



NATIONAL PUBLIC SCHOOL

KENGERI, BENGALURU

Report on Nutritional Talk by a Nutritionist

“Nutrition is the only remedy that can bring full recovery and can be used with any treatment. Remember food is our best medicine.”

National Public School organized an engaging and informative session with Ms Yashaswini B S, a professional nutritionist, clinical dietician, Apollo Shine Hospital on 10/12/2024 to enlighten students the importance of healthy eating habits and nutrition.

The talk aimed to create awareness among children about the benefits of eating nutritious food and making healthy lifestyle choices.

The session began with a warm introduction by the nutritionist, who explained what nutrition means and why it is essential for our bodies. She described the five main food groups: carbohydrates, proteins, fats, vitamins, and minerals. She emphasized the importance of a balanced diet and shared examples of foods from each group.

To make the talk interactive, the nutritionist asked students to name their favourite foods and discussed their nutritional value. She explained how junk food, though tasty, could harm their health if eaten in excess, leading to problems like obesity and low energy.



Highlights of the session included:

Healthy Snacking Tips: Suggestions for replacing chips and candies with fruits, nuts, and yogurt.

Hydration: The importance of drinking plenty of water daily.

Meal Planning: How to include vegetables, fruits, and proteins in their daily meals.

Exercise and Nutrition: A brief mention of how physical activity works hand-in-hand with good nutrition for overall health.

This session was a great learning opportunity and reinforced the importance of healthy living among young minds. The school thanked the nutritionist for her time and knowledge, leaving the students inspired to make healthier food choices.