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ÇAMLICA

Kids

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KITE
Included

IMPROVE YOURSELF



**ATTENTION!
JUNK FOOD IS ON
ITS WAY OUT!**

KUBRA'S DIARY

**THE TRAVELLING STORK
ALBANIA**



Hello, dear Friend!

With all these delicious foods around, you do not need strange snacks wrapped in fancy looking plastic packages. In this issue, we investigated the dangers of junk food. They may taste good thanks to a few sneaky ingredients, but they are not beneficial to our health at all. Once you have read this article, I am sure you will love the amazing fruits and the fragrant, delicious dishes made at home even more.



The World Meteorological Organization announced that past 2020 was among the top three hottest years ever recorded. The past ten years have been recorded as the hottest years of all time. According to the records kept since 1850, temperatures have been increasing steadily since 2000. The year 2016 was recorded as the world's hottest year, while 2019 came in at a close second warmest. These facts should make you wonder, "Where have those old winter days gone?"

Where have those old winter days gone?



Graduates of fish school



Magellanic Penguins, at the San Francisco Zoo in America, have graduated from "Fish School". At this school, they have learned how to swim, eat whole fish, and interact well with their zookeepers. The graduation ceremony is normally held before an audience of zoo guests but was broadcasted live this year due to the pandemic without presence of any visitors. Six penguins who graduated from the school are now settled at their new habitats. What do you think it would be like if all animals went to school?

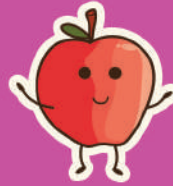


Written by: Fatma Beyza Tütüncüoğlu

ATTENTION! JUNK FOOD IS ON ITS WAY OUT!

These days, junk food has replaced the nutritious walnuts, almonds, and sultanas that we would normally eagerly snack on. People have stopped eating wonderful, homemade food. These snacks are widely advertised and sold in packages cheap and irresistible due to the flavour enhancers in their contents.





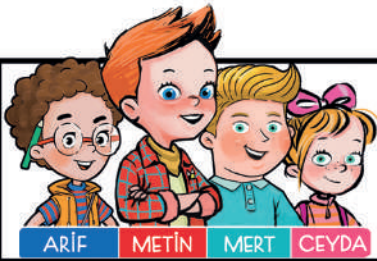
Less Junk Food, Better Brain Development

Junk food also affects how well we do at school. Children between 0-2 years old are especially affected by the negative impact of junk food. Their brain development is completed during this stage. Children who grow up by eating junk food have been proved to have lower cognitive ability and brain development. Consuming a lot of junk food for breakfast causes us to have difficulty in concentrating our lessons. It becomes harder to focus and understand what we are reading.

What to eat instead of junk food

There are many other types of good healthy foods to eat instead of junk food. Chestnuts, walnuts, roasted chickpeas, sultanas, hazelnuts, peanuts and almonds are among the healthiest snacks to eat. Additionally, they also store a variety of vitamins and minerals whilst being tasty at the same time.





METIN AND HIS TEAM IN PURSUIT OF ADVENTURE

"THE CHARITY CAMPAIGN"

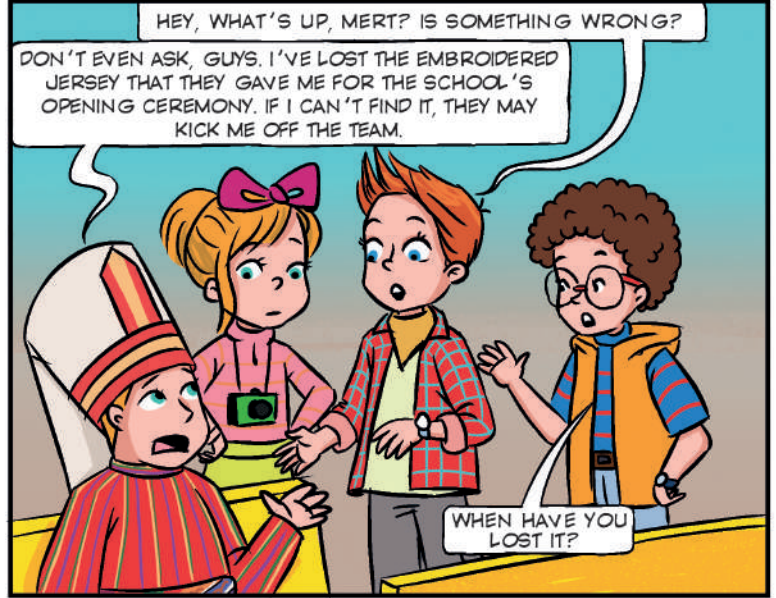
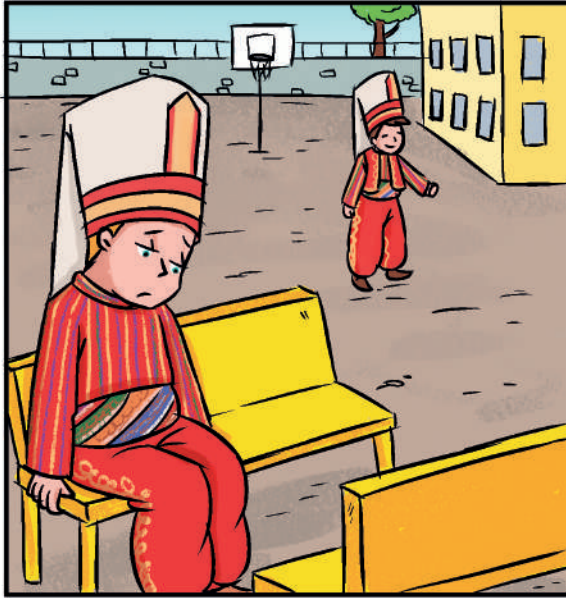
WRITTEN BY: MUSTAFA DEDELER
ILLUSTRATED BY: EDA ERTEKİN

ARIF

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MERT

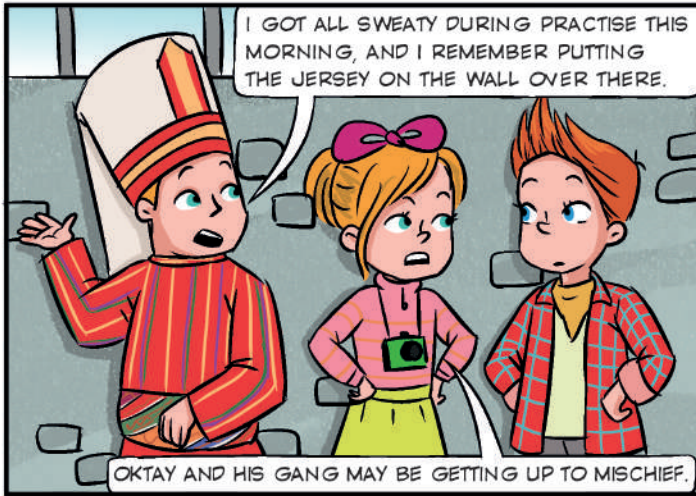
CEYDA



HEY, WHAT'S UP, MERT? IS SOMETHING WRONG?

DON'T EVEN ASK, GUYS. I'VE LOST THE EMBROIDERED JERSEY THAT THEY GAVE ME FOR THE SCHOOL'S OPENING CEREMONY. IF I CAN'T FIND IT, THEY MAY KICK ME OFF THE TEAM.

WHEN HAVE YOU LOST IT?



I GOT ALL SWEATY DURING PRACTISE THIS MORNING, AND I REMEMBER PUTTING THE JERSEY ON THE WALL OVER THERE.

OKTAY AND HIS GANG MAY BE GETTING UP TO MISCHIEF.



HMM, SOMEONE MIGHT HAVE PULLED THE JERSEY FROM BEHIND THE WALL.

MANY PEOPLE HAVE THE SAME JERSEY. HOW ARE WE GOING TO FIND MINE?

IT MAY BE HARD TO FIND IT, BUT IT'S NOT IMPOSSIBLE.

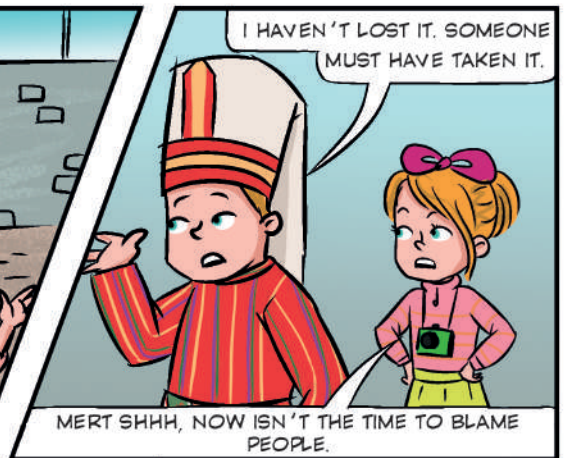
WHAT ARE WE GOING TO DO?



DO NOT GO ANYWHERE. I WILL BE BACK SHORTLY.

TEN MINUTES LATER...

HEY BUBBLE, MERT LOST HIS JERSEY.



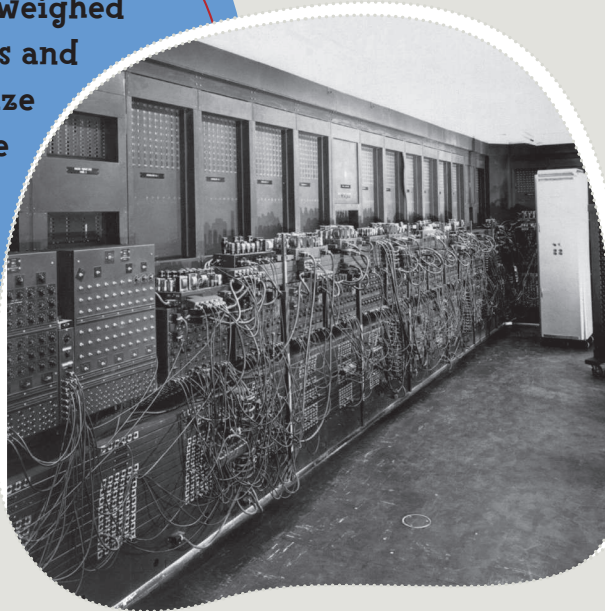
I HAVEN'T LOST IT. SOMEONE MUST HAVE TAKEN IT.

MERT SHHH, NOW ISN'T THE TIME TO BLAME PEOPLE.

DO YOU KNOW THESE FACTS?

Written by: Turgut Yasin

The first computer, called Eniac, weighed 28 tons and was the size of a large room.



Space is so vast that scientists are unable to calculate its dimensions even with today's technology.



All bats fly towards the left when they exit their caves. This applies to bats in both hemispheres.

Humpback whales are rarely visible on the sea surface. They breach out of the water to help rid themselves of parasites.



THE GREATEST ARCHITECT OF ALL TIMES

Written by:
Erhan Göçmez

Illustrated by:
Volkan Akmeşe

SINAN THE

Tunahan wanted to be an architect in the future. Seeing Tunahan's interest in architecture, his father took him to Suleymaniye Masjid (mosque). Tunahan entered the Masjid, while his father went to the fountain to make Wudu (ablution). Tunahan could not take his eyes off the grandeur of the mosque. Noticing his curious gaze, a man with a white beard approached him.

Sinan the architect: Hello, my son. Is this your first visit to the Masjid?

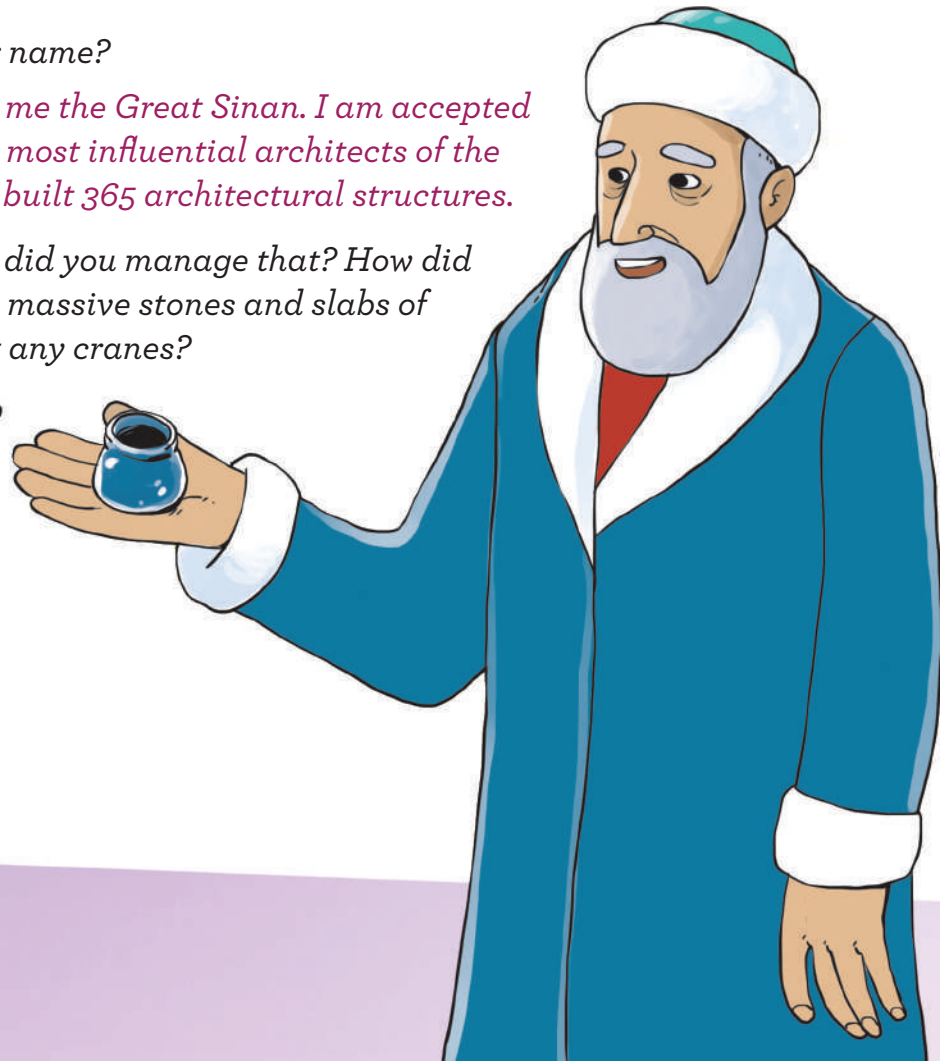
Tunakhan: Yes, uncle, it's my first time. What a magnificent Masjid. I wonder who built it?

SA: I did the architecture. But very skilful masters worked in the construction.

T: What is your name?

SA: People call me the Great Sinan. I am accepted to be one of the most influential architects of the Ottoman Era. I built 365 architectural structures.





T: Really? How did you manage that? How did you move these massive stones and slabs of marble without any cranes?






How Many ?



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Count the similar animals and write the number.



Why do onions make our eyes tear?

When an onion is chopped it releases some chemicals into the air. One of these chemicals is known as sulfuric acid. This acid disperses quickly like gas and contacts our eyes. This contact then causes our eyes to burn. Our eyes immediately start producing tears to protect themselves from the harm of the acid.



How do birds talk?

When we think about talking birds, the first kinds that come to our minds are parrots. However, birds do not actually talk the way we do. They are only able to repeat certain sounds. Thus, they learn a word that is said frequently by imitating what it sounds like. Sometimes we forget that they are only imitating us because some birds seem to really have a conversation.



How do aeroplanes find their way in foggy weather?

In normal weather conditions, planes can land or take off smoothly at the airport. However, when the weather becomes foggy, it can become impossible to see the airport from the plane. In such cases, the pilot depends on radio signals or GPS (Global Positioning System) to locate the airport.

GPS is useful for finding the position of an object on Earth. In other words, when the location of the aircraft is determined, the aircraft finds its direction according to its location to the airport. The pilot can actually put the plane on autopilot; it will be set to automatically fly towards the location of the airport using the navigation system, even though the pilot himself cannot see through the clouds and mist.



“CLOSE FRIENDS” OF VITAMINS

Minerals

Let's talk about the friends of vitamins, minerals! They are essential for a healthy body. Minerals are crystals that have many vital functions in the body.

Minerals are substances that our body cannot produce on its own. That's why we obtain minerals from the food that we eat and the liquids that we drink. Minerals often work together with vitamins. They help vitamins reach where they are needed most. Vitamins do the same for minerals. In other words, they are like two close friends who support each other. Minerals are found in many foods we eat. They support our physical, mental, and cognitive development. Here are some of those heroes in our bodies:

IODINE

Iodine ensures proper functioning of the gall bladder, the body's hormone production site. In this way, it helps with growth and development, weight gain and loss, mental activities, brain and nervous system functioning, body temperature and energy regulation. Iodine is primarily found in mushrooms, fish, cow's milk, yoghurt, kefir, egg, cheese and (iodised) salt.





WALKING IN THE FOOTSTEPS OF
AN ANCIENT CIVILISATION

ALBANIA

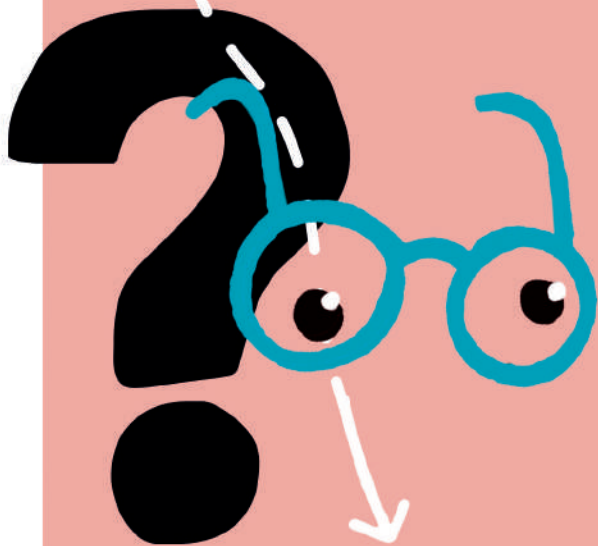
Hello, my dear friend, how are you? I am pretty excited because I am going somewhere beautiful on this trip. Just the thought of tucking into fried liver and lamb casserole with yoghurt gives strength to my wings. My next route is Albania, which produced more than 30 statesmen for the Great Ottoman State.

Before starting the trip, I can't help mentioning one thing: In every period of their history, the Albanian people have been an extremely hardworking, hospitable and proactive nation. Albania, the history of which dates back to ancient times, has also established strong ties with the Turkish civilisation over the past centuries. Traces of the Great Ottoman State still exists in the country. On this trip, I will follow these traces. If you are ready, let's start our journey to Albania.





JUST GUESS!



How about a walk in the forest?
This forest on the island of Madagascar offers a slightly different landscape than you would expect. It was formed as a result of horizontal and vertical geological activities over thousands of years. Locals call it “Tsingy” a place where you can’t walk without shoes.

Write down your three guesses about this photo and check page 28 for the answer.

1.
2.
3.

