

SESSION - 2023 -24

Date	Description
9Th October	<p>Fruits and vegetables are an essential part of our kids diet and eating a rainbow of different coloured fruits is a brilliant way to ensure that our little rays of sunshine get all the goodness and nutrition they need. Different colours of fruits promotes good health that supports a healthy and happy body. Each colour of fruit is created by specific phytonutrients which indicates abundance of nutrients. Our little chefs got involved in a beautiful rainbow salad making activity where they made their own salad by selecting the fruits they like. This activity made them learn the entire process of salad making , they learned new vocabulary words and also inculcate healthy eating habits.</p>

