



Captain Green

Clear Your Plate

Written & Illustrated by Rachel Huang and Muhd Farhan





This book would not have been possible without the support and commitment of Dr Lucy Quek, Ms Elaine Lee, Ms Rachel Huang and Mr Muhd Farhan from School of Humanities & Social Sciences, Ngee Ann Polytechnic. We are also grateful to the principals and teachers from the following kindergartens and child care centres for their useful feedback and suggestions:

Cherie Hearts @ Science Park 1, House on the Hill Montessori Pre-school @ 12 Mount Sophia, Kindercare Centre @ 17 Joo Seng Road, Kinderland Preschool @ MOE, Mindchamps @ Upper Thomson, My First Skool @ Bishan, PCF Queenstown 53A, PCF Ayer Rajah-West Coast Blk 702, PCF Sparkletots Pre-school @ Chong Pang, PCF Sparkletots Pre-school @ Cashew, PCF Sparkletots Pre-school @ Bukit Timah, PCF Sparkletots Preschool @ Tampines Changkat Blk 273, PCF Sparkletots Preschool @ Tanglin-Cairnhill, The Caterpillar's Cove and Toa Payoh Methodist Church Kindergarten

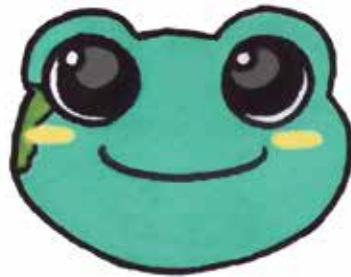
© 2016 National Environment Agency. All Rights Reserved.

No part of these materials may be modified, reproduced, stored in a retrieval system, transmitted, copied, distributed or used in any other way for commercial or public purposes without prior written consent of National Environment Agency.



Captain Green

Clear Your Plate



Written & Illustrated by
Rachel Huang and Muhd Farhan

On a sunny island,
there lived
three cheerful children...



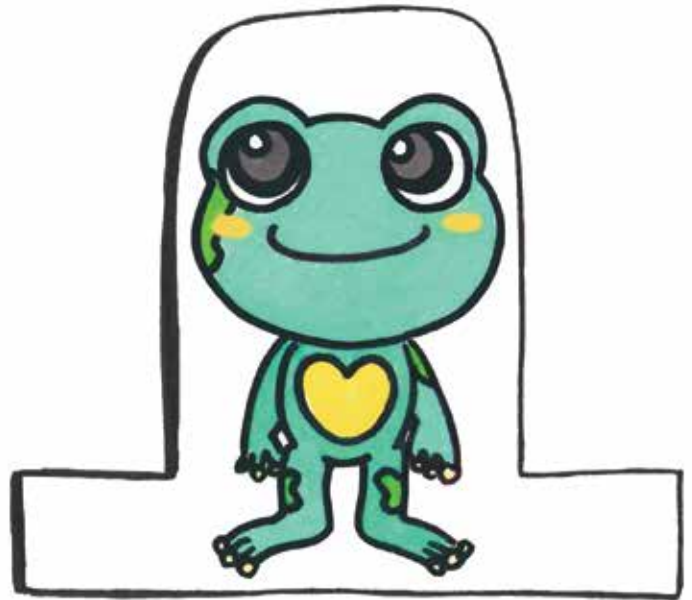
Dina, Ben and Arul.



They had a very
special friend,
Captain Green.

He always brought
them on many adventures.

On other days,
he stayed as still as
a finger puppet.



Arul and Ben were very excited because they were going to catch their favorite TV show, 'Cooking Papa'.



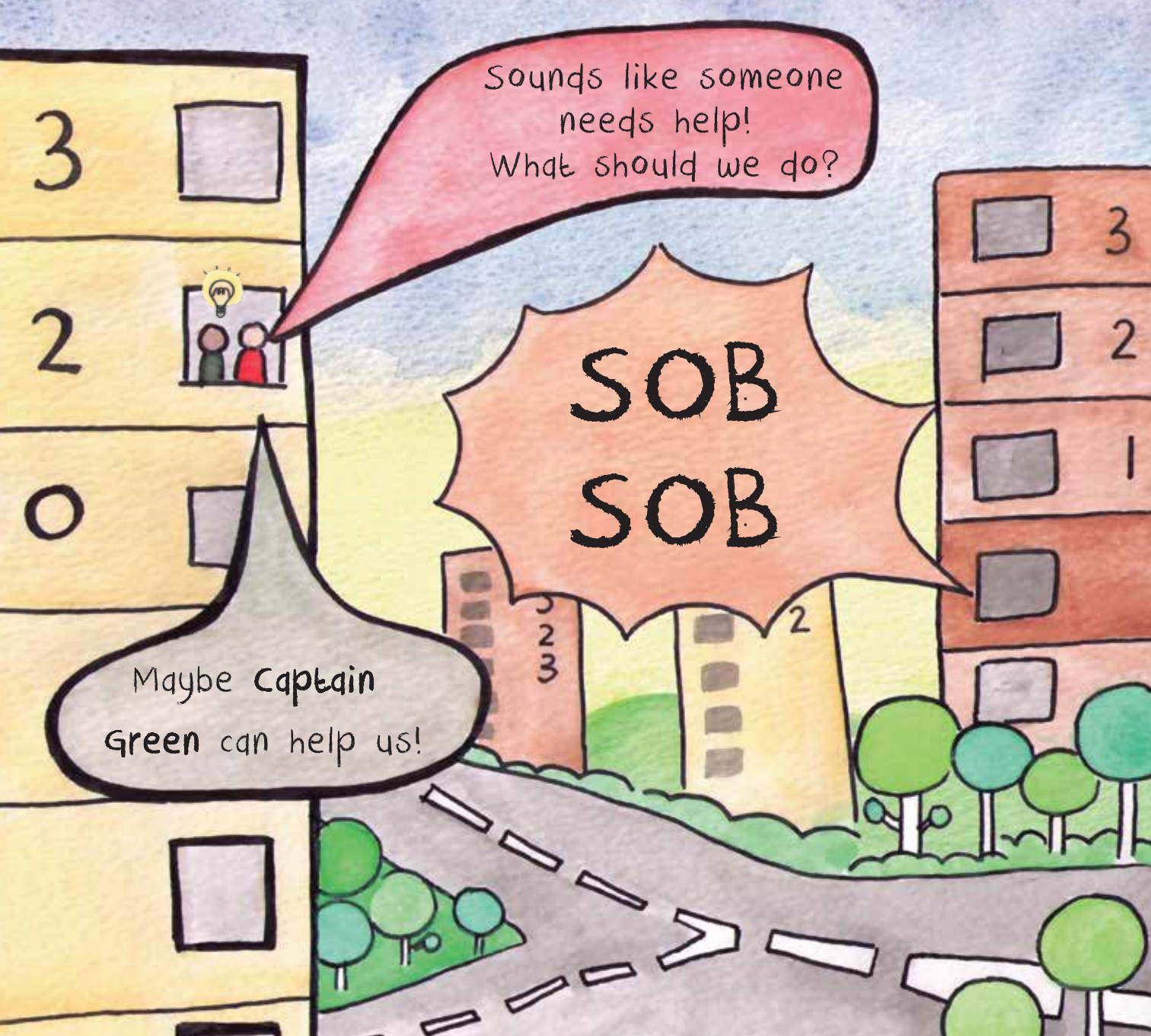
It was about to
begin when
suddenly...

SOB SOB



...they heard
someone crying!





Sounds like someone
needs help!
What should we do?

SOB
SOB

Maybe Captain
Green can help us!

To call Captain Green, we will need to
CLAP three times (clap, clap, clap)
NOD two times (nod, nod)
SHAKE our bodies...

and SAY...

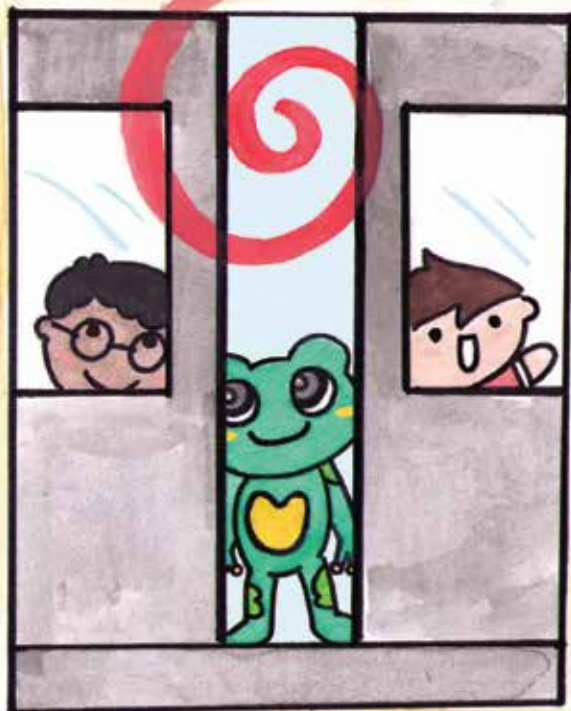


"KADA
HEE

KADA
HOO"



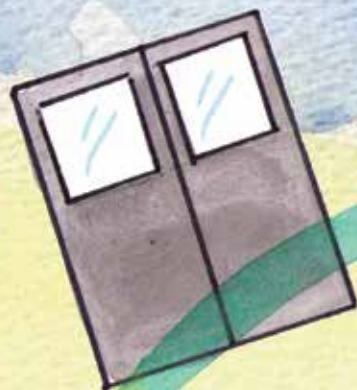
Level 10



Level 9

Into the lift they went,
out of the block
they flew...

Finally, they reached...



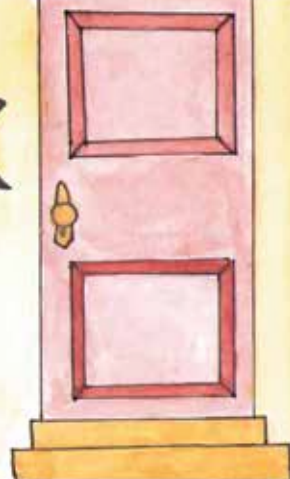
Level 4

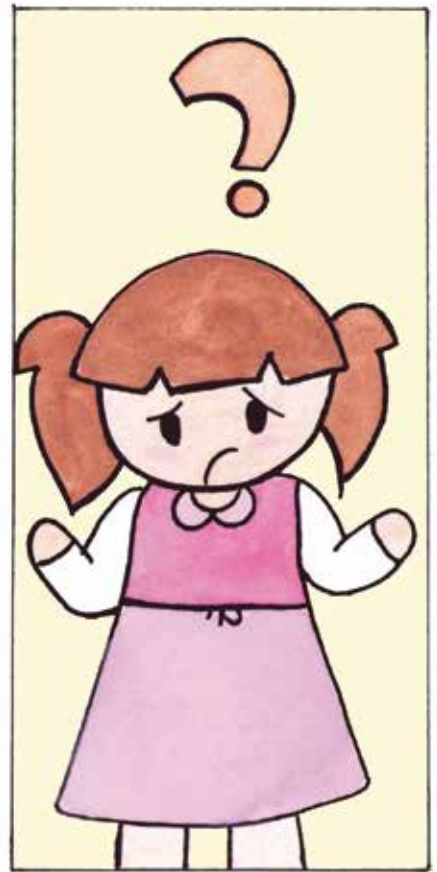
sob sob



Level 3

Dind's house!?





Dina seemed fine when she opened the door. She didn't know who was crying so loudly either. If she wasn't crying....

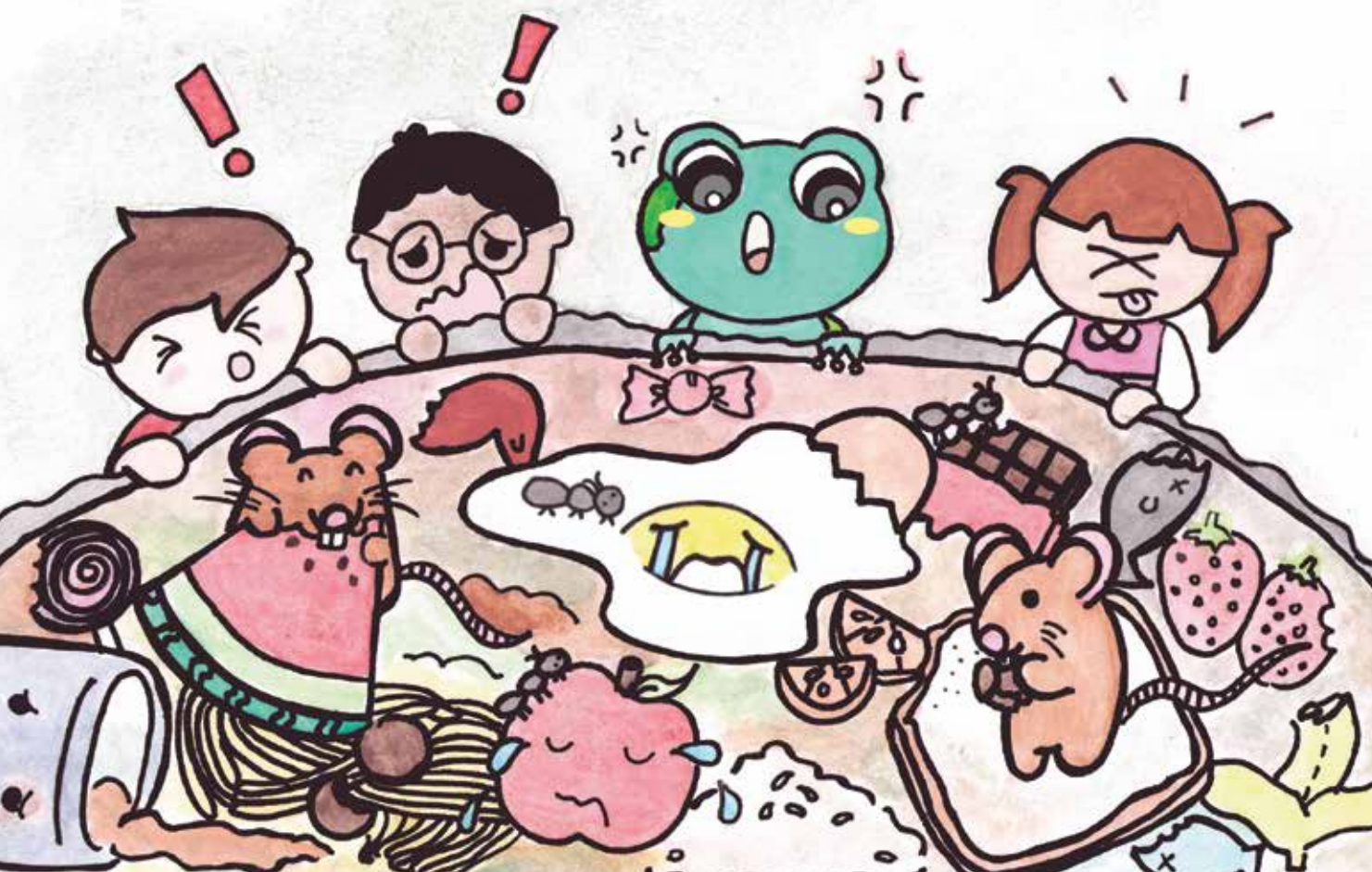
...who was?

SOB
SOB

"It seems to be
from the bin."

Arul said.







Isn't all this food
supposed to be in
your tummy, Dina?



Let's see what
Dina eats in a day to
find out how all the food
ended up in the bin!



Dina had eaten roti prata for breakfast...



Then, she had
fishball noodles
for lunch...





In the evening, she had
nasi lemak for dinner.

Dina ordered so much food that at the end of the day,
she could not finish all her food.



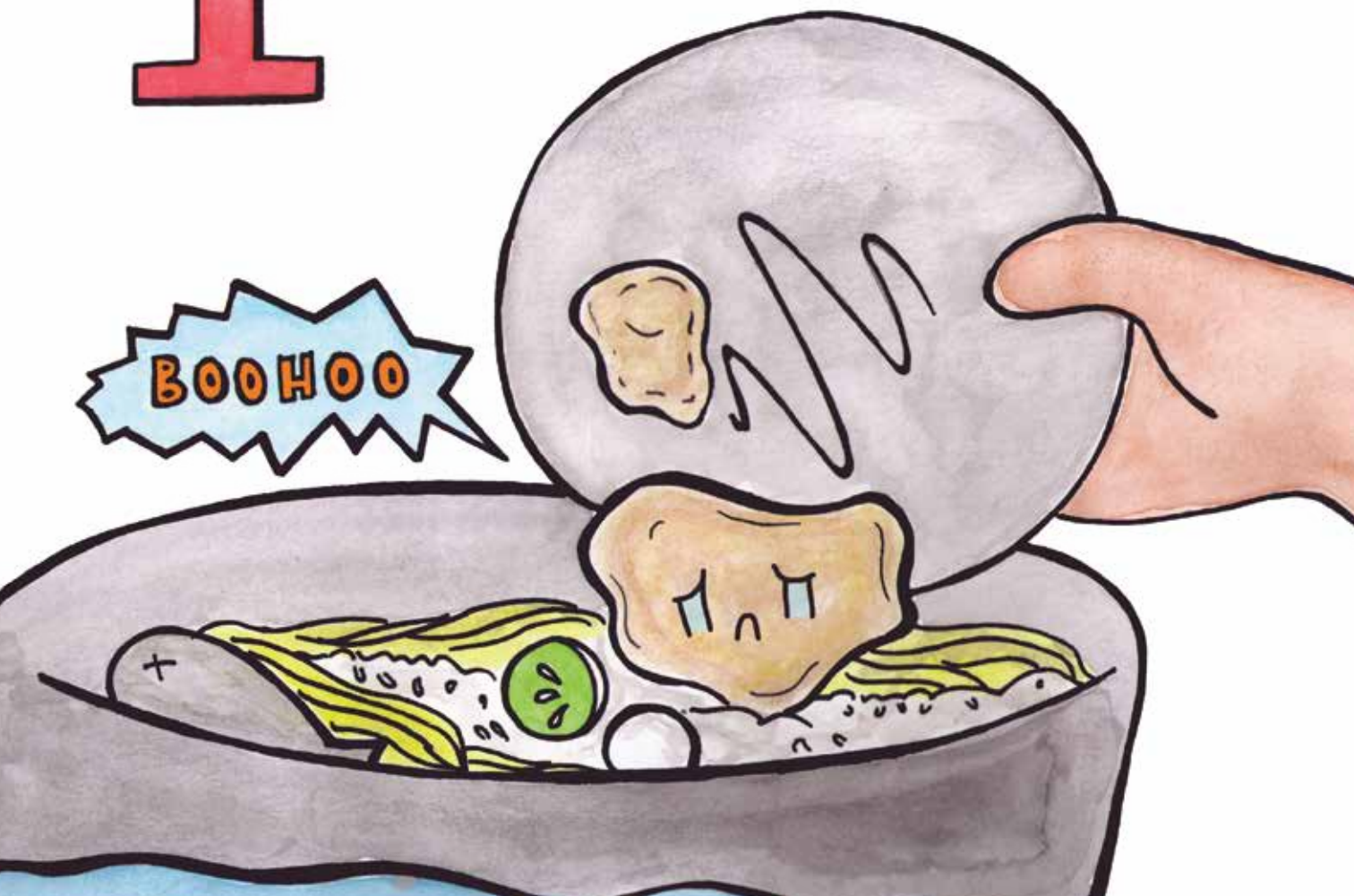
This called for Captain Green and his friends



TO THE RESCUE!

1

"All the food that you do not finish becomes food waste." Captain Green sighed.



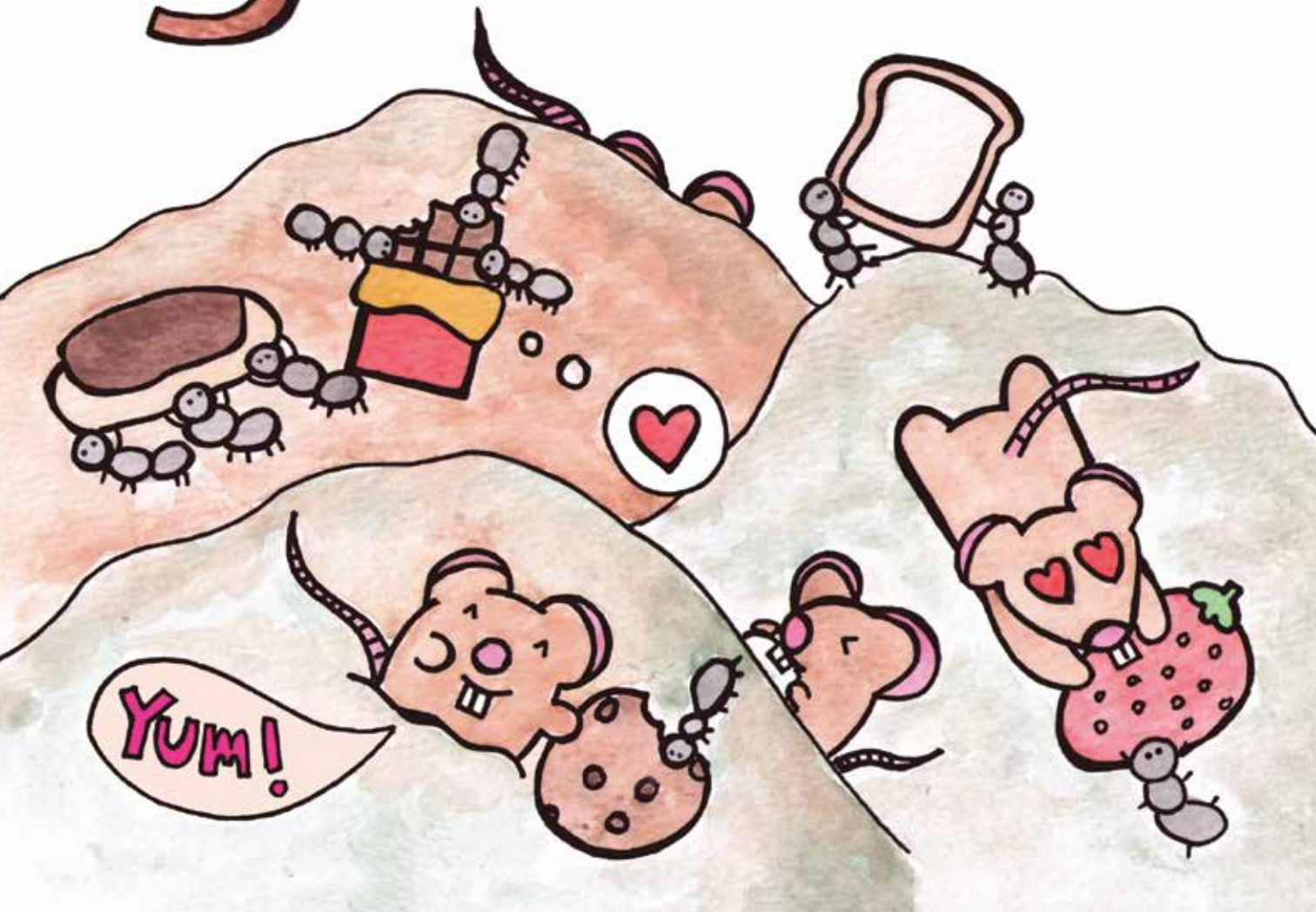
2

"They get thrown away with other waste and cause the waste to stink."



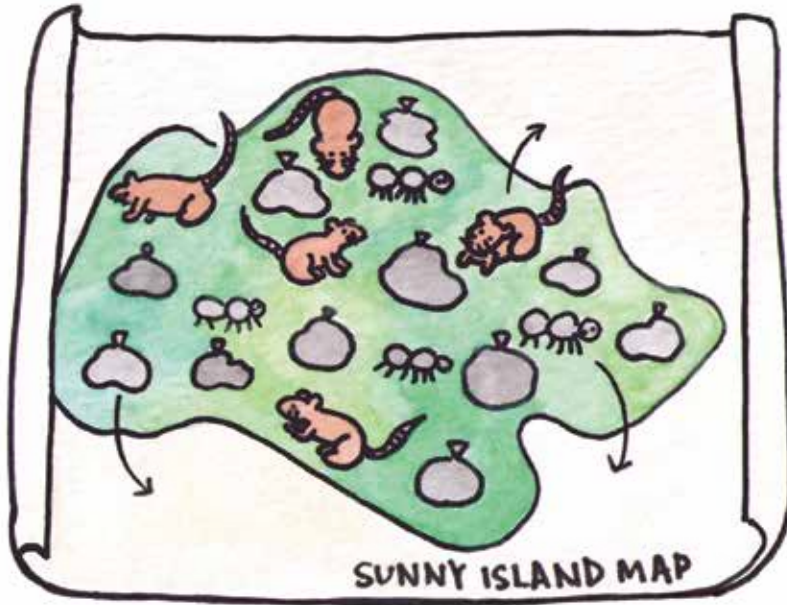
3

"Food waste also attracts rats and ants.
Hungry rats and ants like the smell of food..."



4

Dina gasped and said, "If everyone doesn't finish their food and throws it away, our sunny island will turn into a smelly and dirty island!"



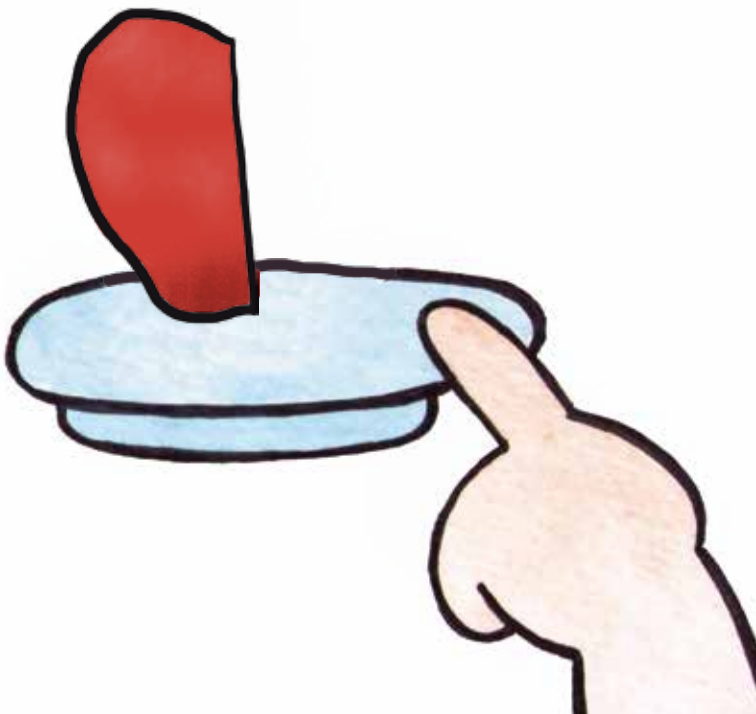
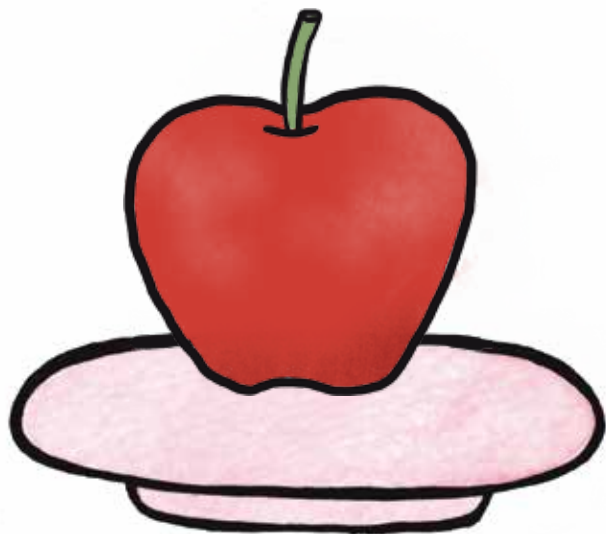
To save the sunny island, Dina, you
need to CLEAR YOUR PLATE!



After a long day, everyone needed a snack. Dina needed to choose the amount of food that is just right for her.

Should she eat one whole apple...

or share half with her friends?



After listening to Captain Green,
she ate up the whole apple
and cleared her plate.

BURP.

I feel
full
and
happy.

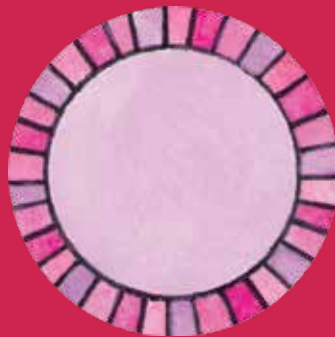
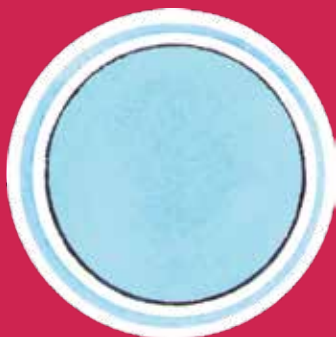
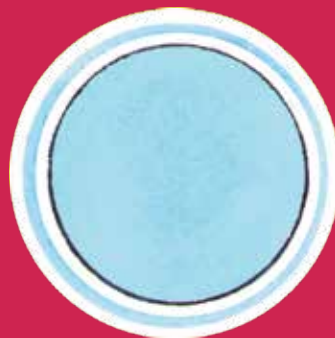
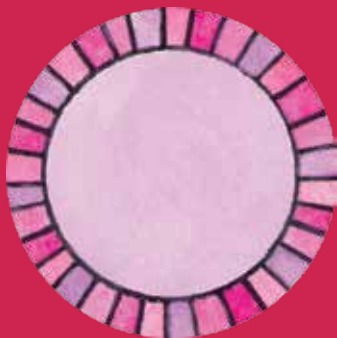




We feel happy too because we
did not end up in the bin!

Captain Green goes home after a
job well done for tomorrow is a
start of a new adventure.





Arul and Ben were
excited to watch a new TV show
but they suddenly hear a strange, crying
sound from far away. What has happened?
Who or what is crying?

Join Captain Green and his friends to stop the
strange crying sound before it gets louder.

