



G.D GOENKA PUBLIC SCHOOL

Affiliated to C.B.S.E vid no 730090 School code 23586
Umar Colony, Sadarbal, Lal Bazar, Srinagar U T of J&K



Nutrition Fest 2022

Nourish your mind, body, and spirit!

“Let thy food be thy medicine”

-Hippocrates

It is very well known to all of us that Nutrition plays a very important role in our life – from the time a child is born in the womb, and it continues after birth. Lot of importance should be given to nutrition as it is important for our health.

We at G D Goenka Public School encourage all our students to live a healthy lifestyle. They should eat a healthy diet, exercise regularly, and remember that water is an essential component of all human cells, so hydrate frequently. They should also get 7 to 8 hours of sleep, and this should be repeated throughout their lives.”

The **National Nutrition Month** is observed in March to raise awareness about the importance of nutritional and adaptive eating habits to live a healthy lifestyle. To coincide with it, Grade 4 G D Goenka Public School Srinagar is celebrating National Nutrition Month by organising a “**Nutrition Fest**” on 31st March 2022 because we believe that children should understand the importance of nutritional balance and regular physical activity; as they are linked to improved health, self-esteem, and academic performance. Moreover, with the rise of urbanisation and changing lifestyles, as well as the ongoing COVID-19 pandemic which has wreaked havoc, awareness of healthy eating habits has begun to spread across the globe. We have all known for a long time that eating right, among other things, is the key to good health. We understand that the lifestyle for the previous two years has been sedentary, and our kids have lost the notion of what constitutes a healthy eating pattern, and their health has suffered a lot. So, the main goals and objectives of this event are:

- To instill the value of healthy, well-balanced food in children's lives.
- To promote the notion of "My Healthy Plate" among pupils.

Note: Grouping of children will be done based on different nutrient groups and the list will be send in respective Class WhatsApp groups by the Homerooms soon.

Regards

Grade Coordinator