



PLAN GIRLS GET EQUAL
7th International Day of the Girl Child
#GIRLSTAKEOVER
ON COMMUNITY RADIO TALK
सामुदायिक रेडियोमा किशोरी
11 October 2015

3ACR
SINCE 2009
3 Angels Community Radio
Pokhara-15, Kaski
Reg No. 2355
Phone +977 61 431823, 431923, Fax +977 061 430310
www.3angelsradio.org.np, info@3angelsradio.org.np

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	



cooked before eating, some foods such as fruits can be eaten raw. They do not need to be cooked before eating. Some vegetables like carrot, tomato, cabbage, lettuce, and radish can also be eaten raw. Food can be cooked in different ways.



Food

Name the food that are

milk

- a. Ghee
- b. Butter
- c. Curd
- d.

get from



