



# G.D GOENKA PUBLIC SCHOOL



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

## Healthy Tiffin

Feeding your little ones something they like which is at the same time healthy is a tough task indeed. Children just tend to prefer foods that are unhealthy for them, like biscuits, noodles, pizzas, bakery foods and ready to make mixes, etc. There are several ways to innovate in the kitchen. Play around with the kids' tiffin box ,change ingredients, quantities or even methods of cooking to create unique variations that will keep your child happy, healthy and excited for their next meal.



UKG Department,G.D Goenka Public School is organising **healthy tiffin competition on 20-08-2022(Saturday)**. Students are asked to bring some home-cooked healthy food (balanced diet) in their tiffin and to speak about its nutritional facts. Students will bring complete materials (like forks, knives, spoons, table napkins, etc.) from their home to present the delicious food made by their mothers. This activity will showcase the perfect bond of parent-child relationship over good food and eating habits. The competition is an initiative by the school teachers to promote eating of healthy wholesome meals and saying no to junk food.

Activity planned:

- Showcase healthy tiffins
- Skit Healthy vs Junk food
- Speak about nutritional values of food
- Slagon making
- Recognition of best 3 tiffins

Regards

Coordinator