

NUTRITION WEEK - 2024

DATE: 1st-7th September 2024

VENUE: ITL PUBLIC SCHOOL, SEC 9, DWARKA.

"Good nutrition is the cornerstone of a healthy life."

National Nutrition Week is observed every year from 1st to 7th September, with the aim of raising awareness about the importance of proper nutrition in leading a healthy life. This year, ITL Public School is proud to align with the 2024 theme, **"Nutritious Week for Everyone"**, focusing on promoting balanced diets for people of all ages and backgrounds. The theme emphasizes inclusivity and aims to foster a culture of healthy eating for all, ensuring that everyone, irrespective of their circumstances, has access to nutritious food.

Students actively participated by creating a nutritious Millet Salad, bringing in sprouts and learning about their nutritional benefits. Additionally, they designed an Eat Well Plate to visualize the ideal portion sizes of various food groups for a daily diet, fostering a deeper understanding of healthy eating practices. This engaging event aimed to instill good nutritional habits and encourage students to make informed choices for a lifetime of wellness. By spreading knowledge about healthy habits and sustainable food practices, ITL Public School hopes to contribute to a healthier, more vibrant community.

