

FSSAI WORKSHOP (28.07.2017)

The Food Safety & Standards Authority of India (FSSAI) under the Ministry of Health and Family Welfare, Government of India, has launched a campaign on Safe and Nutritious Food.



MAPS got an opportunity to be a part of FSSAI workshop which was conducted on July 28, 2017 within the school premises for the students of classes 4th to 8th.

As we all know that poor nutritional can cause health problems, overweight, and obesity. FSSAI has taken this initiative to spread this amongst our students. They had an interactive session in the school where children gained awareness about Safe & Nutritious Food. There was also a visual treat and an impactful message around Nutrition and healthy food. Students took a great interest in them.



Healthy eating has been linked to higher grades, better memory, more alertness, faster information processing and improved health leading to better school attendance. Through this session students have learnt that those who eat healthy are more likely to be in school and participating. Without proper nutrition and adequate calories, students often don't have enough energy to power the brain, resulting in fatigue and learning problems. They promised themselves to be a part of healthy eating.