

Monday.

The Standard 英文虎報

LS LIFE

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Goodies



A blue pumpkin for Halloween

Do you like
my Halloween
costume!



BIG Dee loves Halloween although he is scared of ghosts and monsters! That is because it is a fun festival. He also likes the lanterns made from pumpkins. Pumpkins are orange in colour, but for this Halloween, some have been painted blue! Join Big Dee to find out why.

Editor's Note

"Because this is thriller, thriller night. There ain't no second chance against the thing with forty eyes!" Those creepy lyrics are from the Michael Jackson song *Thriller*. Some of you will be dressing up in scary costumes and trick or treating this evening. But did you know this is a big annual celebration in the United States – even as popular as Christmas? However, there are a few people who are not keen on kids turning up on their doorsteps asking for candy. The mean trick they will do is to give them Brussels sprouts covered in chocolate (this vegetable is very bitter and makes you fart) so beware! If you plan to stay at home why not make your own monster.

Turn to G06-07 to learn more.



Simon

The Teal Pumpkin Project ('teal' means blue-green) aims to raise public awareness about food **allergies**, so that children will not eat things that make them ill. If children see a teal pumpkin outside a home, it means the family there will provide non-food treats such as toys or stickers.

Watch what you eat

Food allergy is a medical condition. Some people get sick when they eat certain types of food. Such foods are called **allergens**. The **symptoms** can be mild or severe. Mild ones include redness of the skin, nausea, vomiting, a runny nose, **diarrhoea** and stomach pain. Severe symptoms include breathing difficulty and chest pain. Some people even die from food allergies. That is why we have to be very careful with what we eat.

Common allergens

Peanuts

Shellfish

Milk

Fish

Wheat

Eggs

Nuts

Some of our friends are allergic to peanuts!

In that case, there will be no peanuts in our Halloween party!

What action to take:

- offer non-food treats during Halloween;
- learn how to read **labels** on food packages;
- wash your hands before and after eating to avoid the **transfer** of food allergens;
- wash tables and dishes carefully with soap or detergent;
- avoid mixing different foods together;
- make sure your friends do not have certain food allergies before sharing food and snacks;
- tell others if you have a food allergy;
- learn more about food allergy and the Teal Pumpkin Project at www.foodallergy.org/teal-pumpkin-project

IG FUN

Rearrange the letters in HALLOWEEN into two words to mean 'a very large sea mammal that is not with others'?

Answer on G2