

## NUTRITIOUS MENU

Date: - 13.1.20

## NUTRILIOUS CHEF

Date:-21.1.20



*"Eating well is a habit."* To inculcate the habit of eating nutritious food, kids must be aware of the food they eat.

**"Nutrilicious menu":-** Students created their own nutritional menu. The benefits of food items used were discussed. It was followed by hand on activity- "Nutrilicious chef". Kids selected the healthy food items and created their own nutritious dish (without fire). They were motivated to maintain hygiene while preparing and serving the dish. All the kids participated with great enthusiasm and prepared delicious and healthy dishes.