



A Dreamy Adventures with the Fruits.

By Samah Tarraf

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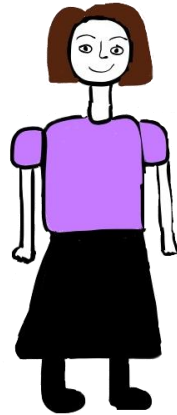


Illustration by:

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Sketchpad.

Photopea

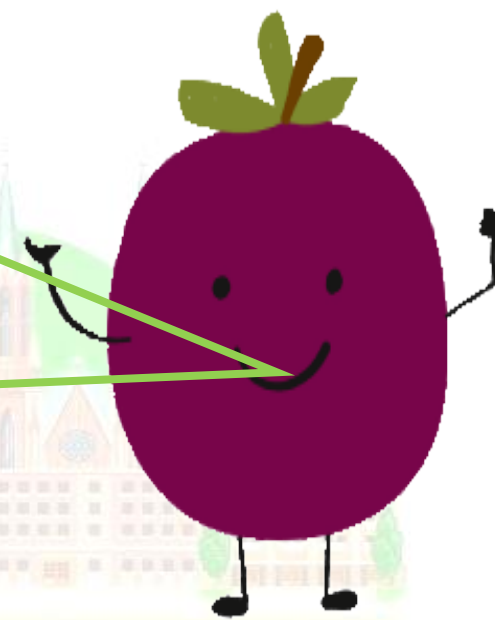
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Ayla and her family are going to travel to many countries for their summer vacation. Each country, she is traveling to is known for a specific type of fruit. Each of the fruits has benefits. Hop along to an adventure of learning about the benefits of fruits.

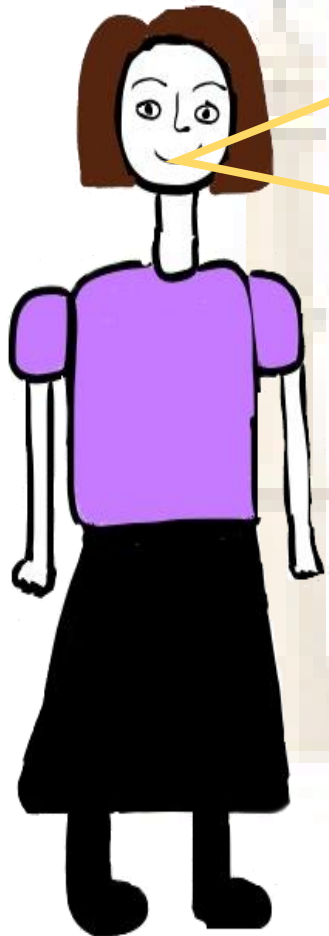




During our visit to Brazil, while walking on the street, I noticed a cart filled up with passion fruit. While staring at the passion fruit, something weird happened. The passion fruit started talking to me. At that point, I was shocked!

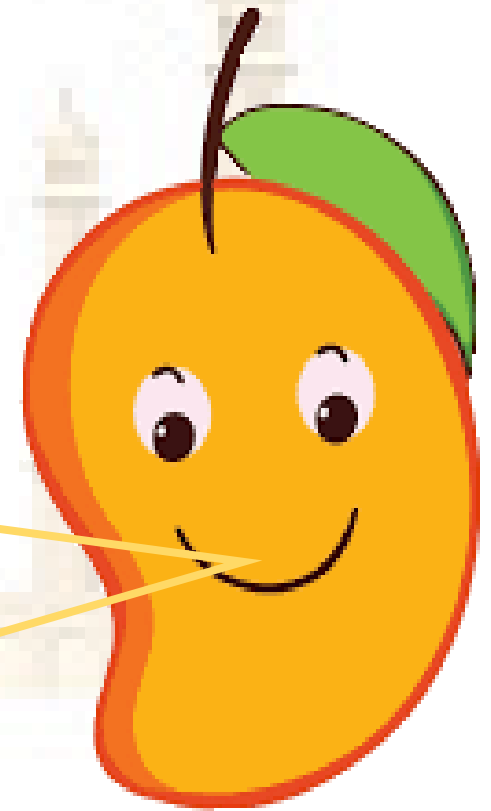


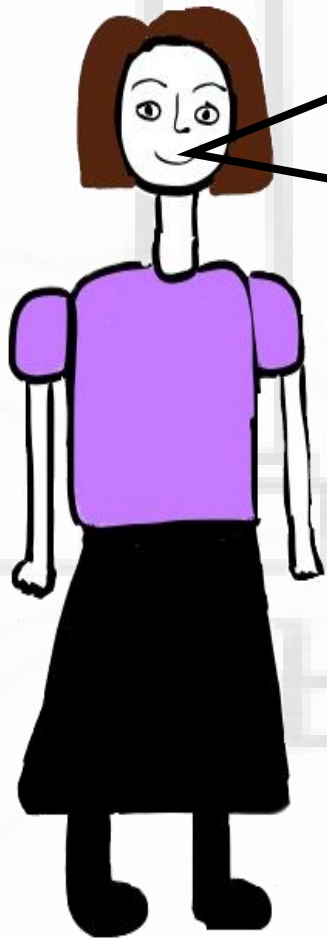
Hello, my name is Mr. Passiony Fruit. I would like to tell you what are my benefits: I contain a lot of vitamins A and C. I am a good source of nutrients. I also keep your skin and heart healthy.



Our second visit is to India. I noticed that there are many mango trees around the neighborhood. All of a sudden a mango from the tree called me.

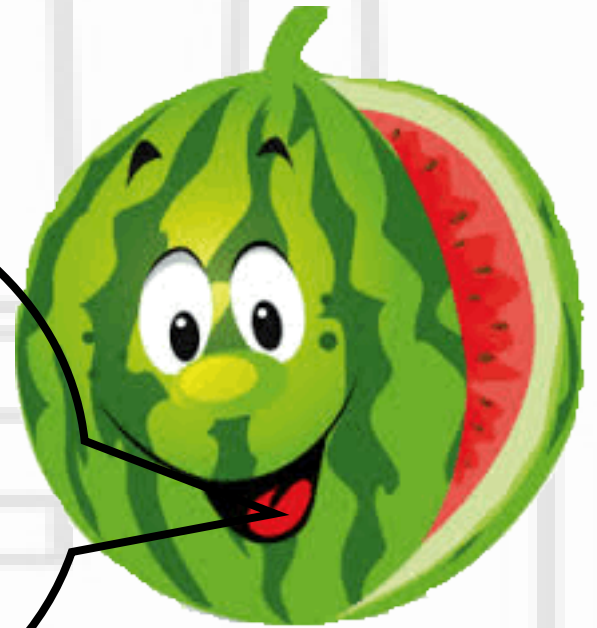
Hello little girl, my name is Mr. Mangoz. I would like to give you some advice about my benefits: I help your digestive system and your brain develop. I am rich in vitamins and nutrients such as magnesium and potassium. Lastly, I protect your eyes, hair, and skin.





Our third visit is to Lebanon. My mom and I went to the supermarket. I saw a gigantic watermelon. As I was passing by the watermelon called me. At that moment, I froze.

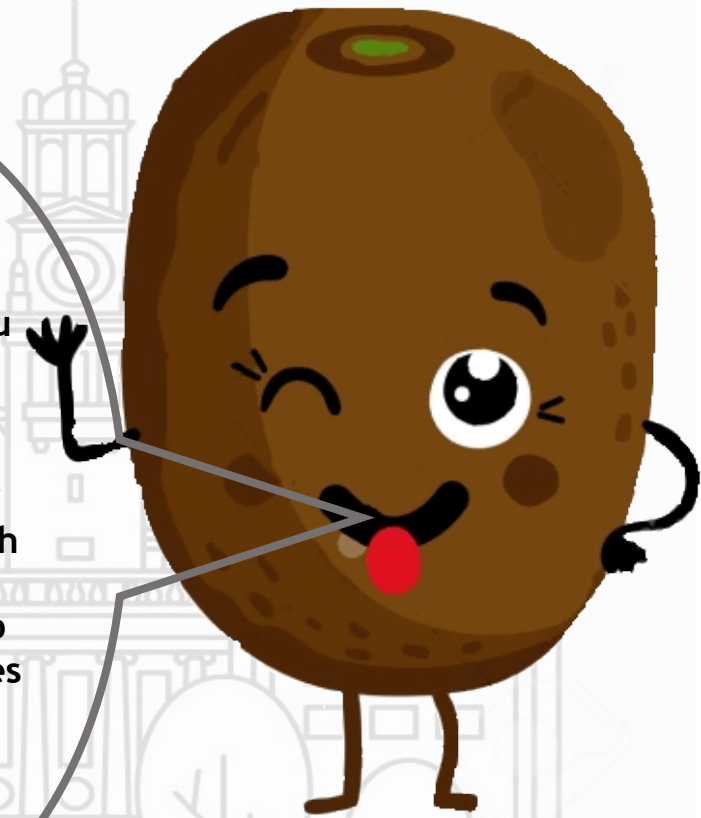
Hey little girl! Would you like to hear about my benefits? Well, my benefits are: I keep you hydrated. I am rich in vitamin C. Keeps your skin and hair glowing.





Our fourth visit is to New Zealand. During our visit to the park, I saw a small stand selling kiwi as a snack. I ran to buy one and all of a sudden a picture on the wall started talking to me.

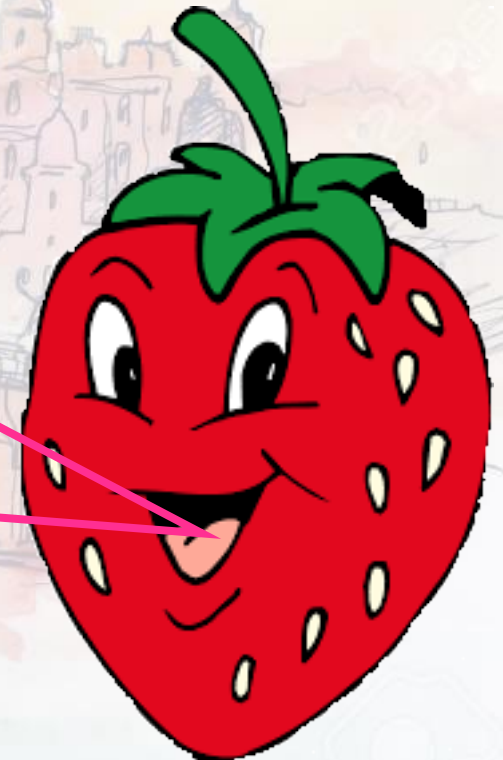
Hey princess! I can see that you like kiwis. I do have some benefits which are: boost your energy. I am high in calcium and potassium. Help you fight diseases when you are sick.

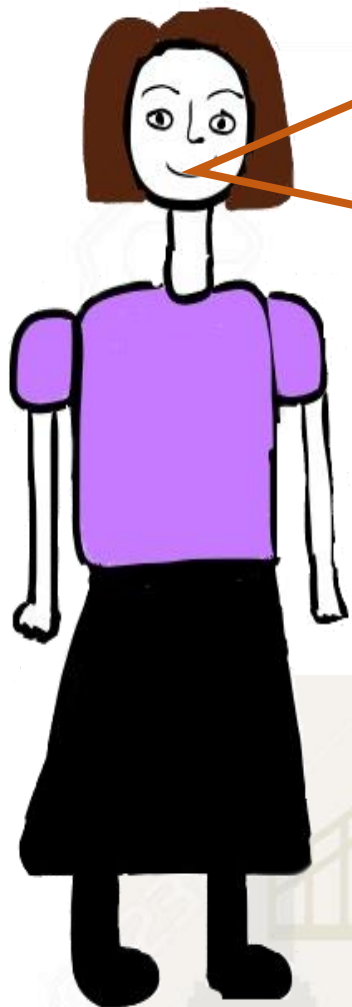




Our fifth visit is to France. My family and I visited a small farm. On the farm, there were many strawberry plants. While walking all of a sudden a cute little strawberry called me.

Hello little angel. Would you like to hear all about my benefits which are:
good source of vitamin C. Increases your energy and vision. Help keep your brain young.

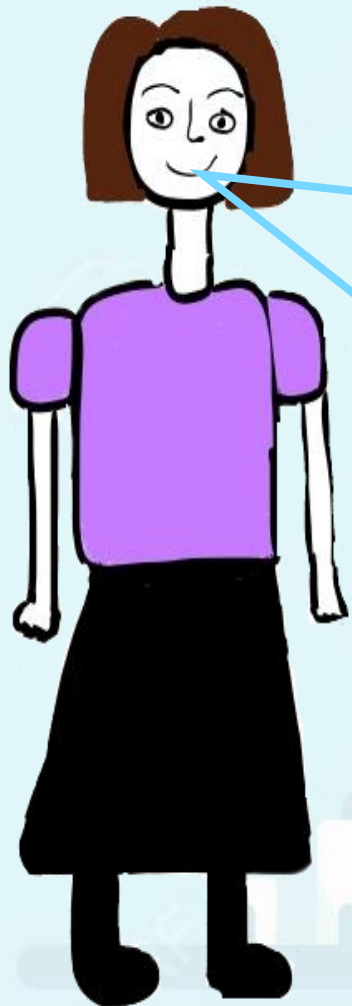




Our sixth visit is to the UK. I went to the juice shop and I noticed a huge poster about pear juice. While looking, it told me to order me because I have a lot of benefits.

I am glad that you choose to drink pear juice, but did you know that it is full of benefits for your body. The benefits are: I am full of nutrients. Helps in healing and reduces your fever when sick. Good source of fiber.

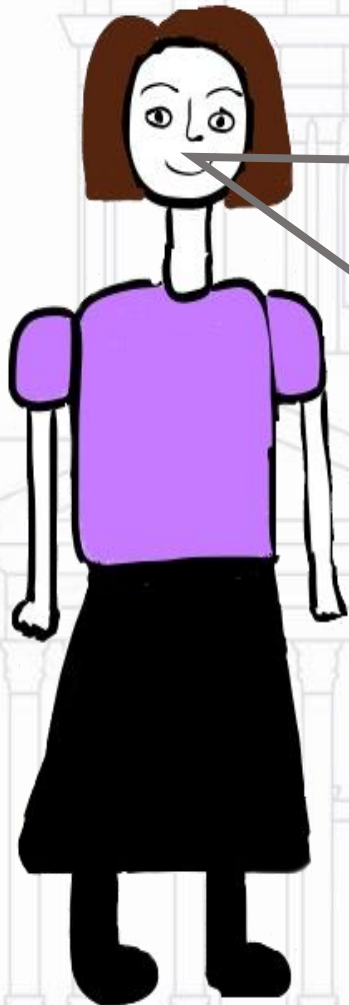




Our seventh visit is to Greece. I remember my geography teacher told me that Greece is full of cherries. In a magazine that I was reading in the hotel, I saw a painting of a cherry tree. As usual, the cherry began talking to me.

My name is miss little cherry. My benefits are: did you know that I help you sleep at night. Did you know that I am high in proteins, iron, and magnesium.





Our eight visit is to Paraguay. During my trip to the beach, I had a sweet bowl of pineapple. While eating a piece of pineapple, one of them started talking to me about its benefits.

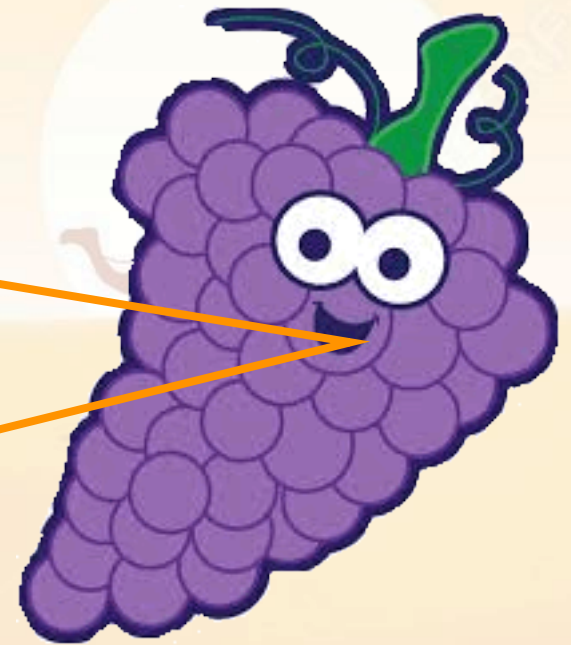
My name is summer pineapple
My benefits are:
rich in vitamin B,C, and fiber. I keep your teeth healthy and strong.

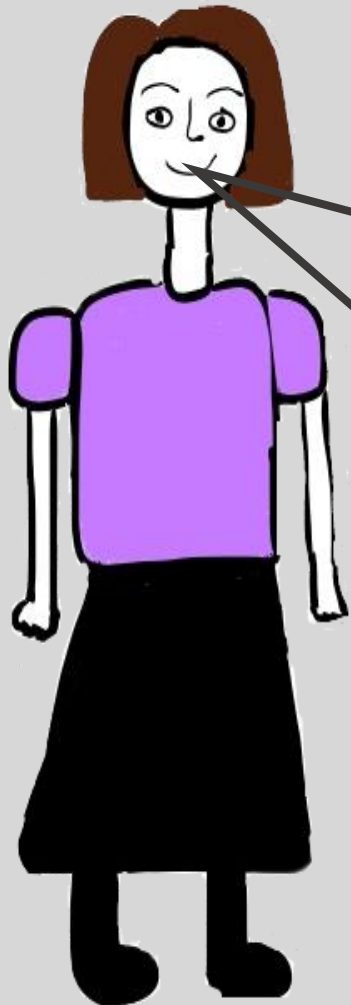




Our ninth visit is to Egypt. During our tour around the city, my mom bought yummy grapes. All of a sudden, a grape began a conversation with me.

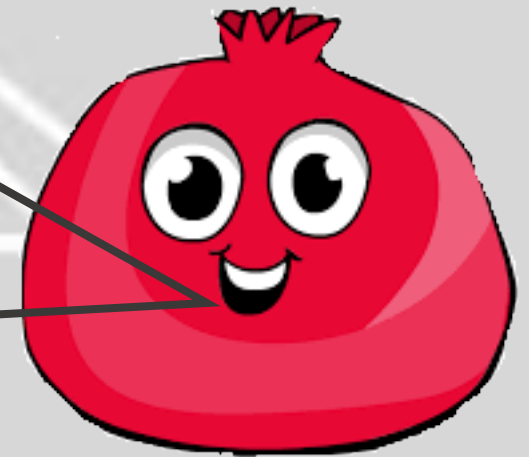
Hello, do you want to know about my benefits which are:
rich in vitamin K.
Helps your skin and stay hydrated.
Improves the blood flow.

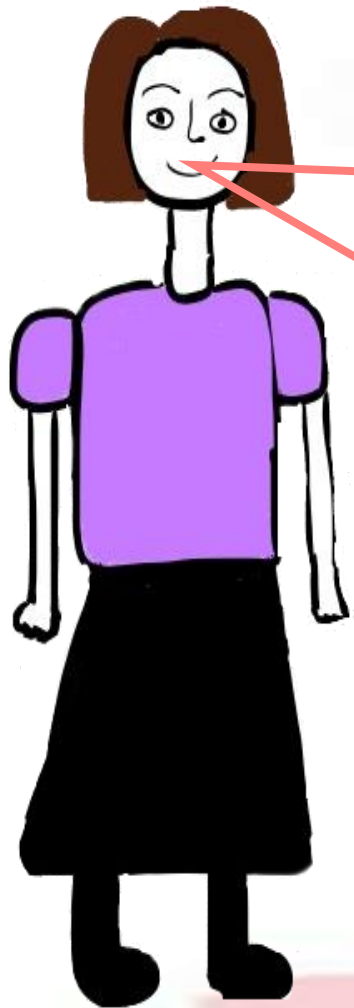




Our tenth visit is to Iran. While I had salad for lunch. I noticed that there was some pomegranate in it. One of the seeds of pomegranate began yelling at me to listen.

Do you love me? Well, I am full of benefits which are: I protect your teeth and bone. Also, improve your exercise performance.





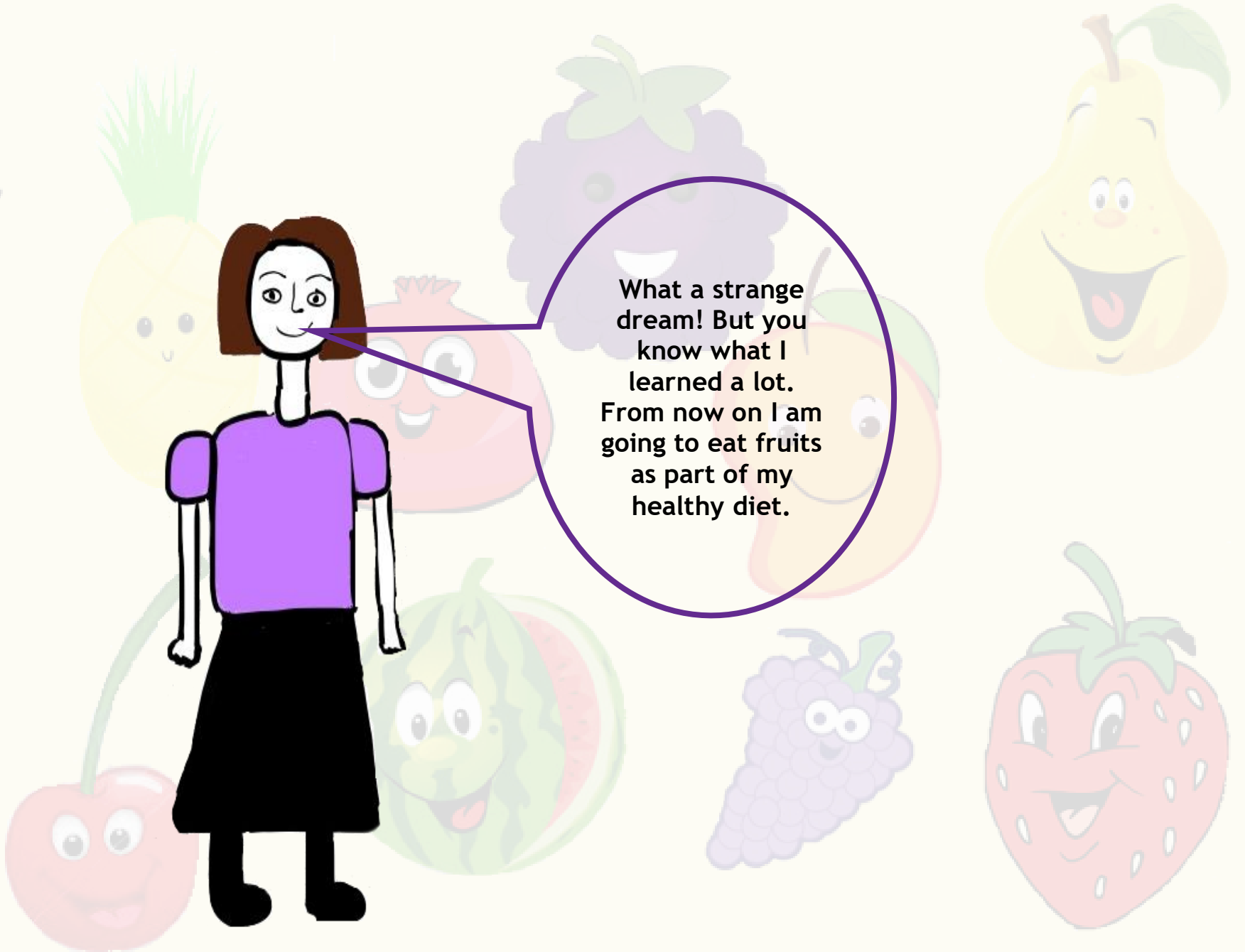
Our eleventh visit is to the USA. During my visit to a forest, I had a chance to pick some blackberries. One of the blackberries started telling me a story about her benefit.

Well, I am a fruit full of benefits. My benefits are: rich in vitamin C and K. Help your oral health and heart.

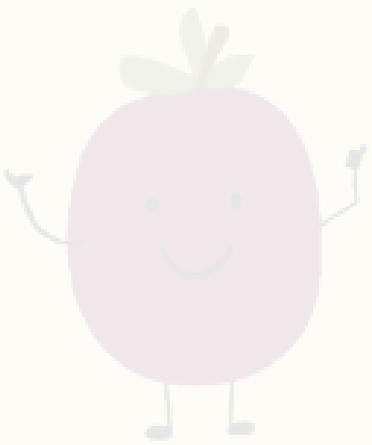
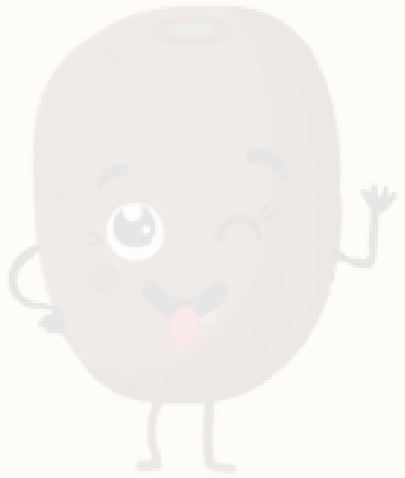




It is all a dream!



What a strange dream! But you know what I learned a lot. From now on I am going to eat fruits as part of my healthy diet.



Citation

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