

# THE PORTUGAL NEWS



...for year-round  
...through windowsills  
...can come in handy too.

"You don't need lots of space," she stresses, "you can have very effective gardens in just containers, or vertical gardens where you almost grow an edible wall."

She says kids love to eat the food they've grown, and really enjoy the responsibility and 'ownership' of their fruit and vegetables.

She adds: "There are stories of children saying, 'Don't touch my leek, that's mine and I want to eat it', whereas they'd never have eaten a leek before."

"They really get a buzz out of growing their own food, and love eating it."



## Ask the expert

Q: "I've noticed that my 10-month-old's eye has a white flash or glow inside on some holiday snaps. He seems well and had a recent health check, so could there be anything to worry about?"



A: Consultant paediatric ophthalmologist Ashwin Reddy says: "The white flash or glow you describe can sometimes occur when the flash from the camera bounces off the optic nerve inside the eye - this is the most usual explanation for this effect and nothing to be concerned about."

"However, very occasionally this white reflex can indicate a problem with the eye which may need specialist medical attention. Problems indicated by this white reflex (leukocoria) can include among other conditions cataracts, congenital conditions or eye cancer."

of illness, so it's always important to get your child checked out by a GP or ophthalmologist as soon as possible.

"The glow in a photo or in your child's eye itself needs to be examined to rule out eye cancer and other serious eye conditions."

"Retinoblastoma is rare, with around 40-50 cases diagnosed in the UK each year, but it's still important to get it checked out."

"World Retinoblastoma Awareness Week runs from May 13-19, and raising awareness of this condition can help save sight, save eyes and save lives."

Children with retinoblastoma...

Open Mon - Fri  
10 - 13 - 6 and  
Sat 10 - 1.

*Fi-Line  
Fashions*

sizes 12 - 22  
available

**SPRING STOCK NOW IN**  
Winter Sale still on!

Main Agent  
for AME Aloe  
Vera Products

Call Fiona for more information on 282312936. Located  
on Av do Rio, Ed. Almaco, loja 8, Almaco de Pera.

Are you  
child  
At V  
exp  
Britis  
SCH  
SE  
syll  
Ex  
rec

We i  
Enroll  
Telpho

Parque das  
nadegebr

toldos | zonwering  
awnings | markisen

toldolanda

Summer

Lirio do C  
(  
Monday  
S

The Sho