



SANGHAMITRA SCHOOL

(Affiliated to CBSE AFF No. 96/3630038)2-32,

YOU DON'T HAVE TO
EAT LESS
YOU JUST HAVE TO
EAT RIGHT!

Yummy Tummy Nutrition Week



September 1st to 7th

Theme: “*Feeding smart right from start*”.

Objectives:

- **To educate students in adopting a healthy balanced diet.**
- **To create awareness on good nutritional practices.**
- **To reduce malnutrition among children.**

Nutrition is “the process of providing or obtaining the food necessary for health and growth”. We remember our mother’s statement “*An apple a day keeps the doctor away*” to encourage us to eat more fruit. It is a well-known fact that eating a well-balanced diet rich in fruits, vegetables, and whole grains provides a proper nutrition to lead a healthy lifestyle.

National Nutrition Week encourages the intake of proper diet and nutrients for human beings. What we eat becomes our diet, and our diet plays a major role in deciding how healthy we are and how well our body functions. A healthy diet can lead to positive changes in everyday life. More nutritious meals give more energy and helps our bodies and mind work, heal and grow, boost energy and strength in the years ahead.

To observe Nutrition Week 1st to 7th September, Science department is creating an awareness on the benefits of good nutritional practices and the need to promote and inculcate good food habits. All the classes will be conducting various activities.

Let us all, grandparents, parents and students follow the nutritional chart, and encourage the young ones to observe, practice and share good nutritional habits.



Yummy Tummy Nutrition Week

September 1st to 7th

| DATE | DAY | FOOD |
|----------|-----------|---|
| 01-09-21 | Wednesday | Salad (any fresh vegetable-or a mix, let it be colourful)  |
| 02-09-21 | Thursday | Any seasonal fruit or fruit salad  |
| 03-09-21 | Friday | Sprouts/boiled Chana/dal or one boiled egg.  |
| 04-09-21 | Saturday | Green salad/cucumber/carrot  |
| 05-09-21 | Sunday | Dry fruits/dates- 2 to 5 or age appropriate  |
| 06-09-21 | Monday | Boiled corn/groundnuts  |
| 07-09-21 | Tuesday | Microgreens salad of your choice  |