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# ÇAMLICA Kids

**ÇAMLICA  
KITE  
Included**

**IMPROVE YOURSELF**

**ONE KIND ACT A DAY**



**NATURE AND TECHNOLOGY  
THE "SUN-LOVER"**

**THE TRAVELLING STORK  
NORWAY**





*Hello, dear friend!*

*Do you know that there is an easy way to be happy? You may be wondering how, right? You can achieve happiness by performing numerous acts of kindness. In this issue, you will explore various dimensions of kindness. Considering that the month of Ramadan has just arrived, you can flip through the pages about kindness and ponder on ways to use them in your daily life, especially during Ramadan. The chapters you've been anticipating impatiently await you inside our adventure and fun filled magazine.*

## Be merciful, not wasteful

Did you know that globally 931 million tons of food is wasted every year? Recent research has discovered that 17% of the food produced worldwide is wasted every year. The findings also indicated that 61% of the waste is domestic waste. Considering this information, one cannot help asking, “If people did not waste so much food, would there be any starving people in the world?”



## Living Museum

Are you struggling with social sciences? We have wonderful news for you. Take a break, relax and listen to what we have to say. Thanks to advancements in science, there will be many innovations to help improve methods of studying in the near future. You'll have the opportunity to learn your lessons through 3D visualisation. Thanks to a program currently in development, you will be able to engage with the information you are researching in 3D. You'll be able to learn about extinct animals and past civilisations, by viewing a hologram on a table.





Written by: Ahmet Selman Yiğit  
Illustrated by: Eda Ertekin

# ONE KIND ACT A DAY



# One Kind

# Act A Day

1. As soon as you leave home in the morning, greet the people you meet with a smile on your face.
2. Leave breadcrumbs on the windowsills or in uninhabited places for the birds to eat.
3. Help someone in need, even if it might be in a small way.
4. Donate the items you don't use at home to someone in need. It can be a dress or a toy you no longer use.
5. Say pleasant words to a friend at school or somewhere else. E.g. say, "I am happy to be your friend."
6. Leave a note on a book you have borrowed explaining kindness and benevolence. That way, you will be doing a favour to people who may read the same book after you.
7. Dish an extra plate of your food when you have dinner and share it with your neighbour.

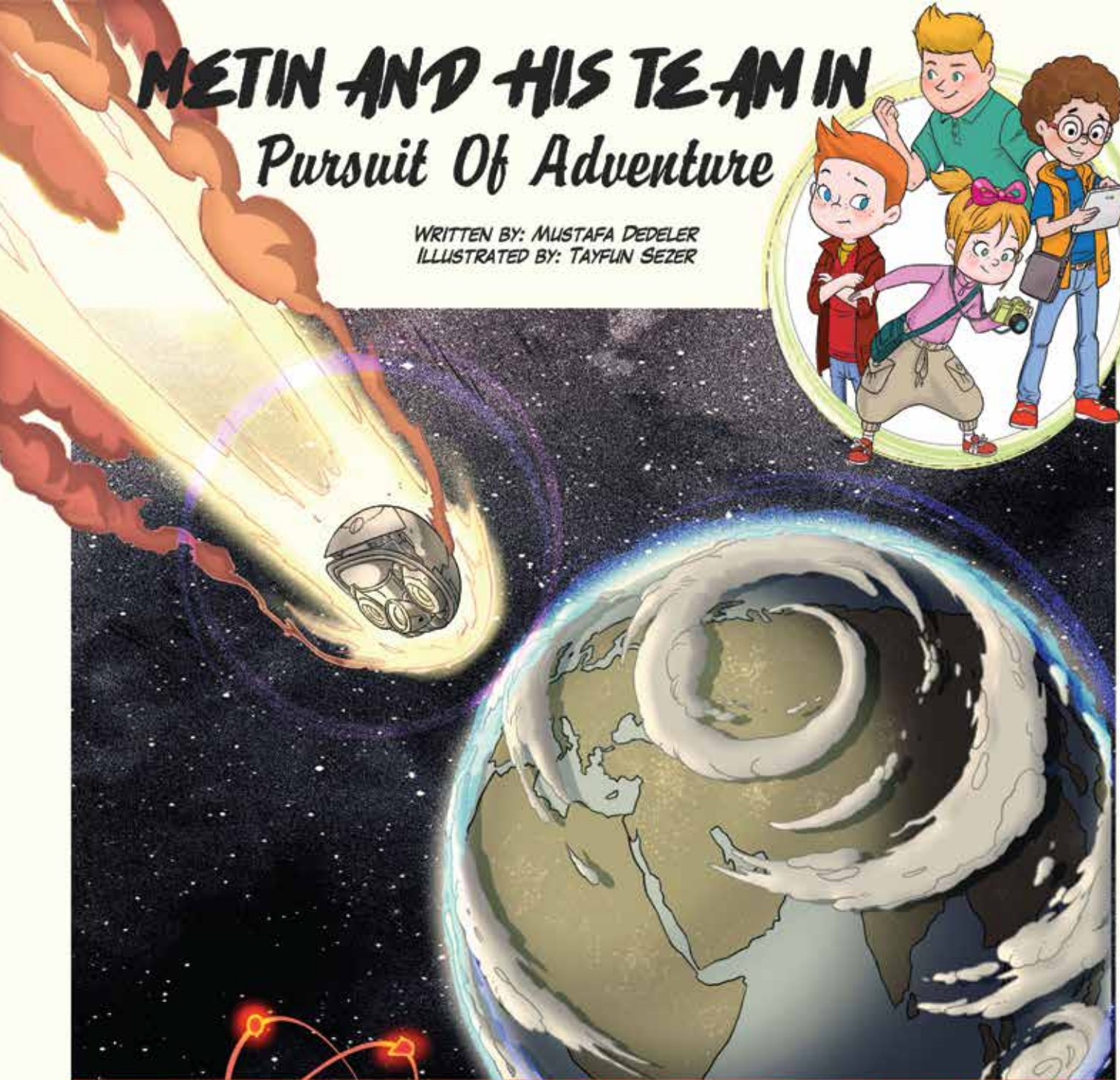


8. Leave a bowl of water on the street for helpless, stray animals to drink.



# METIN AND HIS TEAM IN Pursuit Of Adventure

WRITTEN BY: MUSTAFA DEDELER  
ILLUSTRATED BY: TAYFLIN SEZER



## THE ALIEN FROM THE SKY

ESCAPED THROUGH A GATE IN DEEP SPACE TO SURVIVE. EVEN THOUGH THE EARTH ROTATES THE SAME WAY EVERY DAY, IT DOESN'T ALWAYS STOP AT EXACTLY THE SAME PLACE AT THE END OF EACH DAY. AND SOMETIMES SOME CHALLENGES BECOME THE BEGINNING OF NEW STORIES...





## Why does it flash when lightning strikes?

Lightning is an electrical discharge that travels from storm clouds to the ground, or within the clouds themselves. When lightning strikes, a flash of light can be seen in the sky. During the discharge, a huge amount of energy is released, which causes the molecules in the air to burn and turn into light energy, and as a result, a flash of light illuminates the sky for a short time.

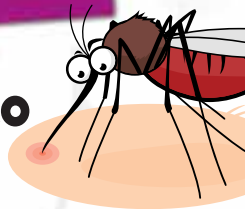
## Why Do We Swing Our Arms While Walking?

Swinging our arms while walking might feel like a waste of energy. But it is not the case. Due to the way our legs move while walking, a rotational movement occurs in the upper part of the body. You can see for yourself by holding your arms tightly to your body and trying to walk. We automatically swing our arms to block this rotational motion and in turn use less energy.



## Why Does a Mosquito Bite Itch?

When a mosquito bites us, our skin swells and itches. This is caused by the saliva from mosquitoes' mouths being injected into our skin. This saliva has anticoagulant properties. Our immune system produces antibodies to expel this foreign substance from our bodies. While the antibodies are busy eliminating this saliva, it results in swelling and itching on the skin for a while. Ice or cold water can be applied to the bite area to reduce itching.



The image features a close-up of a sunflower. The left side shows the dark brown, textured seed head, while the right side is dominated by bright yellow, pointed petals. The background is a soft, out-of-focus green and yellow, suggesting a sunny outdoor setting. The text 'The Sun-Lover' is overlaid on the image in a stylized, bubbly font with a black outline.

The

's Sun-Lover'



# 7 Golden Rules for a Stronger Body



**Nobody** wants to be ill. On the contrary, everyone wants to be healthy and disease free. However, microbes and viruses around us threaten our health. They harm the body and make people sick. Our body has a mechanism to defend itself against germs and viruses called the immune system. A strong immune system is a shield that protects us against all sorts of illnesses. The critical question is, "What should we do to keep our immune system strong?" Here are 7 golden rules to help you:

**1-** Be mindful of what you eat and drink. The first rule of being healthy is to consume Halal, pure food that does not contain harmful content. Moreover, allocate 1/3 of your stomach to food, 1/3 to water (liquids) and 1/3 to the breath. Eating too little or too much can be equally harmful to the body. So, how do we achieve this? It's simple, stop eating once you feel full.

**2-** Try to eat a variety of healthy foods. In other words, instead of eating the same food every day, eat wholesome breakfasts and meals made at home. For example, honey, milk, eggs and cheese are good options for a healthy breakfast.



**3-** One of the other important rules is to get enough fluids. For this, you need to drink at least 1-1.5 litres of water a day because nearly 70% of the human body consists of water. Water is the most vital resource for organs to function.

**4-** Every day, you can have snacks like walnuts, hazelnuts, pistachios, and pumpkin seeds. In addition, you can also have a nice cup of ginger, honey and lemon tea. Ginger is a beneficial root vegetable.

**5-** You should eat fruits with plenty of vitamins such as apples, oranges and bananas every day. Don't forget to eat delicious salads and homemade yoghurts along with your meals.

**6-** Do physical activities regularly, like playing a sport. If you don't have the opportunity to go out to play, you can do quick walks at home or play simple indoor games which require physical movements. But be sure to clean up the room if you make a mess!

**7-** The last rule is getting good quality sleep. Sleeping for at least 7 hours is one of the key rules for the rejuvenation of our body. To help achieve good sleep, you should go to bed at a set time every night.



Well, dear friends! Our final advice to you: If you follow these rules meticulously, your immune system will protect you against diseases like a shield.





Prepared by: Ahmet Selman  
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## While Wringing it Dry

A boy was sitting at the entrance of his house with a bucket of water in front of him. He was washing a stray cat vigorously. A man passing by asked: “What are you doing son, you can’t wash cats like that. You may kill the poor animal.” The boy replied: “No, uncle. It’s ok. Mum didn’t let it in because it was dirty. I must clean it nicely.”

The man continued his way. When he returned, he found the child crying and the poor cat lying unconscious. He said scoldingly:

“Didn’t I tell you that you would kill the cat?”

“It is not dead, uncle. It fainted.”

“Well, if you wash the cat like that, it will obviously faint.”

“Not exactly...It didn’t faint while washing it, but rather while wringing it dry.”

## No One Yelled

It was a grammar lesson. The teacher asked a question:

“Children, what do you understand when I conjugate, I didn’t yell, you didn’t yell, he didn’t yell, she didn’t yell, they didn’t yell, we didn’t yell.”

While the teacher was expecting many hands up, no one raised their hands. After a while, Arif raised his hand:

“That means we don’t need to worry, sir.”

“Why?”

“Because no one yelled, sir.”



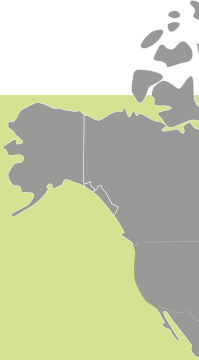


# NORWAY

THE COLD BEAUTY OF  
THE WORLD



**Hello, my friend! How have you been since we last met? Right now, I'm greeting you from a Scandinavian country, which is close to the North Pole. In this country, part of the year is spent in almost complete darkness. During the summer months, the days are long with only a few hours of darkness. That's why their summer nights are called "White Nights". This country is rich in natural treasures. It is astonishingly beautiful with more than 450 000 large and small lakes, more than a thousand fjords, rivers and mountains. If you are ready to see these magnificent sights, let's begin our trip through Norway!**







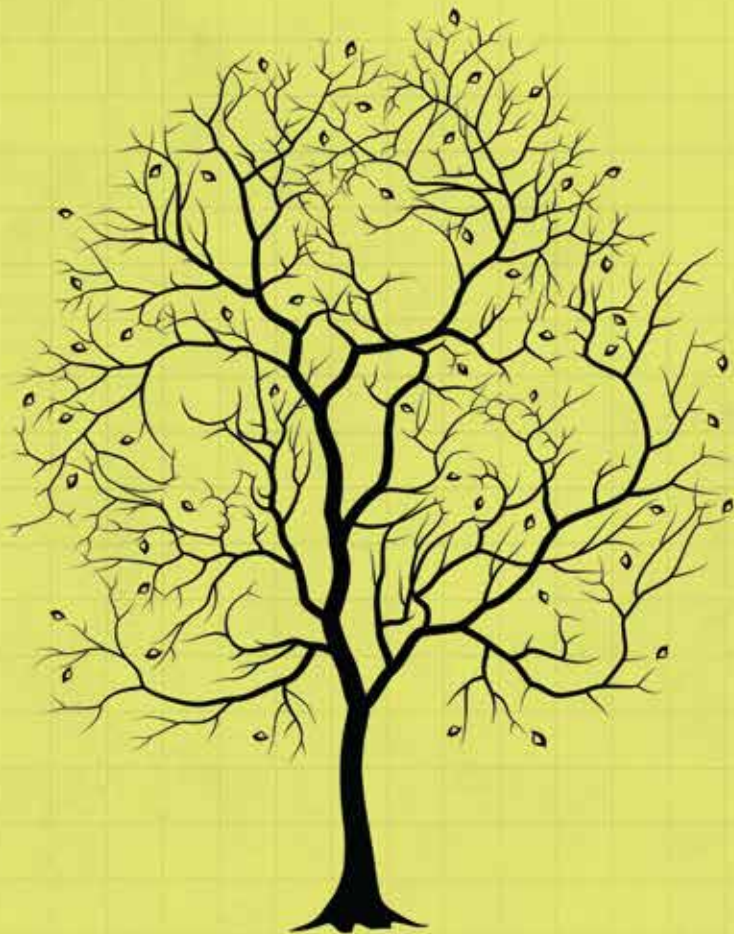




## 1 THINK AND DISCOVER!

# 1

Jabulani wants to save money in his money box for 7 days. He plans that the money he puts in his box per day should be twice the amount of the previous day. On the first day, he begins with 1E. How much money will be collected in his box at the end of 7 days?



# 2

Can you find the three bunnies hidden in the picture on the left?



# 3

Muhammad's mother makes a shopping list and sends him to the market for shopping. The list includes the following information:

- 1) Buy only one of each food.
- 2) Buy at least one red food.
- 3) Do not take any vegetables except carrots.
- 4) Take at least one type of grain.
- 5) Do not get any blue foods available in the house.

The description of the food is as follows:

- A) Tomato= Red, fruit, £4
- B) Banana= Yellow, fruit, £2
- C) Onion= Purple, vegetable, £3
- D) Carrot= Orange, vegetable, £2
- E) Apple= Green, fruit, £4
- F) Chilli= Red, vegetable, £6
- G) Plum= Blue, fruit, £3
- H) Pepper= Green, vegetable, £5
- I) Daikon (Japanese) Radish = White, vegetable, £8
- J) Orange= Orange, fruit, £2
- K) Bread= Brown, grain, £1

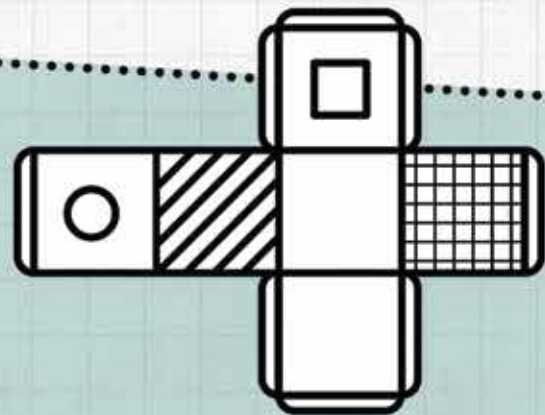
Looking at the info in the list, can you calculate the total cost of the products Muhammad will buy?

- A) 17   B) 15   C) 18   D) 13



# 4

Which of the following is the folded form of the unfolded cube on the right?



A



B



C



D



# JUST GUESS!

It is one of the most significant works of Islamic architecture. It is the largest mosque in Africa and the third in the World where 100 000 Muslims can pray simultaneously. Its construction was completed in 1993. It has the tallest minaret in the World, measuring 210m high. Its decorations on the walls and unique architecture make it worth visiting.

Write down your three guesses about where the picture could be of and check your answer on page 47.

1. ....
2. ....
3. ....

