

REPORT – HEALTHY TALKS BY Ms. KIRTI GUPTA

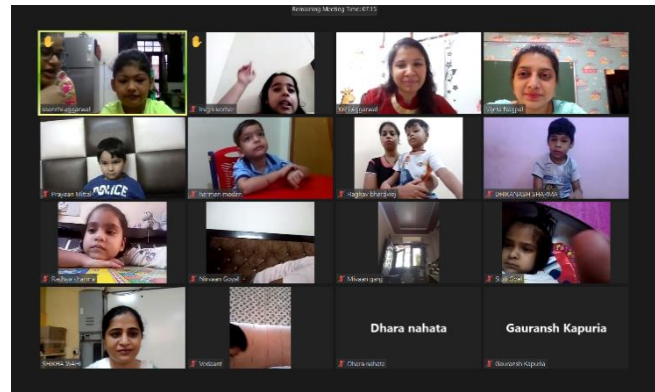
DATE – 25.09.21

CLASS – MONTESSORI 1 & 2

“A HEALTHY MIND LIVES IN A HEALTHY BODY.”

To brainstorm parents about healthy eating habits and to make the theme of the month much lively, an interactive virtual session was conducted on 25 September, Saturday for parents and students of 3+ and 4+ of age. Ms. Kirti Gupta, A Nutritionist, took up the whole session where she enlightened parents how they can develop healthy eating habits in their child through multiple activities like story narration, shape to food etc.

Session was started with small exercise to energize students. An animated story was taken up to impart the harmful effects of junk food. A poem recitation was also taken up by the nutritionist. Important information related to diet and nutrition for children shared with parents which needs to be taken care with such tender age group. It was followed by parents and student’s queries. All the queries related to students’ healthy/junk food were taken up very well by the nutritionist.



The session concluded with a wide smile on the faces of all the students and Parents.

