



हाशिम ने बचाए आम

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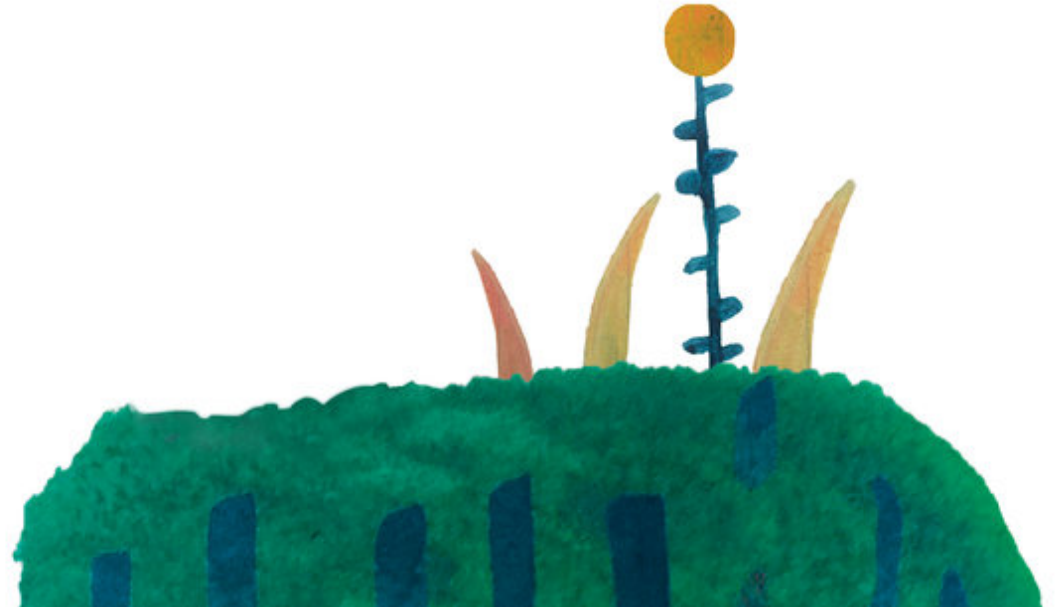
पठन स्तर १



हाशिम को आम पसंद हैं।

इन गर्मियों में आम खराब होने वाले हैं।

हाशिम उन्हें बचाना चाहता है।



बाबा ने हाशिम को बताया कि अगर तुम आम में से पानी निकाल दो तो वे खराब नहीं होंगे।

“कीटाणु पानी के बिना नहीं जी सकते,” उन्होंने बताया।





“हम आमों में से पानी कैसे निकालेंगे?” हाशिम ने पूछा।

“उनमें नमक डाल कर!” बाबा ने कहा।

उसके बाद बाबा और हाशिम ने आमों को धूप में सूखने के लिए रख दिया।



उन्होंने काँच की एक बरनी में थोड़ा तेल लेकर उसमें आम डाल दिए।
तेल कीटाणुओं को आम तक पहुँचने नहीं देता।



“बाबा, हमने तो अचार बना दिया!” हाशिम ने कहा।



हम अपने मनपसंद फलों और सब्ज़ियों को कैसे
संरक्षित कर सकते हैं?

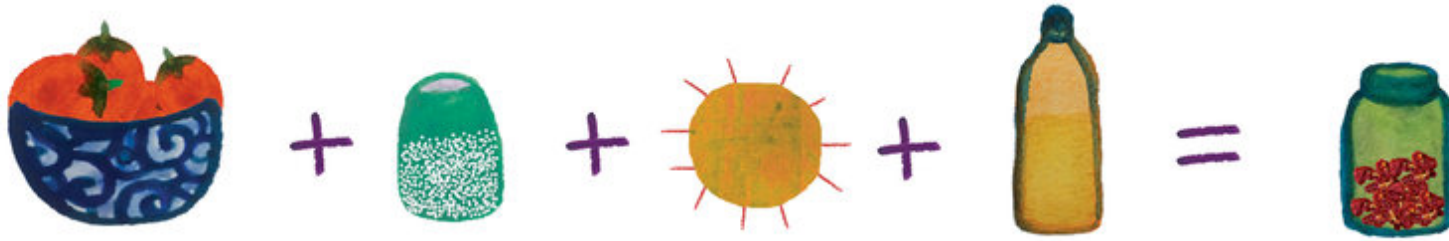




आलू के टुकड़े + उबालना + सुखाना = आलू के चिप्स
(तलकर खाने के लिए)



सेब (या कोई भी अन्य फल) + चीनी + नींबू + पकाना =
जैम / मीठी चटनी / मुरब्बा



टमाटर + नमक + धूप + तेल = धूप में सुखाए हुए टमाटर



नींबू + नमक = नींबू का अचार

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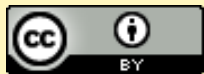
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हाशिम ने बचाए आम

(Hindi)

हाशिम को आम बहुत पसंद हैं। गर्मियों आ चुकी हैं और वह बहुत सारे आम खाना चाहता है, लेकिन आम पड़े-पड़े खराब हो रहे हैं। अब हाशिम क्या करे?

This is a Level 1 book for children who are eager to begin reading.



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