

Learning from Masters (Nutritionist)

June 10, 2024

" A healthy outside starts from the inside."

A healthy nutritious diet is an essential component in the growing and developing years of children. Our Pre-primary section (Jr.KG) had the privilege of hosting a nutritionist as part of our ongoing efforts to educate students about the importance of healthy eating habits. The nutritionist's visit aimed to provide students with valuable insights into nutrition, balanced diets, and how to make healthier food choices.

The session was held in Pre-primary AV room on June 10, 2024 (Monday). The session started with a formal welcome of **Mrs. Krutva Mankand (Physical education trainer)**.

Interactive Presentation: Krutva ma'am started the session with an interactive presentation that engaged students through visuals and simple explanations. She discussed the basic food groups, emphasizing the importance of each group in maintaining overall health.

Balanced Diet: Students learned that a balanced diet includes a variety of foods from all food groups in appropriate portions.

Reading Labels: They gained skills in deciphering food labels to make informed Choices about their nutrition.

Healthy Habits: Understanding the impact of diet on overall health motivated students to adopt healthier eating habits.

Relay race: At the end of the session students enjoyed the relay race activity. It was an interactive session. Special thanks to Director APS Ms. Ami Shah, Director (Kutch Schools) Ms. Meeta Jadeja and Principal Dr. Mayur Patadia for arranging such wonderful sessions.



