School Report
Smart Food Choices – Awareness Program
Date: 22-04-25
Venue: 4th floor multipurpose hall
Classes: III to V
Time: 9:00 AM – 9:49 AM

To promote healthy eating habits among children, our school organized an interactive awareness program titled “Smart Food Choices” for students of Classes III to V. The session was held on 22.04.2025 from 9:00 AM to 9:49 AM in the 4th floor multipurpose hall.

The session was conducted by Ms. Lisa Petkar, a renowned nutrition and wellness expert. She began the session by explaining the difference between junk food and healthy food, using relatable examples that captivated the students’ attention. Ms. Petkar clearly outlined the harmful effects of consuming junk food regularly and encouraged students to opt for nutritious alternatives.

She also spoke about the importance of good food and how healthy eating is essential for physical and mental development. Through engaging conversation, she emphasized the benefits of a balanced Indian diet, highlighting the value of traditional Indian meals that include grains, pulses, vegetables, dairy, and fruits.

The session was both informative and enjoyable, leaving a lasting impression on the young minds. Students actively participated and took a pledge to make smarter food choices in their daily lives.

The program concluded at 9:49 AM with a warm round of applause and a heartfelt vote of thanks to Ms. Lisa Petkar for her valuable insights.