

Lesson 22
Seema goes
grocery
shopping.

Mother: Let's go
to the grocery
store.



Seema: All right,
Mamma.

Seema and her mother
go to the grocery store.



Mother
picking up
vegetables,
cookies,
fruit, and
milk.





Seema:
Mamma,
May I get
ice cream,
please?

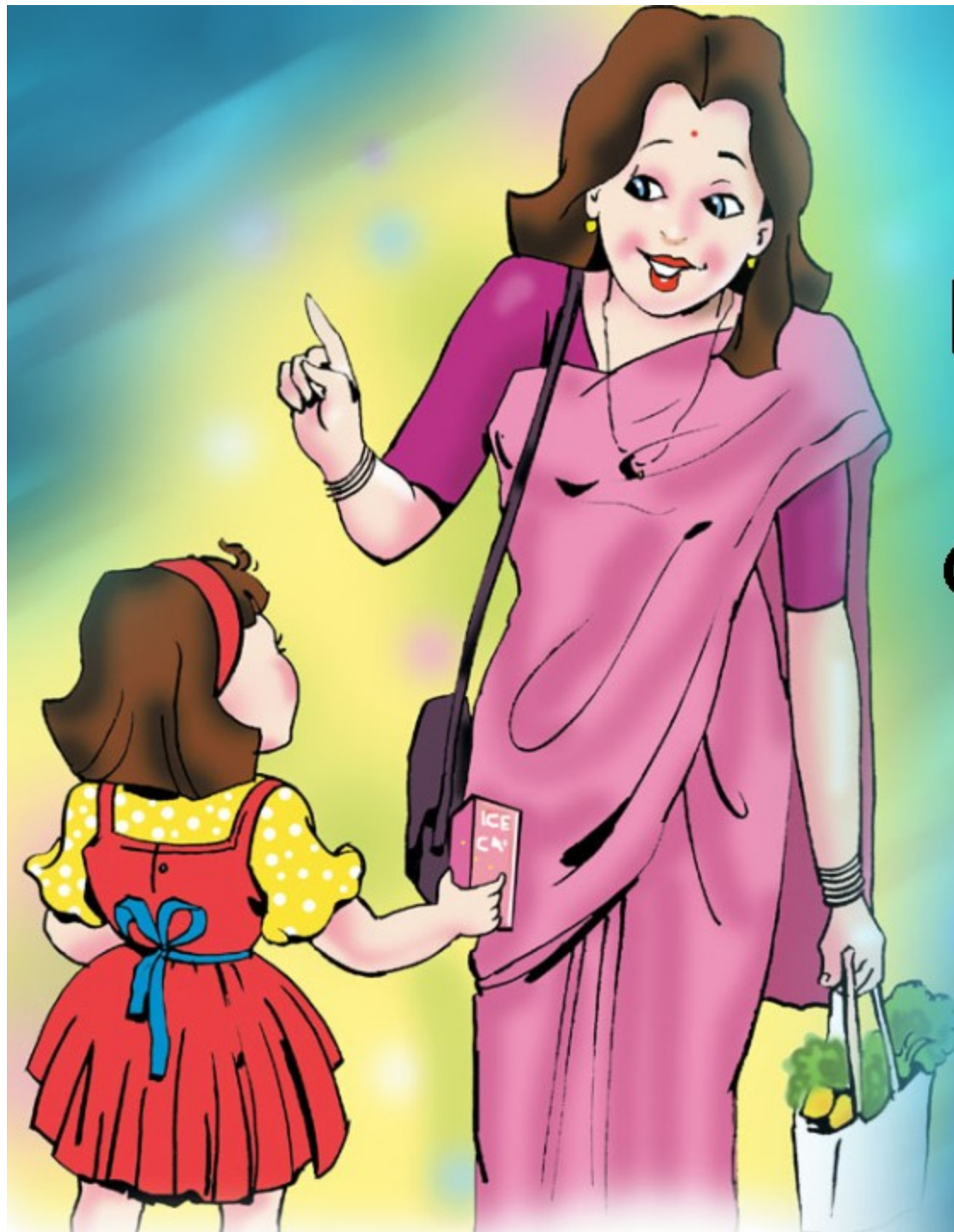


Without waiting for an answer she runs to the freezer and brings an ice cream

Mother:
Seema, did you
check the label to
see what is in the
ice cream?

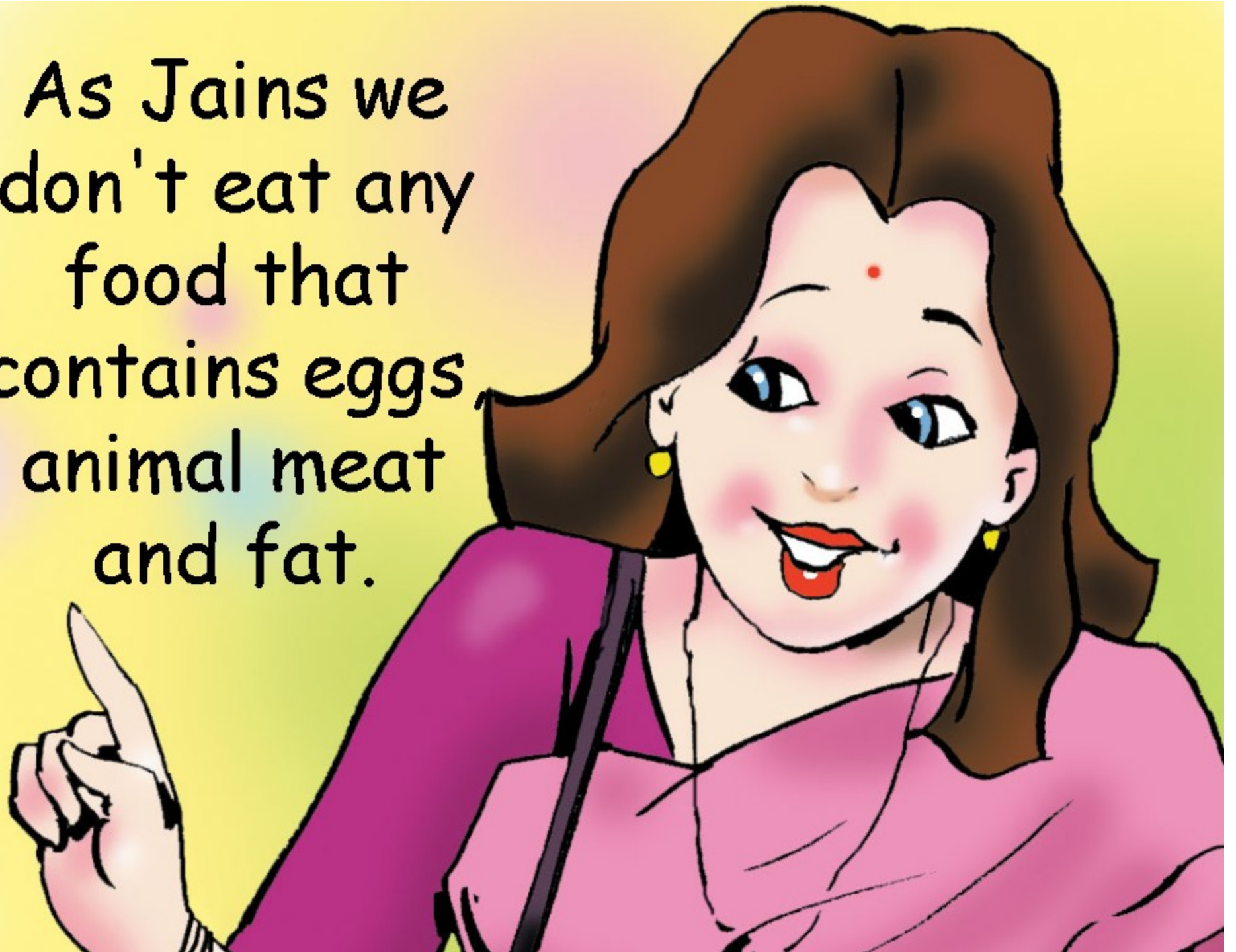
Seema:
No, I did not.
Should I?





Mother:
Remember, we
learned the
other day that
some ice
creams have
eggs
in them.

As Jains we
don't eat any
food that
contains eggs,
animal meat
and fat.





Seema:
Oh yeah, I
forgot. Let
me check
the
ingredients.



Sorry,
mamma, it
contains eggs.
Let me put it
back. Can I
get another
brand of ice
cream?



Mother:
Yes, Seema,
but always
be sure to
read the
label
carefully to
see what is
in the ice
cream.



Seema:
Yes,
mamma, I
promise I
will be
more
careful.



Seema:
Mamma, does
this mean
that I should
check the
ingredients
of



bread,
cookies,
candies,
canned
foods and
frozen
foods,
also?

Mother:
Yes,
Seema, we
should
always
check the
ingredient
s of every
food items
we buy.



Seema was happy that she learned something that would help her to be a better Jain.

