

Fruit O Mania

A healthy, balanced diet for children is essential in ensuring they receive all the fundamental vitamins, minerals and other nutritional elements necessary for healthy growth and development. An assortment of fruit and vegetables supply our body with plentiful supplies of vitamins and minerals, each playing a specific role in the function of our bodies. A diet rich with Calcium, Vitamin C, B Vitamins, Iodine and Zinc ensures a growing child receives the most benefits from the foods they are consuming and encourages healthy growth and development towards adolescents.

Keeping this in mind, tiny tots of Grade Pre School and Pre Primary were made aware about the importance of fruits in their daily meals. A fruit treat was given to the tiny tots.

They enjoyed their variety of fruits in their bowls.

A fruit parade competition was also organized at school today for them. The children came up dressed as a fruit of their choice, brought beautiful props and spoke about the importance of the fruit they had selected.

