



Everytime you eat is an opportunity to nourish yourself.....

Dear Parents,

Good health is very precious. It allows us to enjoy our life to the fullest. Therefore it becomes very important to take good care of our health. It is sustained by safe and wholesome food and healthy habits. **Unhealthy eating habits, sedentary lifestyle, adulteration, food waste**, etc. are the major causes due to which malnutrition, hunger and lifestyle related diseases like high blood pressure, obesity and heart diseases occur. Your food choices can make a really big difference to your health and wellbeing .It is important to have the knowledge and skills to make positive health decisions. When you are likely to have control of health you are more likely to have the confidence to make good choices.

FSSAI, Ministry of Health and Family Welfare ,Govt. of India has initiated the **Eat Right India Movement** to nudge the citizens of India to **Eat healthy, Eat Safe and Eat Fortified** .The focus of this movement is on young people adolescents as they are the agents of change and are able to influence entire family. ITL Public School has signed up for the '**Eat Right Creativity Challenge**'.

For the same I urge you to contribute in the activities planned for the following 21 days by the school and ensure that your family follows a healthy lifestyle.

Kindly follow the **5 principles of eating right-**

	Principle	Suggestions	Health benefits
1	Eat Healthy	<ul style="list-style-type: none"> • Include adequate whole grains, colorful and varied fresh seasonal fruits and vegetables in your diet. Focus on eating the recommended daily amount of at least five servings of fruit and vegetables. • Add antioxidants rich food items to your meals. • reduce fried items,processed foods and foods high insugar and salt and trans-fats • Eat breakfast, and eat smaller meals throughout the day.Ensure your child brings a healthy lunch which includes a fruit everyday to school. • Drink plenty of water. • Avoid eating late at night 	<ul style="list-style-type: none"> • Fruit and vegetables are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber and help to develops stronger immune system, a healthier heart, resist the effects of ageing . • A healthy breakfast can jumpstart the metabolism, while eating small, healthy meals keeps the energy levels up all day. • Water helps flush our systems of waste products and toxins • An early dinner may help to regulate weight ,improved sleep, better mood
2	Eat Safe	<ul style="list-style-type: none"> • Maintain personal hygiene and kitchen sanitation • Ensure regular hand washing before the meals. • Use vegetable/ fruit wash to clean the raw fruits and vegetables. You may use vinegar or baking soda with water also. • Proper garbage disposal • Timely pest control. 	<ul style="list-style-type: none"> • Following safe food practices prevent contamination of food and water borne diseases • Washing fruits and vegetables properly is important to remove wax, artificial colors and preservatives.
3	Eat Fortified	<ul style="list-style-type: none"> • Consume foods fortified with vitamins and minerals (eg. Double fortified salt ,fortified wheat flour ,Prebiotic and probiotic food and fortified milk) • Take supplements of Folic acid along with Iron, Vitamin A and Vitamin D if needed. • Get organized with your shopping. 	<ul style="list-style-type: none"> • Fortified foods help to fight micronutrient deficiencies. • “Good Fats” are good for your heart, your cholesterol, and your overall health. • Omega-3s prevent and reduce symptoms of depression, ADHD,

		<ul style="list-style-type: none"> • Read the labels-be aware of what's in your food as manufacturers often hide large amounts of sugar or unhealthy fats in packaged food, even food claiming to be healthy. • Monounsaturated fats and polyunsaturated fats ,Omega-3s are known as the “good fats” and hence should be a part of your diet • Look for the symbols of FAO,WHO, FSSAI,FFRC, AHA on food items 	and bipolar disorder
4	No food Waste	<ul style="list-style-type: none"> • Be mindful about food consumption • Stop food waste in all forms. • Share surplus food . 	<ul style="list-style-type: none"> • Sharing healthy food to beneficiaries in a timely manner to help fight hunger.
5	Physical Exercise	<ul style="list-style-type: none"> • Ensure that children balance the time spent on studies • Co-curricular activities like music, painting, dance, calligraphy etc. • Outdoor sports, cycling /running/swimming, gardening 	<ul style="list-style-type: none"> • Balancing the time spent in various activities helps to enjoy life to the fullest

Its time to wake up! The **responsibility** of change lies with us. We have to change our unhealthy habits to healthy habits and adopt the practice of stopping wastage of food from today. Looking forward to your cooperation.

Sacharya
17.12.17
Principal