



WORKSHOP FOR STUDENTS
SESSION: 2026-27

THEME / TOPIC: Healthy Eating Habits
RESOURCE PERSON: Ms. Lubhanshi
ORGANISED BY: MBS International School
DAY & DATE: Wednesday, 13 May 2026
DURATION: 1 Hour
VENUE: School Auditorium
ATTENDED BY: Students of class VII & VIII

Objectives:

- To create awareness among students about healthy eating habits.
- To help students understand the importance of nutritious food and balanced diet.
- To encourage students to make mindful and healthy food choices.
- To educate students about harmful food ingredients and unhealthy eating practices.
- To promote creativity and participation through interactive activities related to healthy eating.

“Healthy food, healthy mind, healthy future.”

An interactive and informative Healthy Eating Workshop was organized for class VII and VIII students of MBS International School on Wednesday, 13 May 2026 in the school auditorium. The workshop aimed to create awareness among students about the importance of healthy eating habits and nutritious food choices for a healthier lifestyle.

The session commenced with a warm welcome and introduction of the resource person, Ms. Lubhanshi, who has a strong background in Food and Nutrition and is associated with Troovy. Through her engaging and interactive session, she educated students about the importance of balanced diets, healthy snacking habits, and mindful eating practices.

Ms. Lubhanshi also shared valuable information about various harmful ingredients commonly found in packaged and junk food items. She explained how excessive sugar, preservatives, artificial flavours, and unhealthy fats can negatively affect children’s health and overall well-being. The session encouraged students to read food labels carefully and make wiser food choices.

To make the workshop more engaging and enjoyable, an exciting activity was conducted in which students were asked to create a healthy snack idea and write down the nutritious ingredients used in it. Students enthusiastically participated and showcased their creativity and understanding of healthy food habits. The winners of the activity were appreciated and rewarded with hampers.

The workshop was highly interactive, and students actively participated in discussions and activities throughout the session. The informative session helped students understand that healthy eating is not just a habit but a way towards building a healthier and happier future.

The workshop concluded with a formal vote of thanks expressing gratitude to the Principal Sir, the resource person, coordinators, teachers, and students for making the event successful and meaningful.

