

SESSION ON 'NUTRITION & GOOD HEALTH'

SUSTAINABLE DEVELOPMENT GOAL -3: GOOD HEALTH AND WELL BEING

Eating behaviours evolve during the early years of life; children learn what, when, and how much to eat through direct experiences with food and by observing the eating behaviours of others. So, it is important to encourage the children to make appropriate food choices. Keeping this in mind, an informative session by Dr. Ritu Malik was conducted for Grades I-IV on Thursday, 12th May 2022. Dr. Malik highlighted the importance of Nutrition as a critical part of health and development. She explained to the children the importance of mindful eating which included a balanced diet, timely eating, eating in silence and enjoying each bite. Most importantly, she emphasized to the children to have a sense of gratitude for the food that they consume.

The learning from the session was reiterated by the class teachers by integrating the topic, 'Nutritious Diet', in sync with Sustainable Development Goal 3- Good Health and Well-Being during their classes.

