

NESTLÉ for
HEALTHIER KIDS 

Saleem, Sātma, & the Salad



“ Hi! I’m **Salma**
and he’s **Saleem.**
We’re **twins.**”



Saleem always teases Salma and says:

“ **You aren’t my twinsy,**
it just looks that way
because you spend
all your time
stuck to me.”

“ **Stop it!** ”

Salma said,

“ **Why do you always**
have to be so mean? ”

“ **Ok, I’m sorry**
I love you, my twin.
Happy now? ”

Salma smiled and said,

**“At least we agree
to eat healthily
during Ramadan.”**

**“This year we’ve decided
to help the family,
eat more fruits
and vegetables
at Iftar to be healthy.”**





“ On the first day of
Ramadan,
we waited for the
canon and Athaan,
to break our fast
with all the delicious food
Mum cooked! ”

As everyone started filling up their plates,
Salma shouted,

“ Stop!
Salad first,
everyone.
The rest
can wait! ”

They were happy
and proud
that everyone
ate veggies
and salad
first!



Salma said,
“Dad, can you please pass me
**the Sambousak,
lentil soup and Kebbeh?**
It’s all so tasty and as delicious
as the Fattah.”

They enjoyed little portions
of each yummy dish
then their Mum said,

**“Hold on,
you’re in for a treat.”**



She yelled,
“**Salmaaaa, Saleeeem**
you better save space, because
the **Molokhia** is coming.”

They both looked
at each other
with big eyes!



Salma said,
“**Oh no! Molokhia?**
It’s one of our favorite dishes,
but we’ve already
eaten so much!”



“**We should really find
a better way
to eat the appetizers,
otherwise we’ll go through Ramadan
and never get to enjoy
the main dish.**”



“Saleem what if we shared?”
said Salma wisely.
“We’ll split every dish in half.”

“Salma, that’s a brilliant plan, so we can really enjoy the main meal.”



**On the second day of Ramadan,
they were excited
about their new plan,
and after the soup,
everyone quickly stretched
out their hand again!**

This time Saleem shouted,
**“ Stop! Remember?
Salad first. The rest has to wait!
And from today,
Iftar needs to end with fruits.”**

Salma and Saleem gave it another try!

Out came the Kabsa,

and Salma said,

“That’s our favorite,

but our plan failed

because I have no space for any of it.”

Their first plan failed

but Salma said,:

“Tomorrow we will eat

only certain dishes.”

Because neither of them
wanted to miss out on the

**meatballs
and potatoes.**





On the third day Saleem said,
**“ Salma you choose
only 3 varieties
and I will do the same.
Tomorrow,
we can switch it around.”**

**“ That sounds like
a good plan, Saleem.”**

They started out hoping this plan was a winner,
but when the meatballs arrived,
they realized they still couldn't eat their main dinner.

They weren't giving up though,
and thought of every trick, plotting and planning
for an idea that would stick.

They thought and they thought
and they thought,
then suddenly Saleem yelled,
**“ I've got a plan,
that I know will work!”**



On the fourth day at Iftar after a long day,
the twins sat down thrilled.

They had finally found the answer.

“Mum, just a little bit of soup please,”
said Salma.

“The same for me too,”
said Saleem,
waiting his turn and not jumping ahead.

Everyone wondered about the change
and asked what they had done,

“We’ve found the solution,
to healthy eating during Ramadan,”
said Salma.

“It’s simple,
eat more fruits and vegetables
and have smaller portions for Iftar.
Some soup, salad and
one appetizer every day,
so there’s still space for the
main meal and fruits,
before you go on your way.”

They weren’t sure if the family liked their plan,
but when Saleem reached for beans
and everyone yelled,

“Wait, salad first!”
they knew everyone had become a big fan.





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