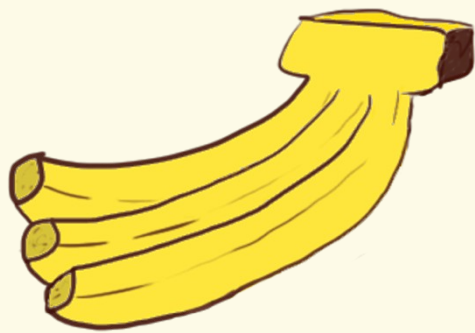
9. Take oven tray out and remove the pancakes from the tray with a spatula and put them in a plate.

10. Now you can decorate your pancakes with your favorite toppings!
(Remember to cool them down for 15 minutes if you are going to put whipped cream on them)



Story 2: The Banana Town

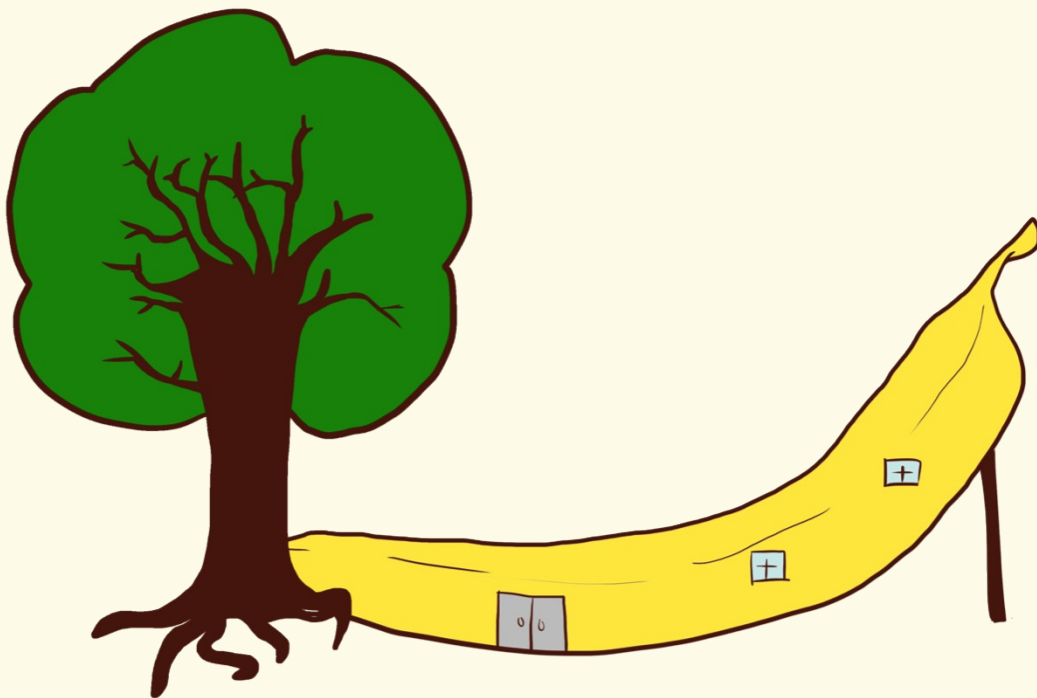
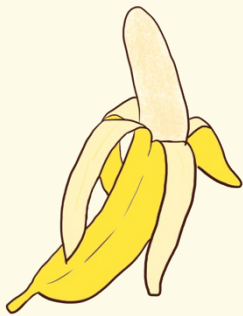
Billy lives in Banana Town.



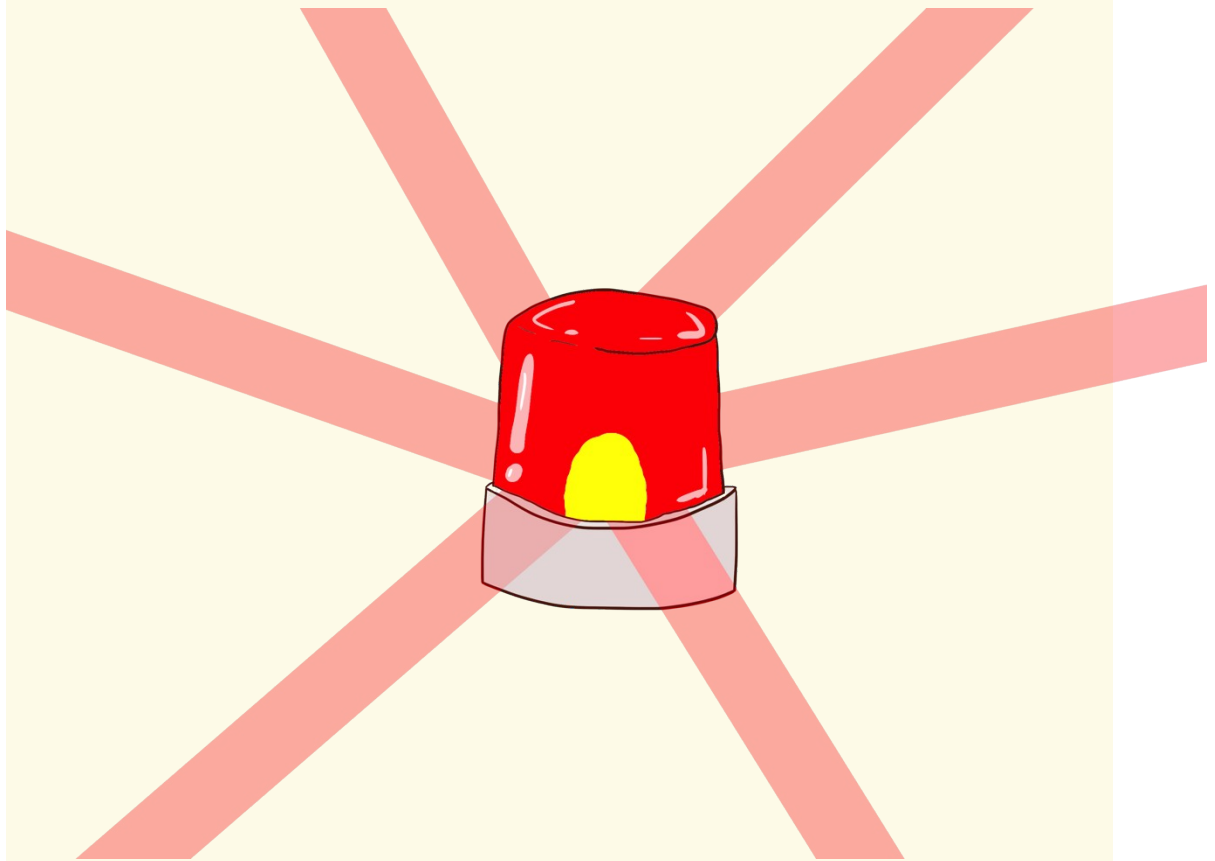
Tips & Prompts:

Not just health problems to your eyes, you can also get neck pain, shoulder pain, wrist pain, hand pain and headache if you spend too much time on electronic devices.

They eat bananas
They earn money by selling bananas.
And their town is made out of bananas.

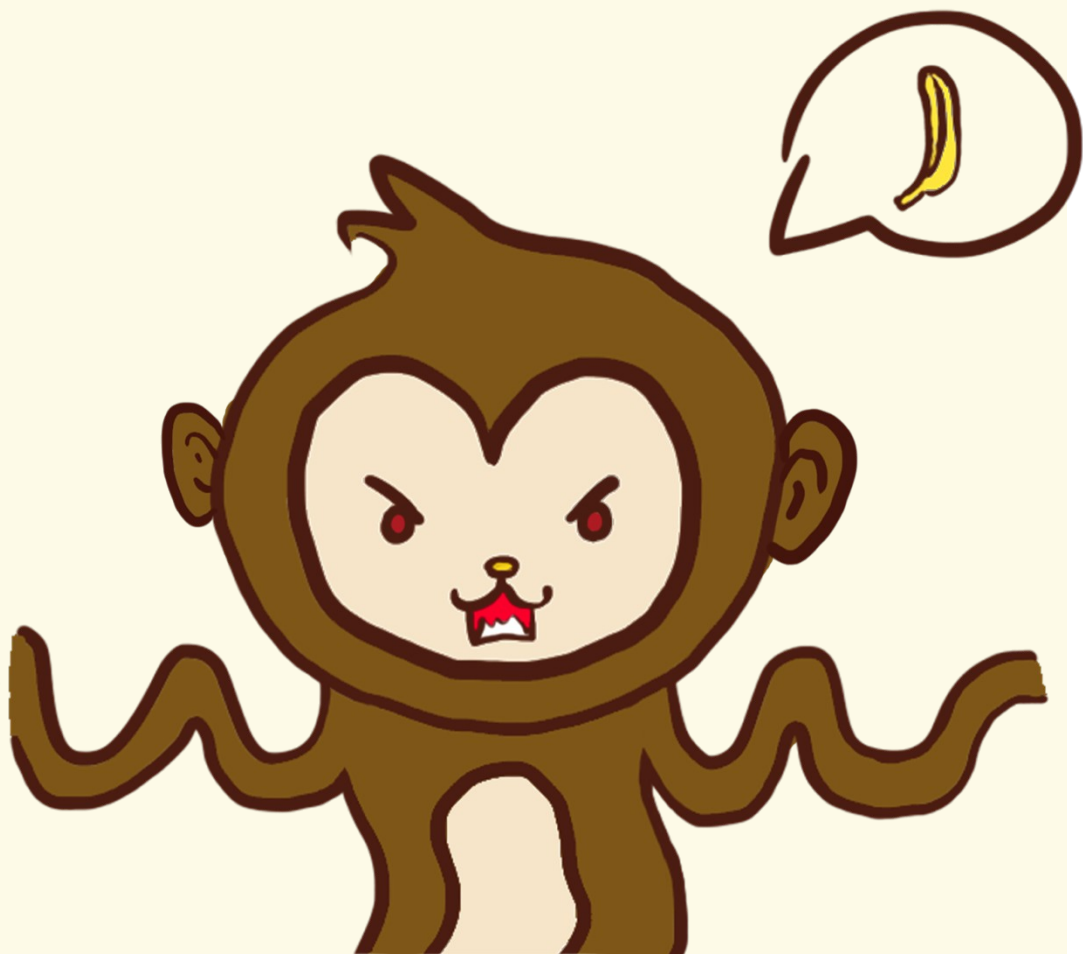


But one day...



“Intruder attack! Please take cover! Intruder attack! Please take cover!”

Oh no! It's the monkeys! The whole Banana Town is in trouble!



“Dear banana people, as you know, our Town is facing one of the greatest threats in banana history! We will need brave warriors! To fight against the evil forces and save our Town.”

Tips & Prompts:

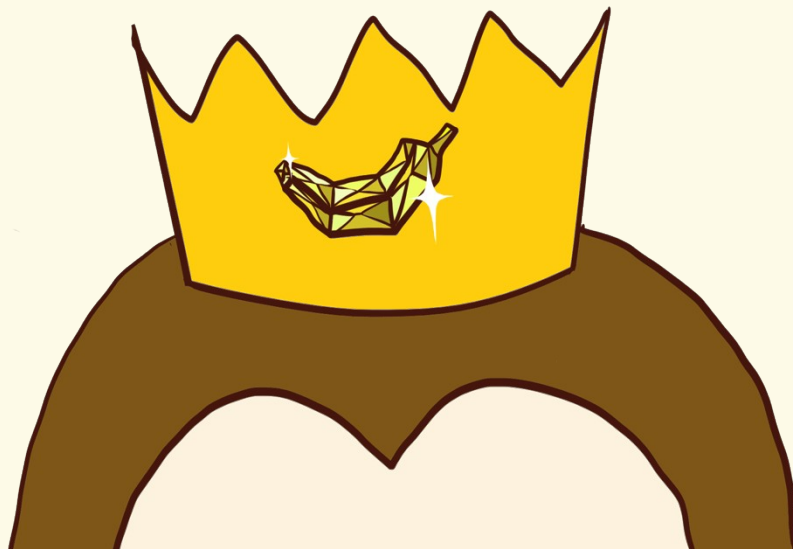
A small method to help protect your eyes: The “20-20-20” Rule

When you’re using an electronic device, every 20 minutes you should go and focus on an object that is 20 feet away from you for 20 seconds.



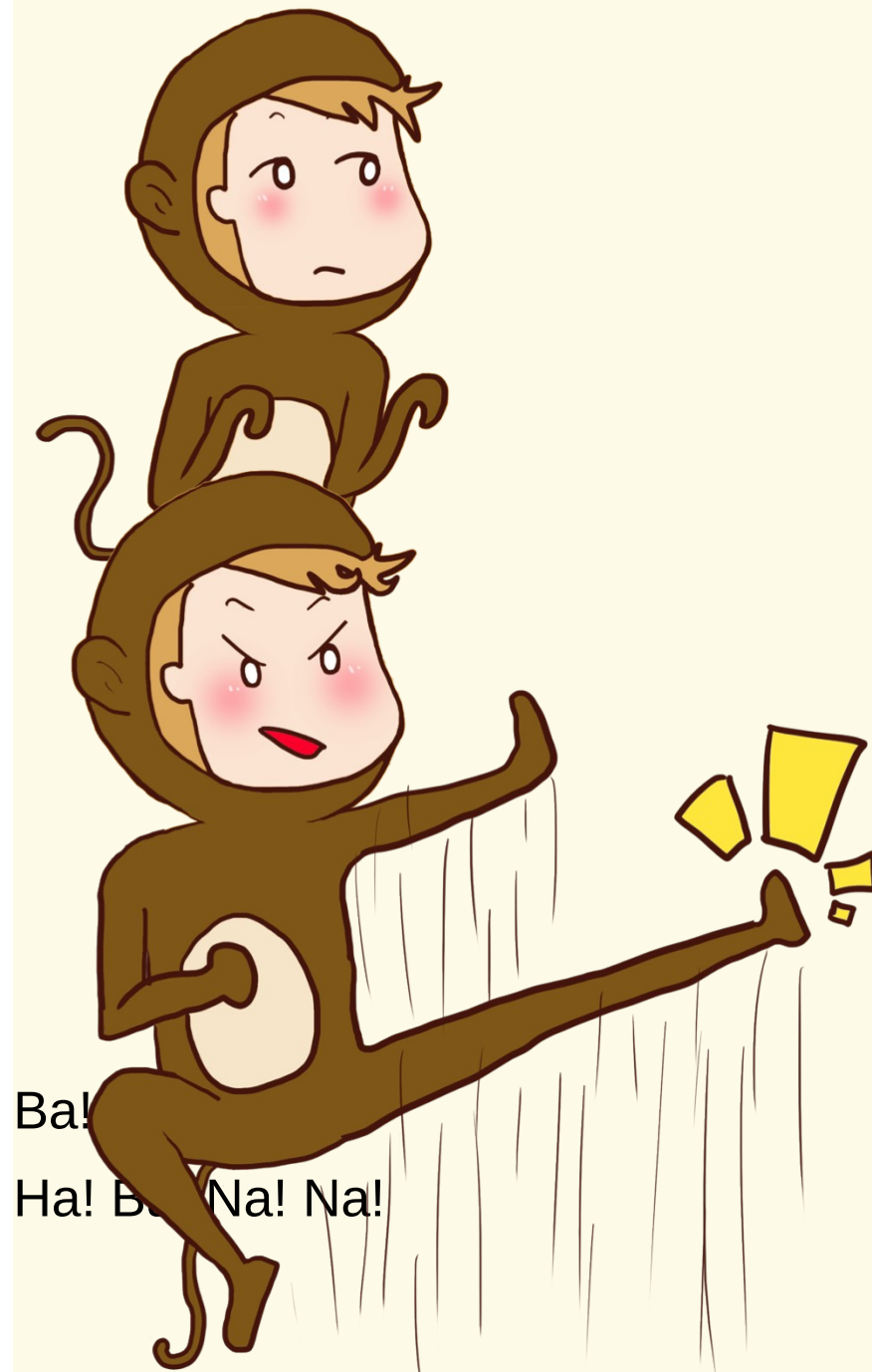
“I know this is dangerous. But there is a Monkey King controlling all the monkeys.”

“And their power comes from a banana shaped crystal they once stolen from our ancestors, but never returned.”



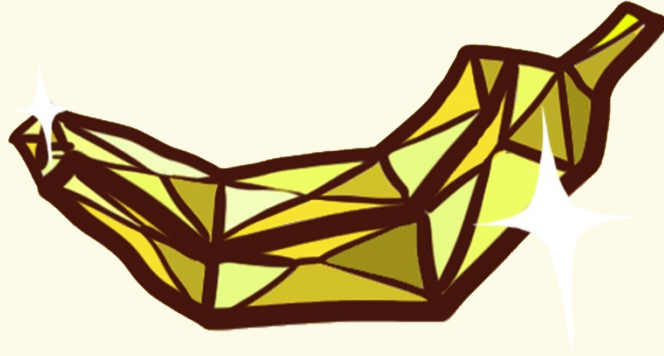
“ So your mission is to take that crystal back, so we can end this once and for all!”

Billy sneaked into the monkey army, and got near the monkey king.



Ba!
Ha! Ba! Na! Na!

Billy defeated the Monkey King and got the crystal back!



The Banana Mayor rewarded Billy with one of the Banana Secret Recipe!



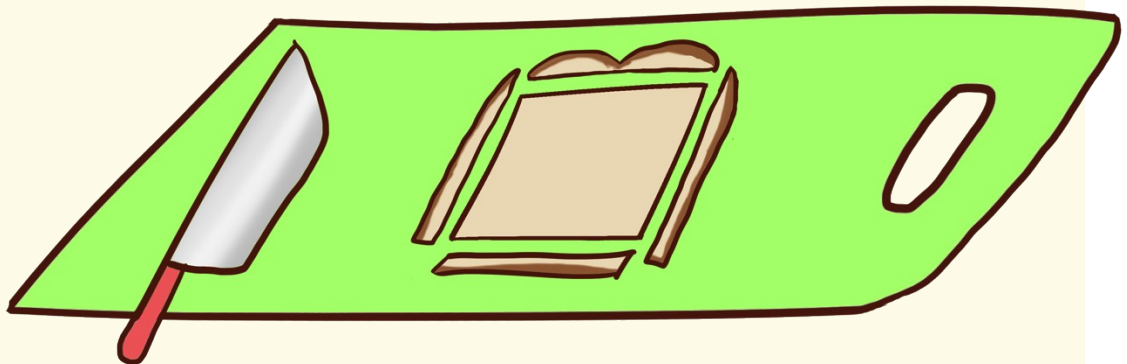
Billy's Super Simple "BANANA PIE":

Ingredients:

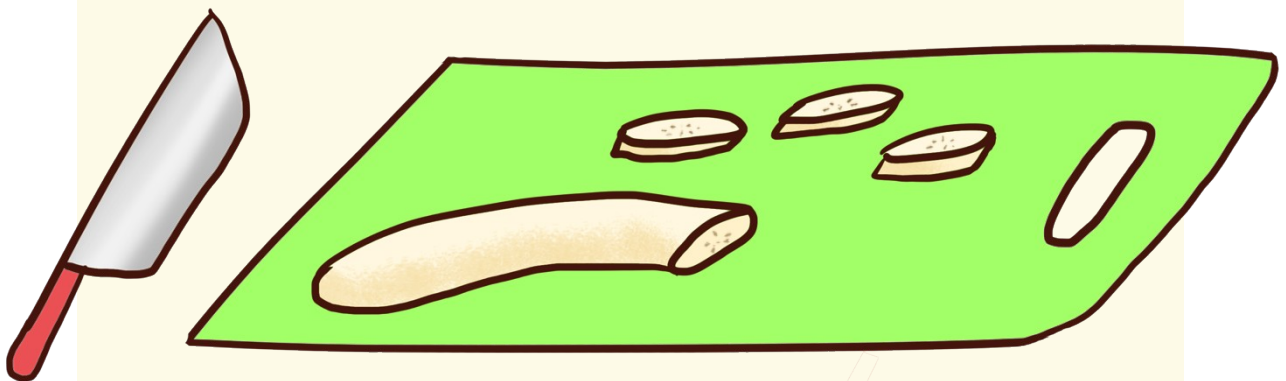
- 6 slices of bread (toast)
- 1 whole banana
- 1 egg
- 2 tablespoon of vegetable oil

Directions:

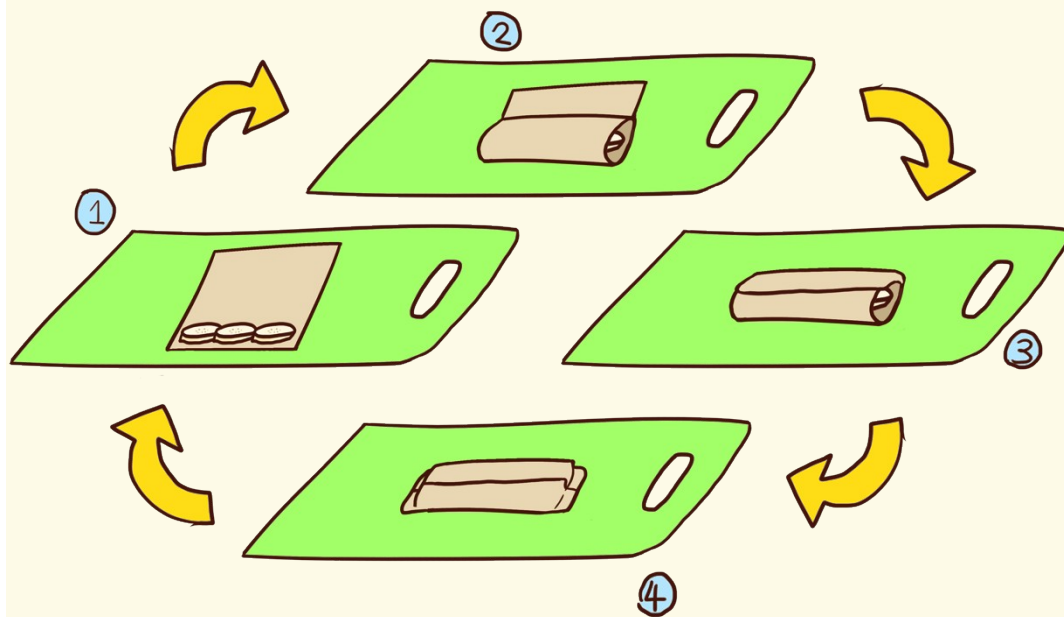
1. Cut off the brown edge of the bread (LET YOUR PARENTS HELP YOU WITH THE CUTTING, THE KNIFE IS REALLY SHARP!!)



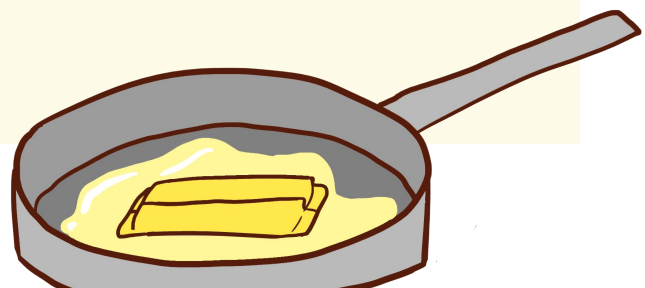
2. Slice the banana in the thickness of your pinky, but remember to tilt the knife when you are cutting the banana. This way, you'll get a bigger piece!

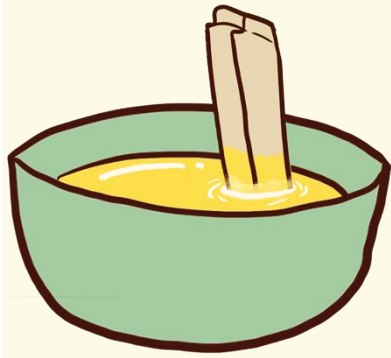


3. Place 3 to 4 pieces of banana on one edge of the bread
4. Gently roll the bread and wrap the banana
5. Press the two sides of the roll (REALLY HARD) to close the ends. So the banana won't fall out from the sides.



6. Whisk the egg so it's egg yolk and egg white are mixed together.
7. Dip the pie into the egg mixture
8. Pour 1 tablespoon of oil into the pan
9. Turn on the stove to medium (LET YOUR PARENTS ASSIST YOU ON THE SIDE)
10. When the pan is hot, put in 3 banana pies
11. Flip the banana every 2 minutes until both sides are golden





12. Repeat step 8 to 11 with the other 3 pies

A Storybook with Recipes inside!

Join Jack and Billy and make some of their
favorite food in the kitchen!

