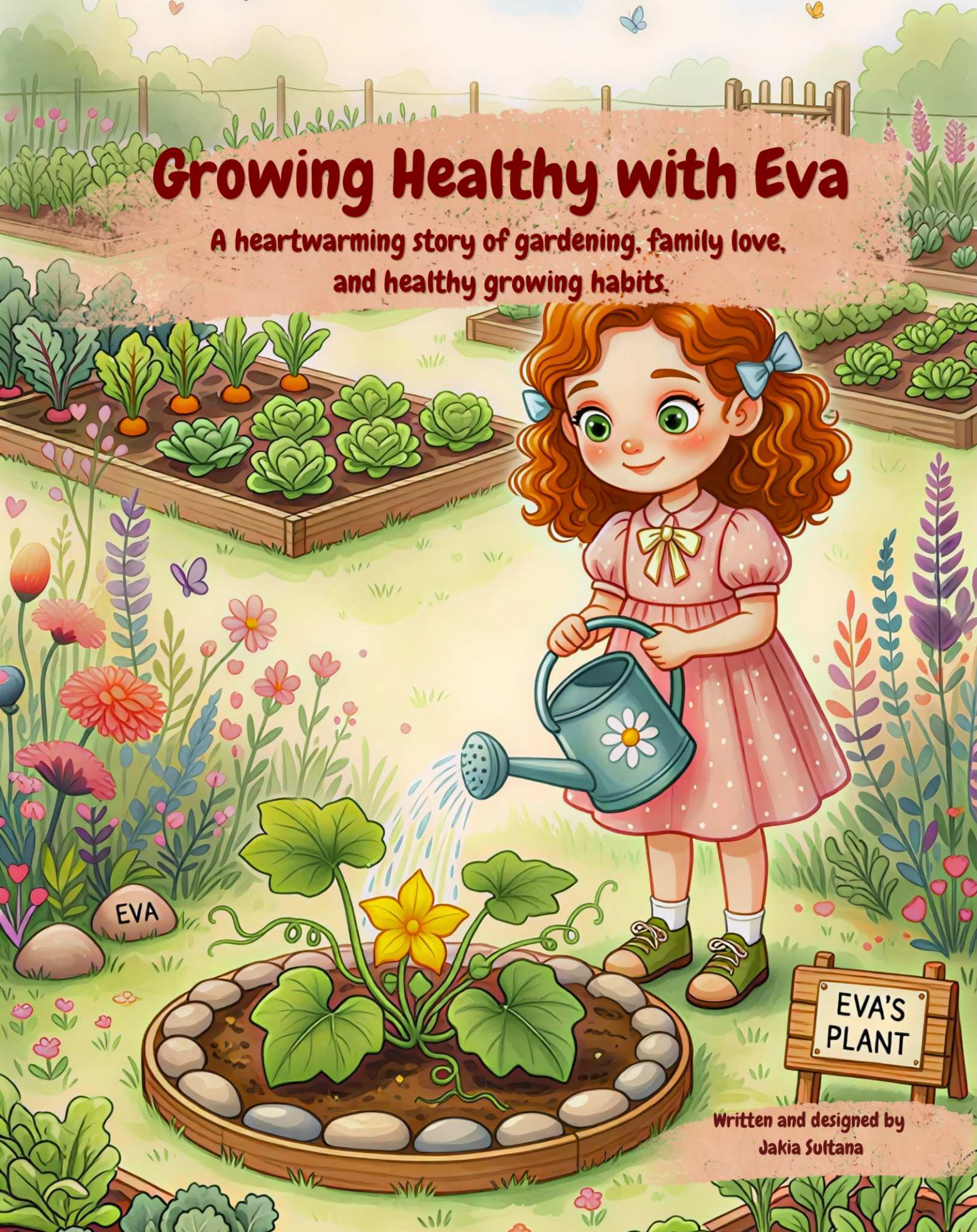


Growing Healthy with Eva

A heartwarming story of gardening, family love,
and healthy growing habits.



EVA

EVA'S
PLANT

Written and designed by
Jakia Sultana

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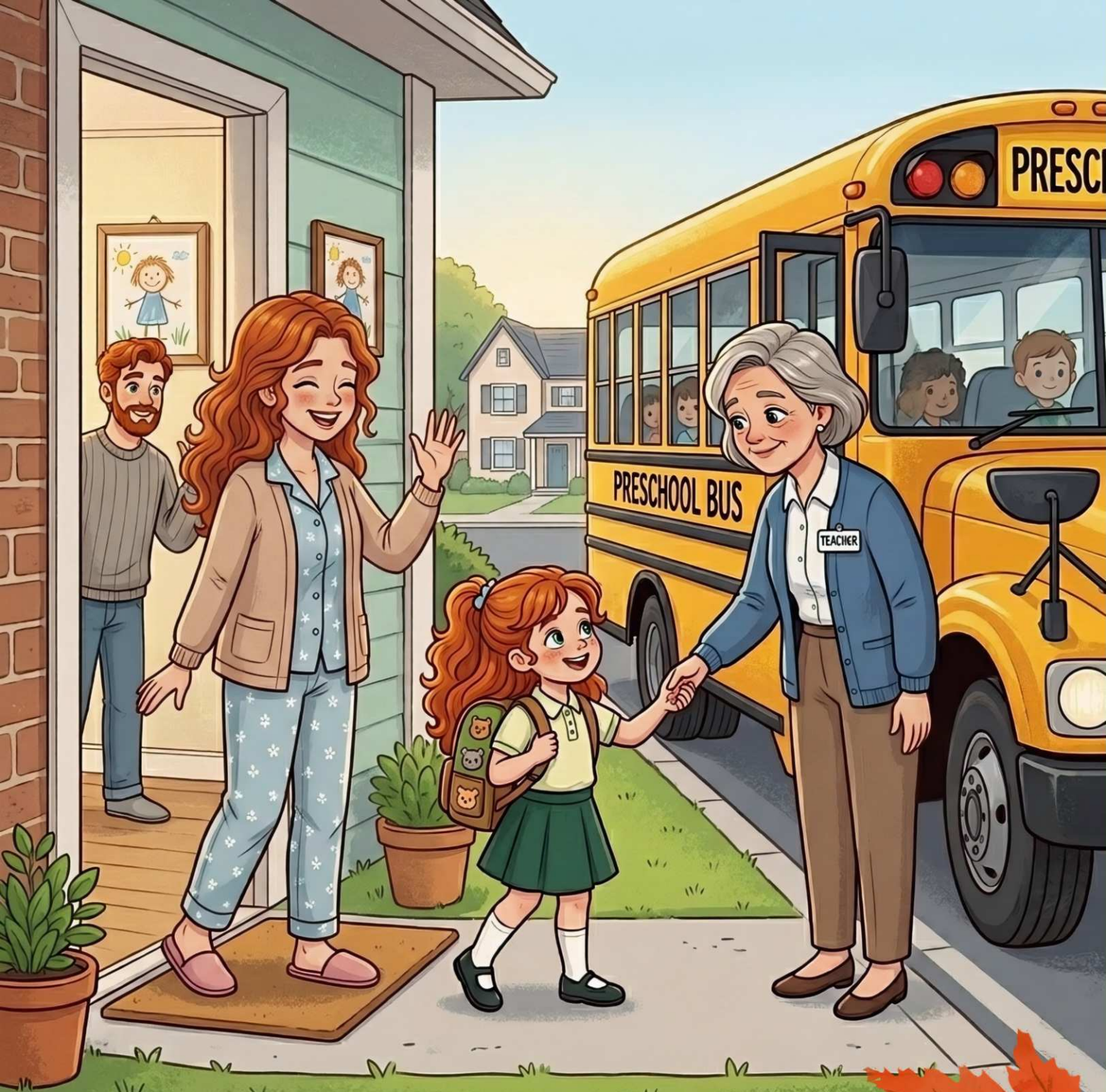
This is Eva, playing happily, lost in her own little world.



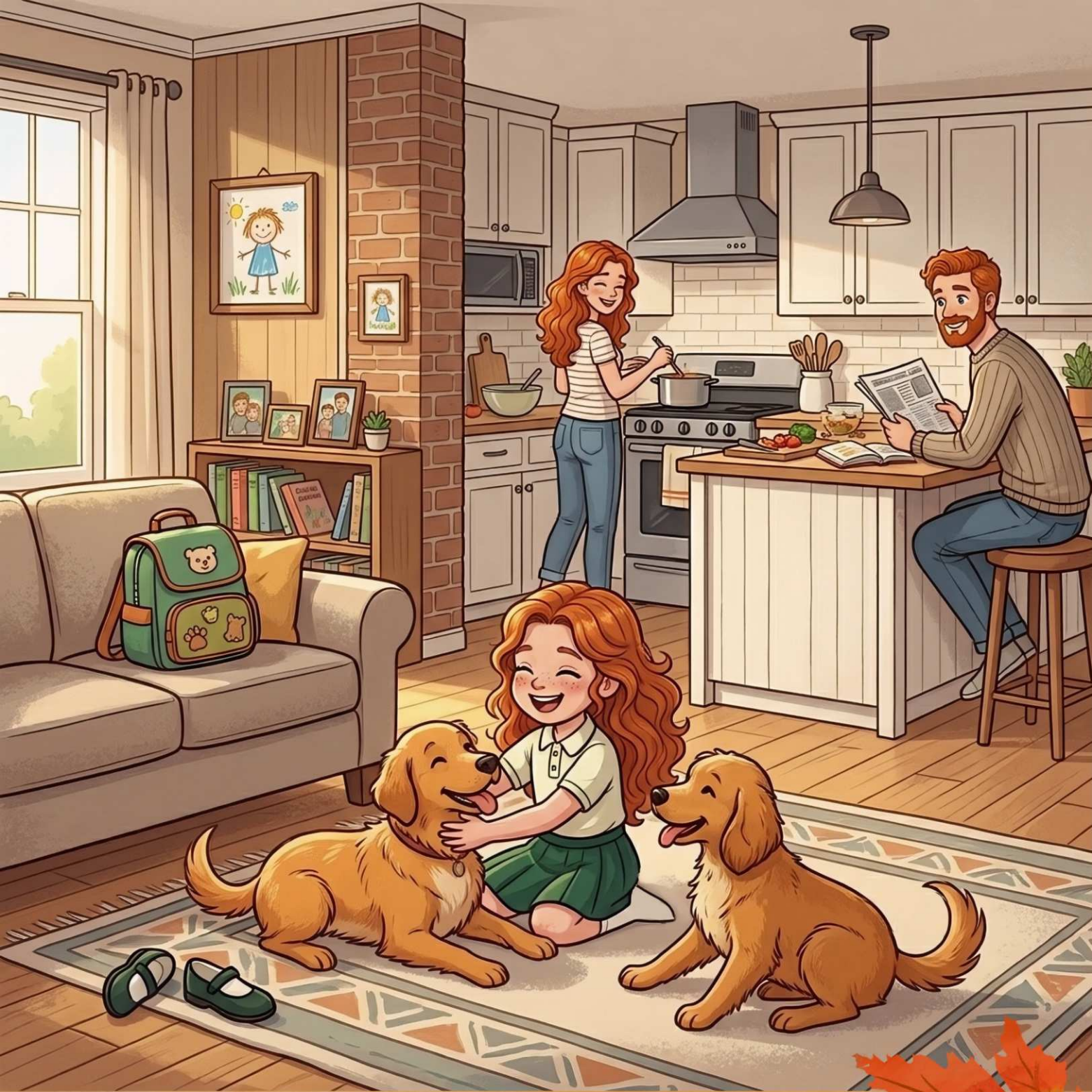
Eva's mom loves gardening and grows vegetables and flowers in her garden.



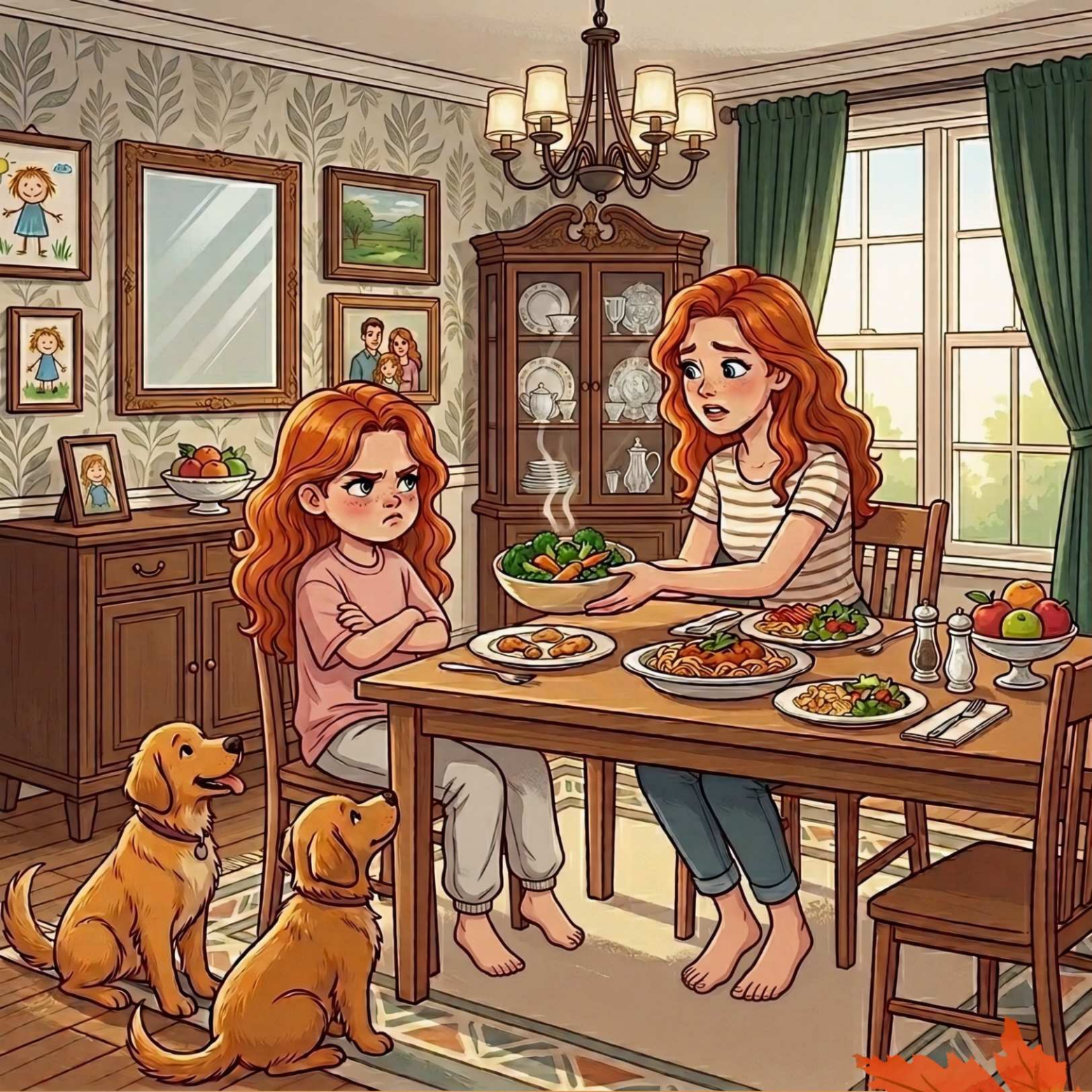
**In the morning, Eva wakes up, brushes her teeth,
and eats her breakfast.**



Then she gets ready and goes to school.



**After finishing school, she comes home and plays happily
with her pet dogs.**



At lunchtime, Eva's mom asks her to eat vegetables, but Eva pushes them aside.



**One bright day, Eva and her mother plant
pumpkin seeds together.**



From that day on, Eva waited every day,
wondering when her planted seed would finally
grow.



Days passed, and one day Eva saw tiny green
pumpkin plants growing.
“Mama! Look! It’s growing!” Eva shouted happily.



Little by little, Eva started taking an interest in growing and eating vegetables.



One bedtime, Eva heard a story about vegetables and began to understand how they help us grow strong and healthy.



As the days passed, pumpkins began to grow on the vine, and one happy day,



Eva and her mother picked ripe pumpkins together.



Eva took a bite of the pie made from her very own pumpkin and smiled brightly. "This is the tastiest pumpkin pie ever !"

The End



