



JKPS

'B' Paschimi, Shalimar Bagh, Delhi-110088

Report: Workshop on Diet and Nutrition



A highly informative and engaging workshop on Diet and Nutrition was conducted for students of classes VI and VII on 22 October 2024 by Kavya Nair, a renowned clinical dietitian with a Master's in Nutrition and Dietetics. With her extensive experience at prestigious institutions like Indraprastha Apollo Hospitals and SIMS Hospital, Ms. Kavya provided valuable insights into healthy eating habits.



During the session, she highlighted critical aspects such as food contamination and how students can avoid it by following proper hygiene and storage practices. She also explained the importance of balancing meals and stressed avoiding the intake of water with meals, which can interfere with digestion. She introduced the concept of incorporating five-colour foods into daily meals, emphasizing variety in nutrients, and explained the role of good fats and fibre in maintaining overall health.



The workshop was interactive, with students asking questions and responding enthusiastically to her practical advice. A few **parents also attended the session, benefiting from the expert guidance on nurturing healthy eating habits in their children.** The workshop concluded with a lively quiz session, where students demonstrated their understanding of the key concepts discussed. It was an enriching experience, leaving the participants more aware and motivated to make informed dietary choices.