

CIR.NO.21 DATE :02/09/2024



Dear Parents and Students,

We, the **Science Department** of NIS, are thrilled to announce the upcoming International Nutrition Week programs, which aim to promote healthy eating habits among our students. Throughout the week, we will host a variety of educational activities and programs designed to encourage and support a nutritious lifestyle. Please find the details of the programs below:

- 🚩 **A Minute with the Doctor on Nutritious Healthy Habits**
- 🚩 **Healthy habits poster making.**
- 🚩 **Grade wise activities**

Grade 1-2:

Healthy Food Plate Making

Details: Students will have the opportunity to create their own healthy food plates using a variety of colourful and nutritious food cutouts. This hands-on activity will help them understand the basic components of a balanced diet and the importance of including different food groups.

Grade 3-4:

Healthy Recipe Exchange

Details: Students have to bring a healthy recipe from home, preferably one that they have tried and enjoyed. Each student can present their recipe to the class, explaining why it's healthy and how much nutritious it is.

Grade 5-7:

Nutritious Salad Making

Details: Students will learn to prepare nutritious salads with fresh vegetables and fruits. This session will cover the benefits of each ingredient and teach students basic cooking skills while emphasizing the importance of incorporating vegetables and fruits into their meals.

Grade 8-10:

Flameless Cooking with Nutritious Food

Details: In this advanced session, students will engage in flameless cooking techniques, preparing dishes with a focus on nutritious ingredients. This program will enhance their cooking skills and deepen their understanding of healthy meal preparation and nutrition.

Grade wise activities will be conducted **on 6th September 2024, Friday.**

We encourage all students to participate actively in these activities and develop lifelong healthy eating habits.

**Warm regards,
Dr. Saifudheen P
Principal**