

# Kindsville Times Adventures



Primary 3 and 4  
Issue 1 / 2023

## TOGETHER WE KEEP SINGAPORE STRONG

————— TOTAL DEFENCE —————



# DEAR FRIENDS,

Have you wondered where the food from our markets and supermarkets come from? What happens when countries around us stop selling some types of food to us? In this issue, we learn about what happens when certain foods are not sold in Kindsville and how the families in Kindsville can deal with that.

We believe we can also keep Singapore strong by making kinder decisions. What do you think?

CHEERS,  
SINGA

FIND OUT MORE AS YOU  
TURN TO THESE PAGES!



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# Comics

The cubbies are playing together at Tosh's house.

# LET'S EAT SOMETHING ELSE TODAY!



4

Mum!  
Could you please  
make us some egg  
sandwiches?

I'm sorry,  
Tosh...

I was at the  
Kindsville market  
this morning, but I  
could not find any  
eggs at our usual  
store.

5

It seems the  
nearby town has  
stopped sending  
eggs to Kindsville.



The cubbies  
are shocked!



6 No eggs?! I can't bake my favourite cakes and cookies without eggs!



7 Eggs are more important than that! They are a big part of our everyday diet.



8 Yeah! Eggs are a source of protein, which is important for keeping us healthy and strong.



9 Oh, no! What are we going to do?



10 There's no need to panic.



The news says that this is only temporary. Supplies will start again soon.

Besides, there are plenty of other delicious ingredients we could use!

Why don't I make you another healthy snack instead? What about some delicious tuna sandwiches?



Oooh, that sounds yummy!



**Yes, please!**

12

Tuna is another great source of protein!



13

There are many other proteins we can use in sandwiches.



14

But... I still want to use eggs for baking...



Don't worry, Tomeo. There are other stalls in the market that sell eggs from our very own Kindsville farms. We can buy those!

15

Phew! I feel better knowing that there are other ingredients we can use...and we can buy eggs from our own Kindsville farms.



16

That's right! So, let's stay calm and enjoy our tuna sandwiches!



17

Mmmm!



Let's Learn!

# Where does our FOOD come from?

Do you know that over 90% of the food we eat or see at the market comes from other countries? Land-scarce Singapore imports most of her food supplies from other countries.

Find out from the table below where our food comes from. Use the country stickers and paste your answers to the question.

Food	Countries of Supply		
1  Rice		 India	 Thailand
2  Chicken		 Malaysia	 Thailand  USA
3  Eggs		 Malaysia	 Thailand  Poland
4  Seafood		 Indonesia	 Vietnam  Saudi Arabia
5  Vegetables		 China	 Malaysia  India
6  Fruits		 Malaysia	 South Africa

Did you get them right?  
Answers: 1.Vietnam 2.Brazil 3.Singapore 4.Norway 5.Singapore 6.China

# Challenges Singapore faces

Food Supply

- Singapore may experience food supply
- disruptions when there are disease outbreaks
- or supply shortages in countries that supply
- food to us. Some countries may even cut off
- their supplies to us completely!



## Overcoming challenges

Singapore can overcome the challenges of such disruptions by importing food from a range of countries. This way, we do not rely on only one country for food.

1

Singapore imported food from about

**180 countries**

in 2021.



2

Singapore's farmers grow **vegetables**



in **Hong Kong**



and **rear fish**



in **Brunei.**



3

Singapore produces food locally.

**In 2021, we produced**



Produced locally

Imported

**30% of the eggs we consumed locally.**



## Family Time



What can you do to help overcome these challenges?

Complete the activity below by ticking the boxes. Identify as many kind choices as you can.

My family and I can do our part during food supply disruptions by:

- Being flexible with our food choices
- Rushing to the market or supermarket to buy more food than we need
- Showing kindness and sharing food with our neighbours
- Following the news to find out if any food is unsafe for consumption
- Buying local produce (fresh food that is grown in Singapore farms)

Buying more food than we need can deprive others of things they also need. That is not kind!



## Did you know?



Scan Me

The Singapore Food Agency (SFA) ensures and secures a supply of safe food into Singapore.

Ever wondered how SFA maintains food safety? Scan the QR code and watch this video to find out how food inspectors and scientists conduct food safety checks.

SFA has also introduced the Singapore Fresh Produce logo.

When you see this logo on a food packaging in the supermarket, it means the food was grown here!





# STAYING STRONGER TOGETHER

We have learnt about being resilient and overcoming challenges as a nation when there is a food supply disruption. What are other things you can do to build a stronger Singapore?

## BE A THOUGHTFUL FAMILY MEMBER

- ★ Help out with simple household chores.
- ★ Show your appreciation for your family members by saying, "Thank you for taking care of me!"



HOW ARE YOU, SINGA?



## BE A CARING CLASSMATE

- ★ Call your classmates who are sick to ask how they are.



## BE A CONSIDERATE NEIGHBOUR

- ★ Keep shared spaces like playgrounds and parks clean for all to use.
- ★ Keep your volume down at night so you do not disturb anyone.





**Kindsville Mailbox**



**Write to Singa**  
and the Kindness Cubbies  
and get a personal reply!

**How have you played your part in Total Defence? Write or draw your story and share it with Singa.**

**Post it by snail mail to:**

Singa and the Kindness Cubbies  
Singapore Kindness Movement  
61 Stamford Road  
#02-01/02 Stamford Court  
Singapore 178892

**You may also email to:**

[kindsville@kindness.sg](mailto:kindsville@kindness.sg)

Singa would like to know your home address, school and class so that he can reply to your letter! You may write them at the back of your letter or in the email. Thank you! (Please ask your parents/guardians for permission before sending the letter or email.)



Write to Singa and the Kindness Cubbies and stand a chance to be featured in the next issue of Kindsville Times!



**FEATURED LETTERS  
FROM ISSUE 4/2022**

**Last year, some students wrote to Singa to share about their school holiday plans.**

**Dear Singa,**

**I am going to the old folk's home to cheer up the elderlies. This will be a meaningful way to spend my holidays! I will tell funny and interesting stories to make them laugh.**

**I will also spend my holidays helping my mum with household chores and inviting my friends to my house for a playdate!**

**I learnt from the Kindness Cubbies that...**



**From: Syaadhavi, Xinmin Primary School,  
Class 3 Dilligence (2022)**



**Dear Singa,**

**I would like to spend time with my friends and family during the holidays. We can fly kites, have a picnic and do many fun things together.**

**Playing outdoors can help me rest my eyes. I can do some exercises while spending time with my friends and family! My family likes to play basketball, badminton, swimming, cycling and running together. Playing sports is so fun! I hope my holidays will be a fun one.**

**From: Faith Quek  
Red Swastika School,  
Class 4 Care (2022)**



**Dear Singa,**

**I am Kwan Yu Yun from Kuo Chuan Presbyterian Primary School. My father and his brothers plan to do a family reunion in Bali during the holidays. We would also be celebrating Christmas and my uncle's birthday together. I'm so excited about the trip as I get to meet my relatives after so many years.**



**I would also like to catch up with my friends during the holidays. I am going to miss them when we go to different classes when school starts. I am looking forward to the holidays and the new school year ahead!**

**From: Kwan Yu Yun,  
Kuo Chuan Presbyterian Primary School,  
Class 4 Brilliance (2022)**



# Kindsville stickers

Use these stickers to complete the "Let's Learn!" activity on page 7.



Do you remember the Cubbies' Tips on page 10?  
Here are some stickers which you can stick on your  
personal items or handbook.

