



National Public School, Kengeri, Bengaluru

Report on Food Preservation Orientation



National Public School, Kengeri, Bengaluru, organized an engaging and informative orientation session on “Nutrition and Food Preservation” for the students of Grade 7, on December 10 2024. The session was conducted by Mrs. Yashaswini B S, a Clinical Dietician at Apollo Hospital, Bengaluru, who shared her expertise on maintaining a healthy lifestyle through proper nutrition and food preservation techniques.

Mrs. Yashaswini began the session by discussing the fundamental reasons about why we need food – for energy, growth, and overall well-being. She highlighted the importance of consuming a balanced diet to ensure the body receives all the essential nutrients required for optimal health. The session further emphasized the significance of proper hydration and adequate water intake, explaining how it directly influences bodily functions and promotes a healthy life.

In addition to nutrition, the resource person elaborated on various methods of food preservation, which play a key role in retaining the nutritional value and freshness of food.

The orientation was graced by the Principal, Mrs. Geeta Dikshit, Vice Principal, Mrs. Suman Singh, the Coordinator, teachers, and the students of Grade 7. The session was highly interactive, with students actively participating in discussions, making it an enriching learning experience for all involved.