

We Make Sure Of What We Eat



SCHOOL

"Ding Dong"

goes the school bell. It is a lunch break, and Ravi and Anil rush out with their lunchboxes. They sit down to eat their lunch.



Ravi: I have roti and vegetables for lunch.

Anil: I have mayonnaise sandwiches! Wow!

Ravi: What is mayonnaise?

Anil: It's a sandwich spread, like butter. My mom has given me too many sandwiches, I could give you some. Here, try it!

Ravi: This sandwich has a strange taste and smell. I don't think I want to eat mayonnaise again.



That evening, Ravi started chatting with his family while sitting at the dining table.

Ravi: Mum, what is mayonnaise? I ate a sandwich today with it. It had a funny taste, and I didn't like it.

Ravi's mother: Well, mayonnaise is made from eggs, so maybe that is why it tasted different. We, Jains, do not eat eggs. This time you made a mistake, but next time ask what is in the food they offer.

Remember, we do not eat any food that has eggs or meat. If you do not know the food they give you, do not eat it.



Ravi: Oh yes, in my Jain school, we talked about how unkind it is to the animals if we eat their eggs or flesh. I am sorry that I ate the mayonnaise. Next time, I will make sure that I do not eat things I do not know. I will ask for forgiveness before I go to sleep tonight.

Ravi's mother: Yes, my son, and I am happy that you have learned a lesson. Remember, wherever you go, always ask whether the food is vegetarian.

