



**Bal Bharati  
PUBLIC SCHOOL**

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## **HEALTH AND WELLNESS CLUB**

**Eat Right, Eat Safe, Stay Healthy**



Circular No.93/2019-20

Date: 16 Dec, 2019



**eat  
right for  
healthy living**

The four main pillars of staying healthy are Balanced Diet, Physical Exercise and avoidance of Tobacco and Alcohol. We at BBPS Noida wish to take a step towards a holistic approach to food habits that promote health and sustainability in school students. Our recent data shows an alarming figure of underweight, overweight and obese students in the school.

School is a time when children start to make independent choices about their lifestyles, staying away from junk food and switching over to home cooked healthy food is the mantra. It is important for children to understand that healthy balanced diet is necessary to stay energetic, achieve better grades, learn healthy eating habits, avoid obesity battle, and perform better in sports.

The best nutrition advice to keep your children healthy includes encouraging them to eat Breakfast every day to help maintain concentration and energy levels. I urge parents to set positive food culture, adequate nutrition will ensure they grow to their full potential and provide the stepping stone to a healthy life. Class teachers will be observing the food being provided by the mothers to their wards.

**Under the aegis of health and wellness club, awards would be given to the mothers who are passionately providing healthy food options with variations to their children during the Annual Prize Distribution function of the school.**

Please note that Sweet drinks, Dried fruit bars, dairy desserts, chocolate spreads, savory biscuits and processed foods do not belong in a healthy tiffin box.

A healthy tiffin box should have fresh fruits, crunchy vegetables; Home cooked Poha, Upma, Parantha, seasonal vegetables, buttermilk etc. Choose a diet low in fats and provides enough calcium and Iron to meet their growing body's requirements.

**Go for colour and crunch in the lunch box.**

**Join us in Eat Right, Eat Safe and Stay Healthy Campaign to be the most Ingenious parent to receive the award.**

**Asha Prabhakar  
(Principal)**

स्वच्छ भारत

एक कदम स्वच्छता की ओर

VPL, HMs  
Staff, Website I/C  
A Razdan (File)