

PRE PRIMARY DEPARTMENT
TIFFIN – HEALTHY AND MANAGEABLE

"You don't have to eat less, you just have to eat right."

Dear Parent,

The intake of healthy, nutritive and fresh food is a concern shared by parents and teachers alike. Healthy eating is not about strict dietary limitations or depriving yourself of the foods, you love. Rather, it's about enjoying the food we eat and derive nutrition and energy.

SOME BASIC HEALTHY EATING TIPS

- ❖ The child must be encouraged to eat home cooked food and avoid packaged or processed foods.
- ❖ Eating a healthy breakfast to kick-start the day with a lot of energy and enthusiasm.
- ❖ Inculcating the habit of eating dinner early so that there is adequate gap between dinnertime and bedtime.
- ❖ Avoiding sugary drinks and foods, cutting down on candies, cakes, cookies or biscuits and replacing them with fruits and nuts.
- ❖ Adding foods that are rich in dietary fiber will help avoid constipation, which is very common among the children of this age.

It has been observed that parents, in order to provide healthy tiffin to their loved ones, stuff the tiffin with a lot of food, which the child is not able to finish in school, which makes the child anxious and unsettled. In addition, it leads to the wastage of excess food in the tiffin, which is not desirable. The sense of accomplishment and happiness that a child derives on finishing her/his food has a positive impact on her/his emotional well-being. Keeping this in mind, we have designed a five-day menu with options for each day to choose from, to facilitate our parents in choosing and preparing the right tiffin for their loved ones.

TIFFIN MENU FOR A WEEK

- ❖ **MONDAY.** 2 Idlis with chutney/2 plain dosa with chutney/1 besan/daal chila + a Banana + 4 soaked and peeled almonds
- ❖ **TUESDAY.** 2 Vegetable/Spinach/Chana Cutlet/ Aloo Tikki /Hara Bhara Kabab + an Apple + 2 soaked and peeled walnuts
- ❖ **WEDNESDAY.** 1 stuffed paratha (potato/paneer/cauliflower) or a paratha roll (paneer/veggies) + a pear + 4 soaked and peeled almonds
- ❖ **THURSDAY.** Vegetable sandwich/ Paneer Sandwich/ Boiled potato sandwich (Dressing – green chutney/hung curd/ home-made mayo) + seasonal fruit + 1 date
- ❖ **FRIDAY.** Homemade Pasta/Macaroni/Noodles/Vermicelli with lots of veggies + 1 apple + 2 pcs dried apricots/figs/peaches

The above is a suggestive menu for your reference. We are sure, it will be of great help to all the parents in deciding and packing a healthy and tasty tiffin for your wards.

Let's join hands towards inculcating a healthy lifestyle right from the formative years.

Asha Prabhakar

Asha Prabhakar
(Principal)

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