



MY COOK BOOK




Ashmi Methusari Bandara



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First Publish - 15.11.2023
ISBN 978-624-206-668-4

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A still life scene set on a marble table. In the center, a lit candle in a glass holder casts a warm glow. To the left, a vase holds a bouquet of yellow flowers. In the foreground, a plate of bread is visible. The background is dark, with a framed picture hanging on the wall.

I will offer this
book to
my Loku amma
because she always
try to make my meals
more delicious
and beautiful.

Preface

The primary goal of the current educational system is to mould a productive citizen and a caring family member who is equipped with knowledge and skills. The main responsibility of the school is to identify and recognize children's talents, as well as to sharpen their skills to meet the needs of the nation and the world.

Our Alma Mater is constantly guiding and assisting children who are creative. This project has been an ongoing process at our school for many years, particularly in terms of writing books. Many skilled and enthusiastic young writers participated in this exercise for years, producing novice writers to field of literature. We regard this as a great victory and a national need at this hour.

To continue this effort, we have adopted digital technologies and an e-book project this year. I am confident that this unique event provided youngsters with valuable experience and challenges that will benefit them in the future.

The Ministry of Education has hailed the project as an important step toward motivating young authors in schools. As principal of Mahamaya Girls' College, I am grateful to all of the students throughout the country who contributed to this endeavor. I commend and applaud all of the young authors of these books for their perseverance and devotion in this difficult task.

I would like to thank our school management committee, employees, parents, for my students, administrators, and teachers from other schools who encouraged students to take part in this worthwhile effort.

Ms Shashikala Senadheera
Principal
Mahamaya Girls College - kandy
2023 . 11 . 10

My creative breakfast

Food is not only for hungry. It is for fun as well. This is my creative food plate for an energetic breakfast. I used some butter, sweet corn, grapes, orange, and cheese to make my colorful plate of breakfast. I decorated the plate with fruits surrounding my bulls-eye egg. It looks delicious and full of balance nutrients. I myself and my sister enjoyed the plate very much.



My decorated dinner

Today I made my decorated dinner plate with colorful dessert. Main course included boiled potato, egg noodles and a slice of cheese wedge. I decorated the plate with tomato and mayonnaise sauce. My dessert plate made with curd and bee honey, strawberry jelly, guava, orange and fruit sticks. I made lines with bee honey on my plate and it was full of fun. My dinner was colorful, lovely and full of nutrients.



Adding colors to food

I thought to add colors to ordinary strings hoppers. I add turmeric powder for yellow, Beet-root juice for red, Gotukola for green and Nil Katarodu for blue to make strings hoppers colored. I decorated my plate further with egg wrapped with turmeric and a flower made by tomato. I enjoyed my colored food plate very much.



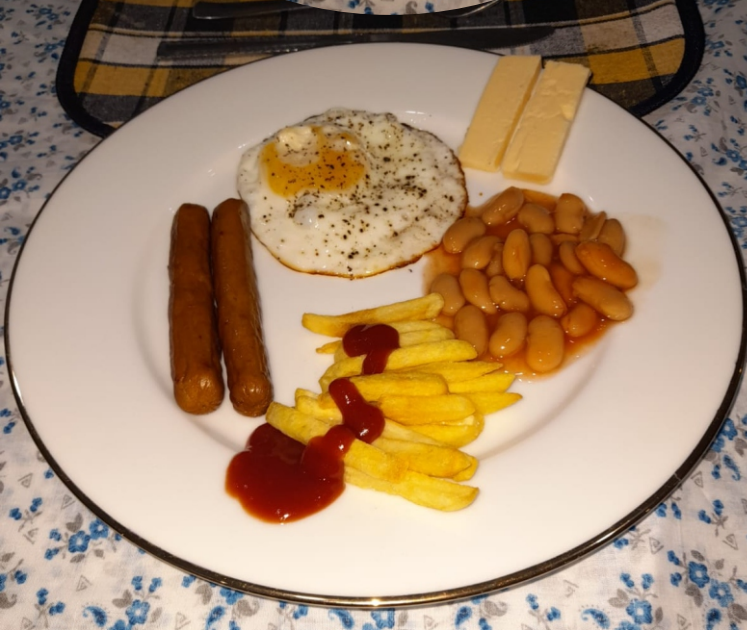
Quick and colorful breakfast

**My grandmother made egg
hoppers for the breakfast. I add
some sandwiches on that. I
made my food plate colored
with Lunumiris, Pineapple Jam
and a slice of Carrot over a
cheese wedge. The breakfast
look beautiful, delicious and full
of nutrients as well. I think that
simple changes can make a
bigger look for our food plates.**



English Breakfast

English breakfast is one of a popular international food. I have experienced it while I was in UK few years ago and thought to make it at my home. This is easy to prepare, look delicious and good for a busy morning. I added an English Tea as well. I made it and enjoy it well.



Traditional Lunch with full of colors

My grandmother cooks lunch for us. One day I organized it on a Kanda Kolaya to make it more traditional. I took multi-color curries and kept around the brown rice cup. It includes Jack curry, Coccunt sambol, Dambala malluma, Mango curry and sprats. I decorated the lunch with onion leaves and curry leaves. It looked very tasty.

Lazy dinner

My mother cooked pasta for me. I had few sausages and a boiled egg as well. I took some beetroot and carrot slices and placed around the pasta. I further decorated it with salad leaves and a bit of cauliflower. I made my simple dinner with multiple colors to make it beautiful.



My tea time

We all like to have tea at evening. So I decided to arrange a nice cup of tea with sweets. I used some pebbles, peace of chocolates, cheese wedge and some biscuits. I took a banana as a fruit. It was full of different colors and tasty. I add a milk coffee into that as well. I loved my tea and sank very much.



Candle light dinner

It was a special dinner on that night after passing my scholarship exam. It was full of candles and shining in the dark. The food plate was simple with boiled vegetables and a nice cheese sandwich. It also included ice-cream and fruit juice. The candles in the dark gave a special glamour to my food plate. I dressed as a princess to have my dinner plate and In fact it was an unforgettable dinner for me.





My healthy snack

Fruits gives us Vitamins and Minerals. It is also important for healthy and balance diet. This is my creative fruit platter for breakfast. I took grapes, orange, guava, pomegranate, apples, banana and mango to make my colorful fruit platter. I arranged the plate with fruits so it looks beautiful. I myself and my sister enjoyed the fruit platter very much.





Afterword

As modern technology permeates the social and economic arenas, students tend to distance themselves from the creative process, relying more and more on technological tools. To reduce this risk and help aspiring young writers produce their own books, I sought and presented a research proposal to the Ministry of Education in 2014. It was a fantastic opportunity for children to showcase their enthusiasm and knowledge. The students of Mahamaya Girls' College achieved a record for the most books written, paving the way for a new level of innovation.

The e-book project will enable the students to reach international readers, and I am confident that they have gained new experiences and challenges that will enable them to face the future with resolve.

I wish all of the young writers the best of luck in their future endeavors

**Senevirathna Mahalekm
Founder of Books Publishing
Project Among School Children
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