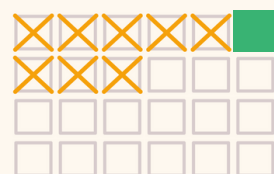




Chikubara

GROWING HEALTHY AND RESPONSIBLE

Poop Chart



In this issue

Why isn't Pooper pooping? What will make him poop? It's summer in August in California. Is it summer across the globe? Why do you get hiccups and how can you stop them?

Find answers to these questions in this issue through stories, pictures, activities, and experiments.

DEAR parents, teachers, uncles, and aunts

Please print a copy of this magazine and share it with kids in your life...

About Chikubara

The Dancing Chef has always strived to bring food, family, and fitness together in our products. That's why we, a family business, decided to publish Chikubara, a magazine to celebrate our passion for educating children about healthy and responsible eating.

Incidentally, Chiku is the nickname of 3 of the 4 people in our team. Also, we all love the fruit, Sapota, which is called Chiku in several Indian languages. We could eat a dozen Chikus in one sitting (don't try this at home). The word for a dozen or the number 12 in many Indian languages is bara.

Hence the name **Chikubara**

Kalyani
writer, designer,
illustrator



Sagar
editor



One Chiku has been missing in action and is unaware of this issue of Chikubara.

Can you guess who that Chiku is?



Akhil
thinker,
writer, editor



Maya
approver (who rejects most of our work)

SCAN

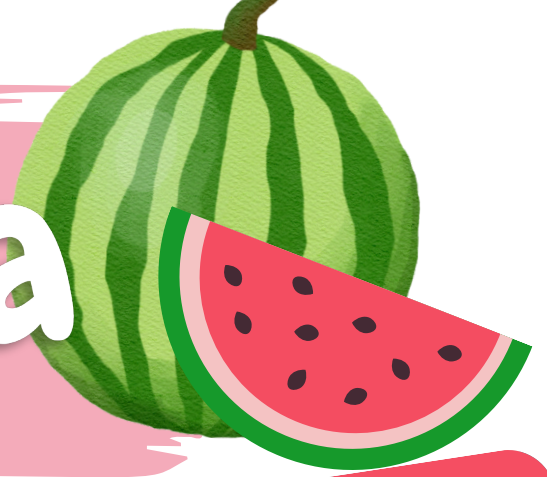


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Chikubara is published once every two months. Approximately. 
The digital version is currently free for download from www.thedancingchef.me



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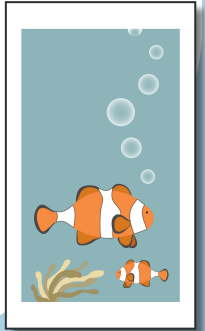


In a cozy little house, with a bright red door, lived a boy
named— let's just call him Pooper.

He loved playing soccer, toy cars, building towering block
castles, and telling silly jokes.

But Pooper had a secret. A big, squishy, sometimes stinky
secret: he only pooped once a week, on Sundays!

Oh dear! Can you imagine the other six days?



Monday



Pooper would wake up bright and bouncy, eager for a soccer game.

Tuesday



Pooper's energy was too low for a game but enough for bouncing the ball.

Wednesday



Lost in his thoughts, he would grumble, "No, I don't want to play."

Thursday



He would get super cranky, stomping his feet, and saying, "Everything is boring!"

Friday



He would push his plate away saying, "I am not hungry!"

Saturday



He would be so tired and uncomfortable that he would just lay around frowning like a little thundercloud. His tummy would feel like a balloon that kept getting bigger and bigger, and he wouldn't laugh or run or even tell a good, silly joke.

His Mom and Dad tried all kinds of solutions.

Eat your veggies, Pooper.

Drink more water.

Try some fruit.



But grouchy Pooper wouldn't listen.

Pooper's worried parents decided they needed some expert help.

So they described the problem to Pooper's neighborhood pals, Dave and Daia, who were famous kid detectives known for their smart wits and even smarter gadgets.

"What a peculiar mystery," exclaimed Daia, as Pooper ambled in. "But no worries. We will solve it. What do you say, Dave?"



There was a squeaking sound while Pooper tried to look nonchalant.

“This whole situation smells funny, is what I am saying,” said Dave with a wink.

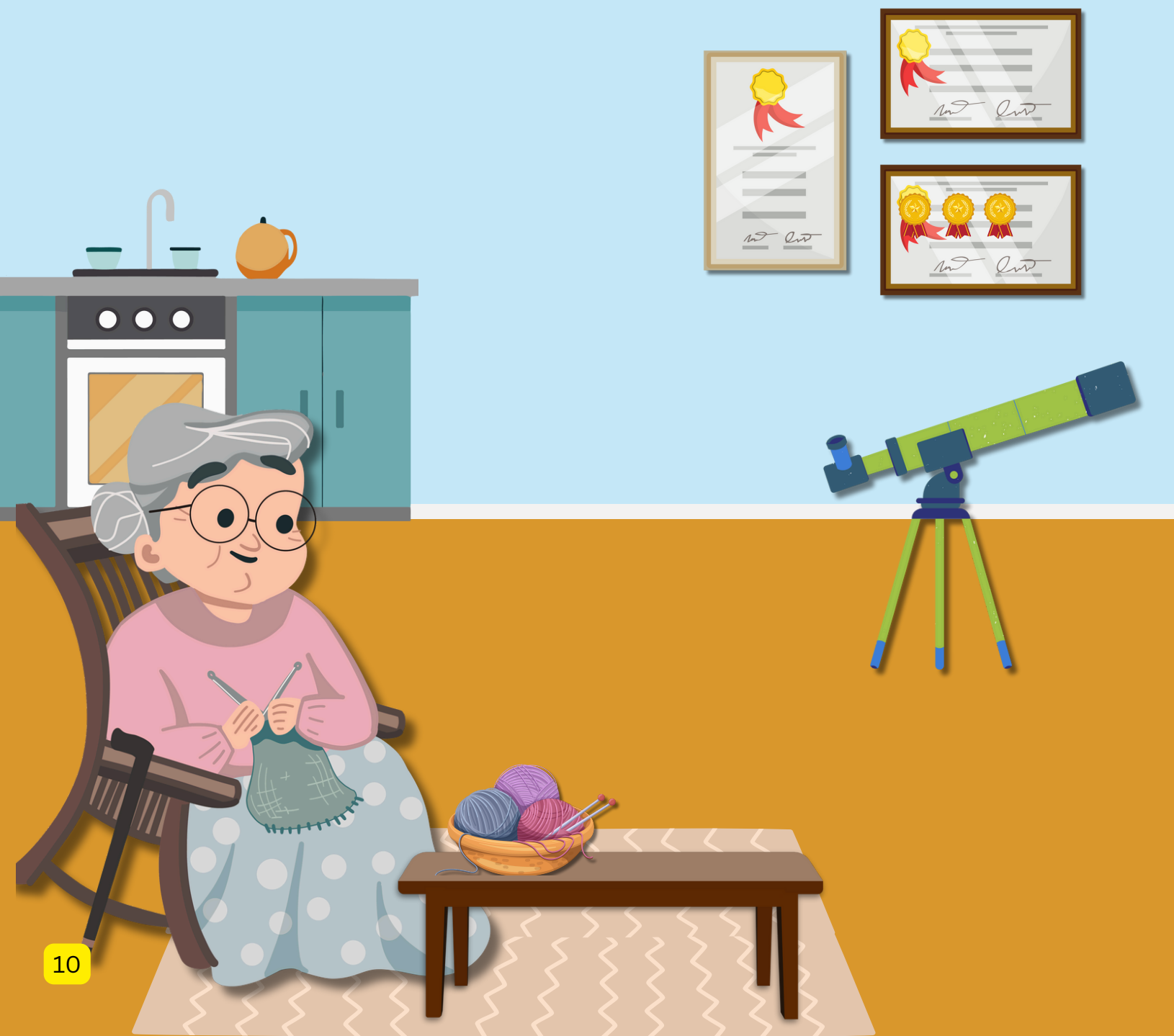
“There is definitely something in the air,” giggled Daia, “but we will get to the bottom of this.”

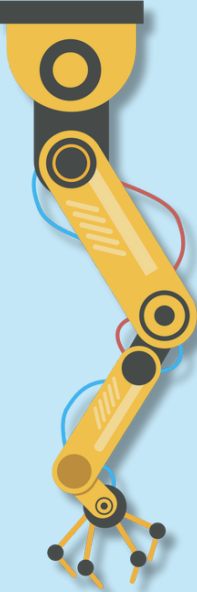
“Whose bottom?” asked Pooper, puzzled, as the grinning detectives piled out of the house.



Later, Dave and Daia pattered around their lab, discussing which fancy gadgets to use for solving this mystery.

Overhearing their conversation, their wise Grandmother, an accomplished detective herself, smiled. “You don't need any gadgets for this mission, my dear. You need some creative and organizational skills, and a good time with friends.”





She whispered something in their ears. Their eyes grew wide as they understood what she was saying.

“Grandma, you are the best!” said Dave, hugging her.
“I certainly wouldn’t have thought of that.”



The next day was Tuesday. Dave and Daia invited Pooper to their house.

“Come over, Pooper. We are going to play forts and spies,” they called. Pooper, still a bit hesitant, went over.

They made a cardboard house in the backyard. They played spies, hiding in boxes, crawling under the bushes, and targeting each other with water balloons.

“Who wants watermelon? I am thirsty,” panted Dave after a while.



Watermelon? Ugh! It tastes funny. And you need to avoid all the seeds too. No thanks.



Would you like some popsicles then?



Oooh yes!

Popsicles were welcome any day.

Daia returned from the kitchen with some watermelon slices on popsicle sticks.



“Popsicle!” she announced.

“HEY---” began Pooper

“Pooper quick, the spies got their first clue...here on the fort,” yelled Dave biting off his watermelon popsicle.



In his excitement, Pooper gulped down his watermelon popsicle and hurried to join in the fun. As they played and laughed, slices from a whole melon gradually disappeared into the kids' stomachs.



On Wednesday, they played “Treasure hunt” in the garden. While searching for keys, gems, and gold coins, Daia plucked some fresh zucchinis.

“Want some?” she asked Pooper.

“I don't eat zucchinis...” began Pooper.

“Great! More for me then,” said Dave, who was already cutting his zucchini lengthwise into quarters. “Just a sprinkling of salt and I will even eat them raw.”



Not wanting to be left out, Pooper reluctantly bit into a piece while moving his metal detector to detect gold coins. And just like that, he savored a little moment. The afternoon was warm and sunny, a gentle breeze ruffled his hair, and here he was playing with his two good friends. The zucchini tasted surprisingly good too.

“Maybe I will have just one more,” he announced.

“Where are the zucchinis for my zucchini-bread?” asked Grandma as the evening drew near.

“Buuurrrrp!” said Pooper guiltily.



On Thursday, Pooper was late.

“Betcha he is super cranky by now,” said Dave.

But to their surprise, Pooper showed up a few minutes later, tucking in his shirt and a happy grin on his face.

“What is the plan for today?” he asked.

“Frisbee in the park, followed by a picnic lunch,” said Daia.

“Let’s do it.” Pooper was a ball of enthusiasm.



Two hours later, they flopped in the grass, exhausted.

“I have never run so much,” Pooper declared.

“What’s for lunch?”

“Roasted spaghetti squash,” said Dave as he opened three neatly packed lunch boxes, “topped with tomato sauce, tiny meatballs, and fresh basil.”

Pooper, who usually turned up his nose at any green or red or orange vegetables, devoured it with gusto.



“Hey, this tastes great!” he announced. “How come my Mom’s spaghetti doesn’t taste like this?”

“Maybe because you never eat it?” chortled Daia.

“Do thank your Mom for providing these lunch boxes and tell her we really enjoyed them.”

“We will even come by for any leftovers,” grinned Dave at the surprised Pooper.

On Friday, Pooper wolfed down a quinoa salad with lemony kale, cucumber, red bell pepper, and pomegranate arils at a potluck lunch with all the neighborhood kids. Everyone was laughing and joking and he was having a blast.



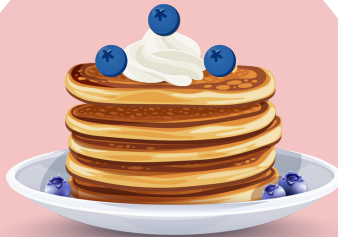
On Saturday, Pooper invited all his friends for a picnic lunch at the park.

“I have made it myself,” he announced, “with some help from mom and dad,” he whispered to himself

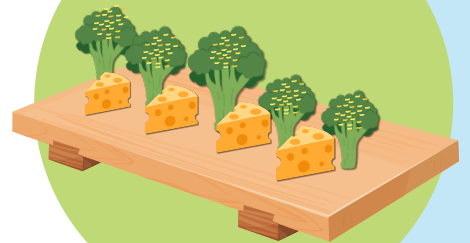
RAINBOW SALAD SKEWER



SUPERGRAIN PANCAKES



BROCCOLI TREE BITES





Pooper's parents were delighted.

“He’s usually clutching his stomach and moaning by now. Instead, he is munching veggies and fruits and drinking water,” said his Dad. “And every day he is a prince on the porcelain throne. You’ve solved one mystery and replaced it with another. How did you ever do this?”

“It was Grandma’s idea,” said Daia. “She said that we don’t need to put an assortment of healthy food in front of Pooper and insist he eat it like a task or a chore.”

“Or a punishment...,” added Dave, as he looked at Grandma for affirmation. She nodded.



Back at Pooper's home Grandma explained to his parents, "Food tastes best and is enjoyed the most when eaten together light-heartedly with family or friends of your age. The health aspect of the food or its nutrition or even threats or tricks which adults use don't work with kids.

It's just because he was having fun with these two rascals, Dave and Daia! When he saw them eating veggies and fruits without any fuss or comments, he ate them effortlessly. Those foods were not scary after all.

Turns out, a little shared laughter and a good time with friends and family can solve some pretty complex mysteries."



From that day on, Pooper ate his fruits and veggies and drank plenty of water without any complaints. The healthy food helped him poop every single day, sometimes even twice. It also gave him a lot of energy to laugh, run, play soccer, and build the tallest block castles.

He was always relaxed and ready for a new day. Pooper was happy because his tummy was now a very happy place.



Most importantly, Pooper's younger brother, Picquick, followed his elder brother's example and happily ate his own fruits and veggies without any complaints.

ACROSS THE GLOBE

AUGUST

season and produce



ZUCCHINI

California

Peak of summer with sweet corn, bell peppers, zucchini, peaches, plums, and grapes.



PEACH



EGGPLANT

New York

Summer is in full swing with eggplants, zucchinis, cucumbers, green beans, blueberries, peaches.



CASSAVA



PINEAPPLE

Brazil

It's winter and passion fruit, guava, pineapple, mangoes, bananas, sweet potatoes, cassava, and various greens are common.



SOUR FIG

South Africa

Late winter/early spring. Amaranth, sour fig, apples, avocados in season.



AMARANTH

ANTARCTICA

Map source: Guideoftheworld.com

August is month of polar night meaning there is no direct sunlight. At south pole it is dark for 24 hours.



PEPPERS

Netherlands

Summer harvest is strong. Look for berries, bell peppers, and lots of veggies and berries.



CABBAGE

CRANBERRY



Lake Baikal, Russia

Short summer time with wild berries, carrots, cabbage, radishes, and herbs. Fishing is a major food source.



MYOGA

Japan

Summer harvest is in full swing. Yubari King Melon and Myoga (Japanese ginger) are unique here.

Indonesia

Tropical climate sees durian, mangosteens, rambutans, water spinach, chilies.



WATER SPINACH

Mumbai, India

Rainy season is at peak. Okra, gourds, leafy greens, corn, bananas, and pomegranates.



POMEGRANATE



OKRA

Egypt

Peak summer. While many fruits are common, the "Teen Shoki" (Cactus Fruit) is a unique produce.



CACTUS FRUIT



MANGOSTEEN



FINGER LIME

Sydney, Australia

Winter and rains continue. Warrigal Greens and Finger Limes are unique here.



WARRIGAL GREENS

GROW YOUR OWN



Potatoes

from a Potato

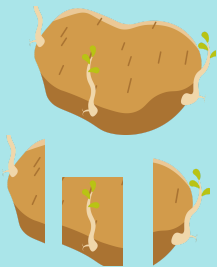
You Will Need

- 1 A potato
 - 2 Soil / dirt
 - 3 A cardboard box
 - 4 Water
- ★ Adult help
★ ★ Some patience



Steps

- 1 Take a sprouted potato and cut 2 -3 slices.



If you don't have a sprouted potato then just plant a whole potato (the plant will take longer to grow)

- 2 Fill a cardboard box with 5-6 inches of soil.



- 3 Place the potato slices with sprouts facing up and cover with 2 inches of soil. Sprinkle water.



keep it moist

- 4 Add a 'hill' of 4 inches extra soil around the stem each time the plant grows 6-8 inches above the soil. Continue till flowers bloom.



90-110 days

5

After the leaves begin to brown dig the soil with your hands to harvest the new potatoes.



MAKE YOUR OWN

RAINBOW SALAD SKEWER

1 Cut and season vegetables

Cut your favorite veggies and add a little oil, salt, pepper, and spices as per your taste.



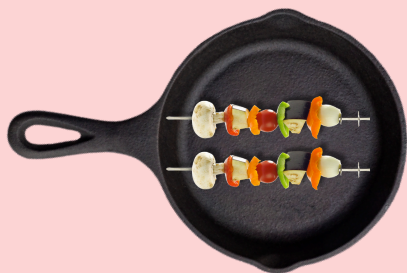
2 Assemble the veggies

On a skewer assemble the veggies as you like. Make as many skewers as you want.



3 Fry or Bake or Grill

Fry it on a pan or bake it in the oven at 400°F. Or, simply grill until done. Take adult help.



OR

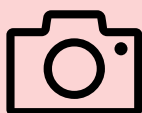


OR



4 Garnish and enjoy

Garnish with herbs and enjoy with family and friends.



Send a picture to:
hello@thedancingchef.me



Whom will you
invite for your
rainbow salad
skewer party?

INSIDE YOU

HICCUPS

Hic..hic..what is hic..happening in your body?



What are hiccups?

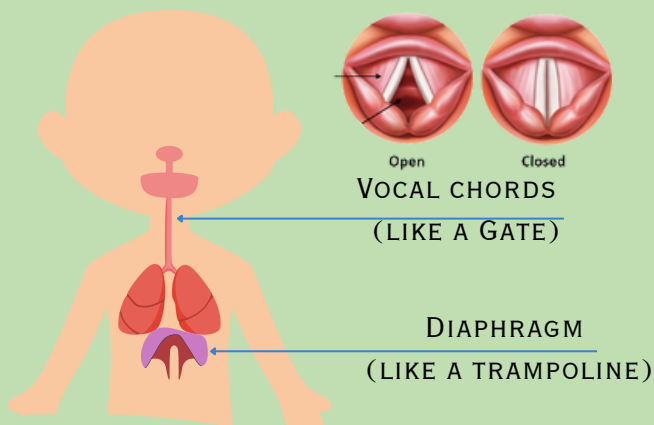
The strange hic.. hic.. sounds that come all of a sudden, which you cannot control, and which give a slight twitch in your chest are hiccups.

Who gets hiccups?

Everyone.. babies, children, adults, and even some animals get hiccups.

Inside your body without hiccups

Your body is like a fantastic house! Right under your lungs is a trampoline-like muscle called the diaphragm. At the top of the throat are the vocal cords which act like a gate.



When you breathe, this trampoline gently bounces down to pull air in and up to push air out. The vocal cords stay open to let the air flow freely.

What happens during hiccups?

When you get a hiccup, your diaphragm (the trampoline) suddenly gives a quick, unexpected jump downwards! This makes air rush into your throat. But before that air can get far, your vocal cords (the gate) quickly snap shut! This makes the "hic!" sound.

In some cultures they say that you get hiccups when someone is fondly thinking of you! ❤️❤️



Hic..cup culprits

Hiccups occur when something irritates your diaphragm.

Why do they come?

Some of the common triggers for short term hiccups:



Eating / drinking too quickly or too much



Eating too spicy, too hot, or too cold



Excitement or nervousness



Swallowing a lot of air



Drinking a lot of soda

How to prevent them?

While there's no guaranteed way to prevent hiccups entirely, you can reduce your chances by avoiding common triggers:



Eat slowly



Avoid overeating



Limit chewing gums and sodas



Have a little laugh at the hic...hic..hiccups if they still come



How to stop them?



Eat some sugar (you will love it)



Sip some water (count five sips)



Everyone believes they know a trick to stop hiccups. Ask a few adults for their favorite tricks.

Can you really stop them?

Hiccups usually go away on their own, even if you don't do anything! If your hiccups last a really, really long time tell a grown-up about it.

You can cut this page and put it on a wall to help you drink enough water





to hello@thedancingchef.me



Ananya writes:

The description of the dung beetles was so extraordinary that I thought you were surely making it all up. So I did my own research on the Internet and discovered that everything was actually true. They do indeed make balls of poop and can navigate by the light of stars. I also like the world map and learn about different seasons and produce across the world.

Thank you for creating Chikubara. I find it endlessly fascinating, just like the dung beetles.

Chikus' reply:

Dear Ananya, extraordinary isn't it? Kudos to you for researching the facts. We always love to hear from readers like you. It helps us create better content. Just like you, we are also learning some fascinating things as we research and write.

FIND YOUR MIX



SCAN



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