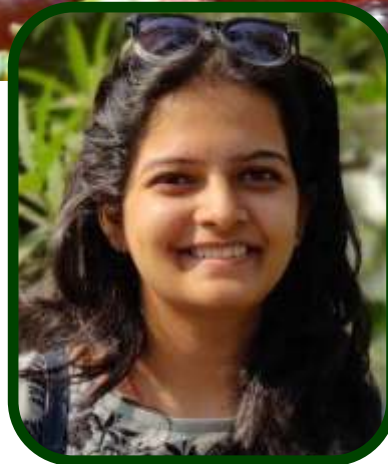


REPORT OF NUTRITION AWARENESS ACTIVITY HELD IN OSHIWARA MUNICIPAL SCHOOL SUPPORTED BY VISTA PROCESSED FOODS.

AUTHOR

Ms. Girija Damle,
Dietitian, PFNDAI



detail and in simple words
by her.

Ms. Swechha expressed her
gratitude to Ms. Ruby for the
informative and interactive
session and asked Ms. Ruby
for some quick and healthy
breakfast options for school
going students. She clarified

doubts about brown bread, milk
additives like chocolate syrups and
powders, consuming fish, spicy food
etc. This may help students and
parents make healthier food choices
and improve quality of life.

The overall activity was very
productive and Mr. Pankaj has also
asked PFNDAI to conduct a similar
session in the usual physical manner
along with competitions when the
schools reopen post the pandemic.
PFNDAI is working on reaching
many such schools and spreading
awareness about healthy eating and
nutrition.

The session was concluded with a
vote of thanks by Ms. Girija.

Protein Foods and Nutrition
Development Association of India
with the support of Vista
Processed Foods, organized a
Digital School Nutrition Awareness
Program at the Oshiwara
Municipal School, Jogeshwari. The
program was organized on
Thursday 07th January, 2021 and
was of a short duration of 1 hour
from 11:30am-12:30 pm. It was
organized for the students of 7th
and 8th standard. The total
number of students participated
were around 45.

The sessions started with opening
remarks by Dr Jagadish Pai,
Executive Director of PFNDAI
where he briefed the students about
PFNDAI and the school nutrition
awareness program. Mr Pankaj, the
headmaster of the Oshiwara
Municipal School expressed his
gratitude to PFNDAI for organizing
such a kind of activity in his school.
He instructed students and asked
them to absorb the most out of the
session.

The Nutrition Awareness Activity
included following activities:

1. Expertise talk
2. Question-answer session

Expertise Talk-

Ms. Ruby Sound, Registered
Dietitian; was invited to deliver a
talk on 'Healthy Eating for School
Children.' She showed the students
an interesting and engaging video
about incorporating different
colours in the diet by consuming
different coloured fruits and
vegetables. She interacted with
students giving them information
about the essential nutrients like

iron and
protein, their
sources and
their role in
our body.
She showed
them a video
about iron
deficiency
anemia to
lay emphasis
on the
importance
of consuming iron rich foods. She
asked the students questions about
various sources of iron, vitamin C
and protein to reinforce whatever
was learnt through the video. The
harmful effects of consuming junk
food and healthy alternatives for the
same were also explained. She gave
them examples of cost effective and
healthy snack options like banana,
roasted chana, peanuts, puffed rice
etc to replace harmful foods like
chips, Chinese bhel etc. Ms. Sound
kept the students engaged with
occasional questions and real life
examples that were relatable for the
school going teenagers.

Question-answer session-

Post the talk, the
floor was open for
questions. The
teachers of the
school, Mr.Pankaj,
Ms. Sonam (class
teacher) etc. asked
questions related
to the eating habits
of the school
students to Ms.
Ruby Sound, that
were answered in



Fruits & Vegetables should be part of daily diet

