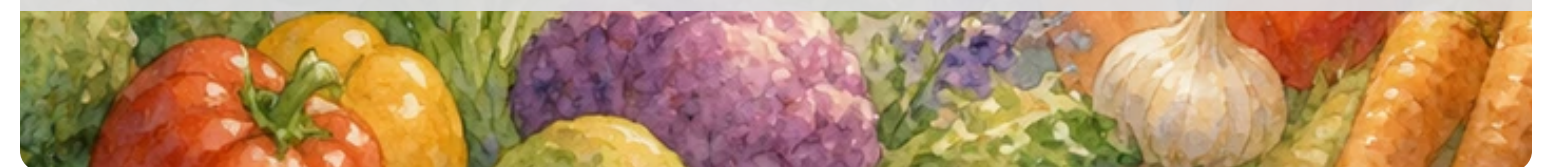




# The Garden of Bright Plates

Chantelle Van Zyl





Under the warm morning sun, Mila and her grandmother wander through a lush garden filled with the scent of rosemary and damp earth. They gather glowing orange carrots and dew-kissed spinach into a wicker basket, discovering the vibrant treasures hidden among the green leaves.



In the sunlit kitchen, Mila carefully arranges a rainbow of vegetables on her plate, creating a masterpiece of crimson tomatoes and golden corn. As she takes her first bite, a sense of warmth and vitality spreads through her, making her realize that healthy food truly has a song of its own.



Bursting with new energy, Mila invites her friends over to create their own colorful singing plates filled with fresh garden treats. Their laughter fills the room as they discover that the best meals are those made of vibrant colors and shared with the people they love.