M.I.Hajwani English Medium School &Jr.College,Khed.

Project on- Nutrition and Healthy Meals

Project leads-

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Presentation on Nutrition and Healthy Meals

SDG 2-Zero Hunger& SDG 3- Good Health and Well-being.

Theme

SDG-2:Zero hunger
SDG -3:Good Health and Well-being.

Project Goals

1.Implement a School base project that promotes awareness and practice of Balanced nutrition and healthy eating habits among students.

2.The project will empower students to understand the importance of nutritious food reduce junk food consumption and encourage sustainable and healthy mail choices.

3.The outcome will include improved dietary habits,student-led awareness initiative and a structured school level nutrition plan.

Findings

1. Common breakfast and tiffin habits among students.
2. Frequency of junk/processed food consumption.
3. Awareness of balanced meals and healthy food choices.
4. Whether students include fruits, vegetables, protein foods and water regularly.

Outcomes

Students gained better knowledge about balanced diets.

Students became more aware of healthy tiffin choices.

Students learned the importance of hydration and regular meals.

Reduced interest in junk food and sugary drinks.

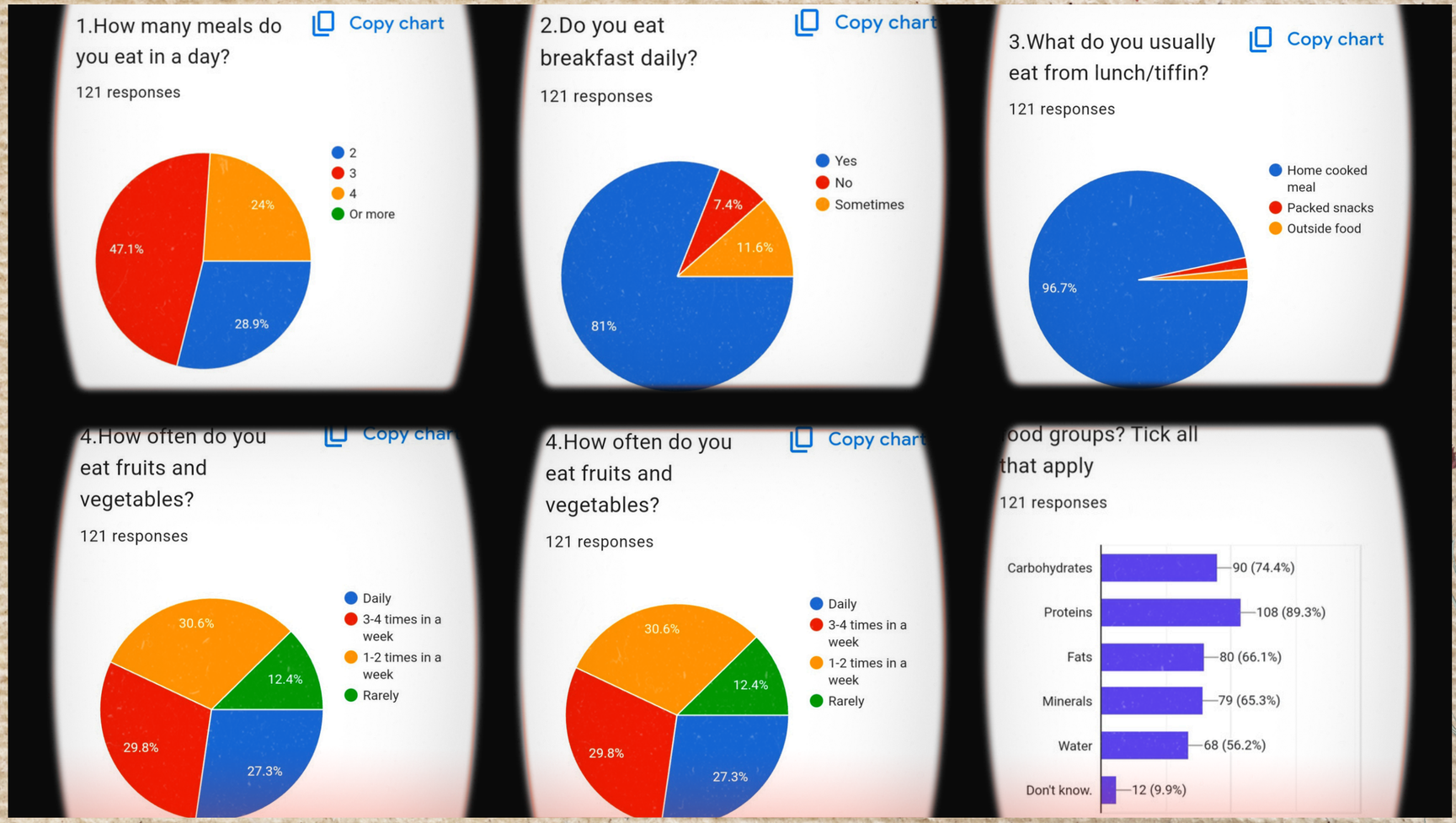
Impact on the School

- Improved nutrition awareness among students.
- Encouraged healthier tiffin practices.
- Promoted a healthier school environment.
- Increased participation of students in health and nutrition activities.
- Encouraged parents and teachers to support healthy eating habits.

Provided useful recommendations for future school nutrition programs.

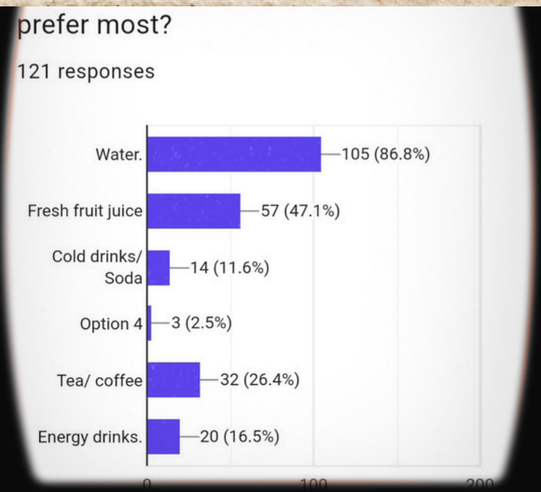


Evidence1


1.How many meals do you eat in a day?
Copy chart
121 responses
2
3
4
Or more
24%
47.1%
28.9%
2.Do you eat breakfast daily?
Copy chart
121 responses
Yes
No
Sometimes
7.4%
11.6%
81%
3.What do you usually eat from lunch/tiffin?
Copy chart
121 responses
Home cooked meal
Packed snacks
Outside food
96.7%
4.How often do you eat fruits and vegetables?
Copy chart
121 responses
Daily
3-4 times in a week
1-2 times in a week
Rarely
30.6%
12.4%
29.8%
27.3%
4.How often do you eat fruits and vegetables?
Copy chart
121 responses
Daily
3-4 times in a week
1-2 times in a week
Rarely
30.6%
12.4%
29.8%
27.3%
ood groups? Tick all that apply
121 responses
Carbohydrates
90 (74.4%)
Proteins
108 (89.3%)
Fats
80 (66.1%)
Minerals
79 (65.3%)
Water
68 (56.2%)
Don't know.
12 (9.9%)

Evidence2


7.Do you know what a balanced diet means?
Copy chart
121 responses
Yes
No
Not sure.
10.7%
11.6%
77.7%


prefer most?
121 responses
Water. 105 (86.8%)
Fresh fruit juice 57 (47.1%)
Cold drinks/ Soda 14 (11.6%)
Option 4 3 (2.5%)
Tea/ coffee 32 (26.4%)
Energy drinks. 20 (16.5%)
0
100
200


Tick all that apply
121 responses
Obesity 44 (36.4%)
Weakness/ Fatigue 96 (79
Low concentration 68 (56.2%)
Diabetes 33 (27.3%)
Option 5 24 (19.8%)







Evidence3

Photos of nutrition awareness activities

Poster making Competition



Evidence3

Photos of nutrition awareness activities

Poster making Competition



Evidence 4

Photos of nutrition awareness campaign

Healthy Tiffin Week



Evidence 4

Photos of nutrition awareness campaign

Healthy Tiffin Week



Evidence 5

Photos of nutrition awareness

Weekly balanced meal charts

AGE-WISE BALANCED MEAL PLAN

STD. 1–4 | 6–9 YEARS

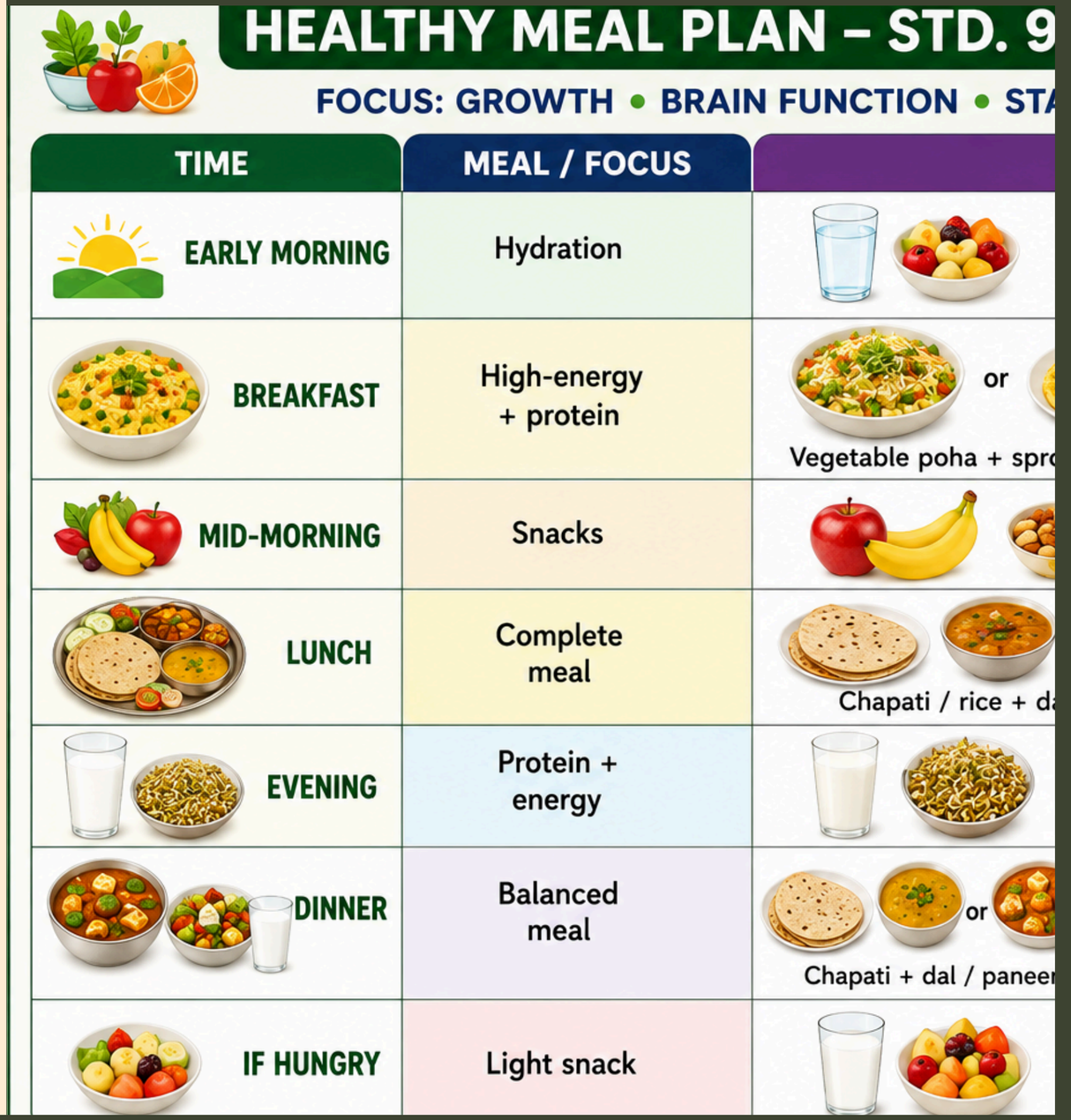
Focus: Growth, energy, immunity & healthy habits

	TIME	MEAL	EXAMPLES
	Early Morning	Milk / Fruit	Milk + 1 fruit
	Breakfast	Energy + Protein	Poha / Upma / Thalipe + curd / Idli + sambar
	School Snack	Healthy Snack	Fruit / Roasted chana / Makhana / Nuts
	Lunch	Complete Meal	2 chapati + dal + veget + curd + salad
	Evening	Snack	Milk + homemade sna fruit
	Dinner	Light Balanced Meal	Chapati / rice + dal + vegetable + curd
	Bedtime	Optional	Milk, if needed

Evidence 5

Photos of nutrition awareness

Weekly balanced meal charts



Evidence 6

Photos of nutrition awareness

Healthy Cooking Recipe



Healthy cooking Recipes







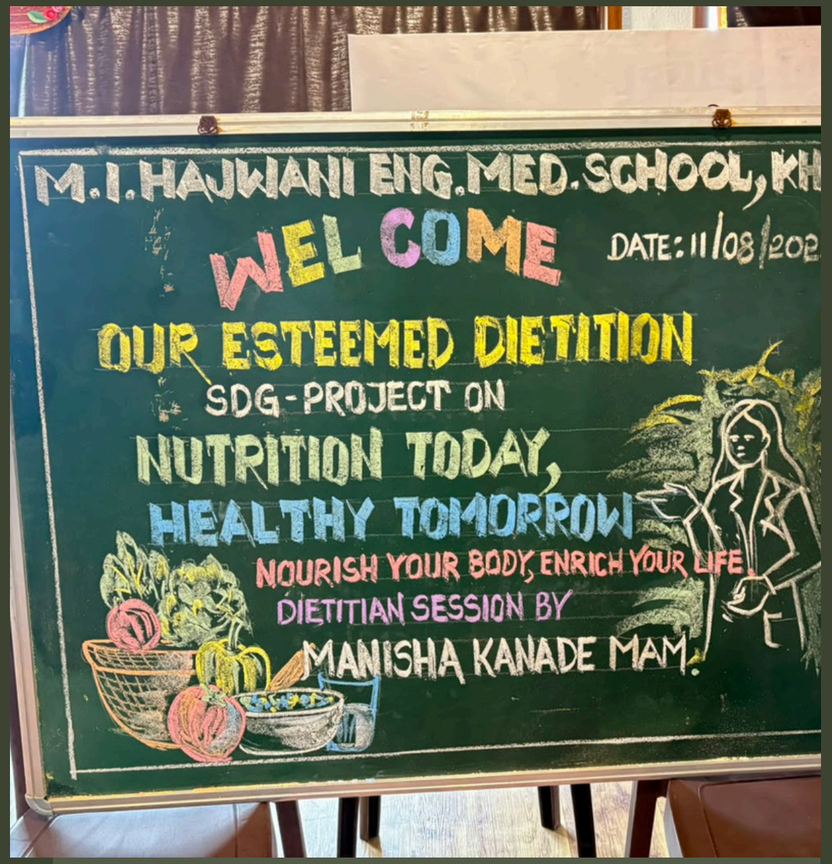
Evidence 7

Photos of nutrition awareness

Dietitian/Expert session



Expert session

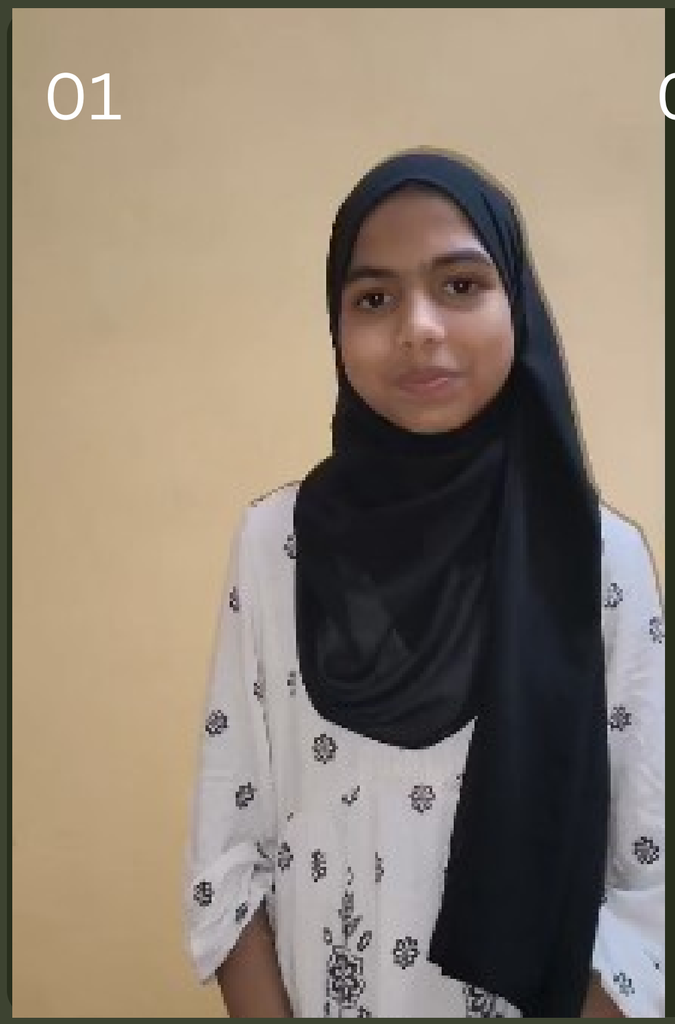




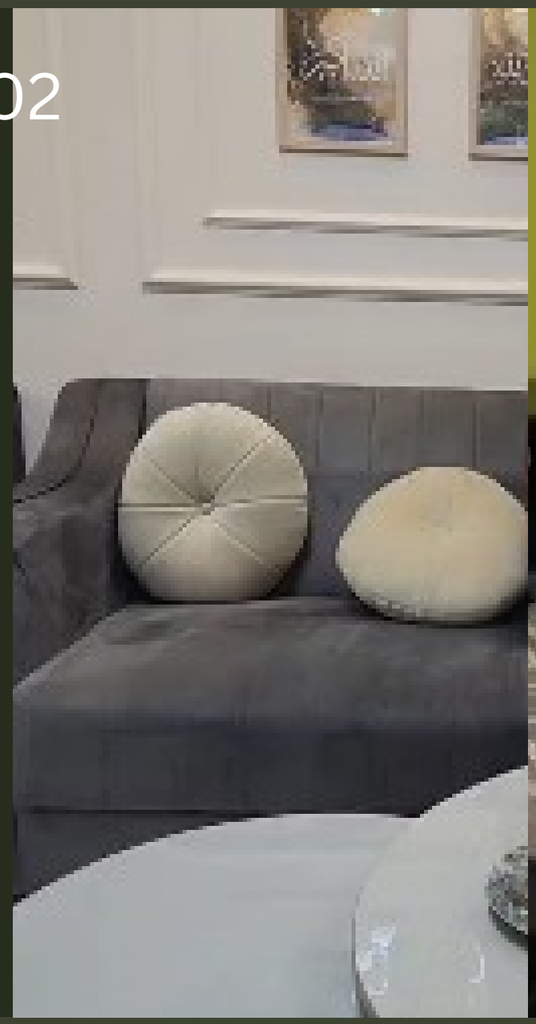


Community Awareness

01



02



03



04



Recommendations to School Leadership

1. Encourage healthy homemade tiffins.
2. Limit junk food and sugary drinks on campus.
3. Display healthy-meal posters around the school.
4. Involve parents in nutrition education..

Sustainability Plan – Nutrition & Healthy Meals

Goal: To make healthy eating a long-term habit among students and create a healthier school environment.

Area	Long-Term Practice	Recommendation
 Healthy Tiffin	Encourage nutritious homemade meals daily	Include whole grains, vegetables, fruits, pulses, dairy/protein foods
 Balanced Diet	Promote age-appropriate balanced meals	Use the school's meal-plan charts for Std. 1–12
 Fruits & Vegetables	Encourage daily consumption	Promote seasonal and locally available fruits and vegetables
 Hydration	Make water the preferred drink	Encourage students to carry reusable water bottles
 Junk Food	Reduce frequent consumption	Educate students about limiting chips, packaged snacks and sugary drinks
 Nutrition Education	Conduct regular awareness activities	Organize nutrition talks, quizzes, posters and demonstrations
 Healthy Tiffin Days	Continue throughout the year	Conduct a monthly/weekly Healthy Tiffin Day
 Parent Involvement	Keep parents involved	Share healthy-tiffin ideas and age-wise meal plans with families
 School Environment	Support healthy choices	Display nutrition posters and provide healthy food options where applicable
 Monitoring	Track progress regularly	Conduct simple student surveys and review food habits periodically
 Student Leadership	Give students responsibility	Create a student nutrition/health club to promote healthy habits
 Review & Improvement	Evaluate the program annually	Collect feedback from students, teachers and parents and improve activities

Conclusion

"Through this project, students have not only learned about healthy nutrition but have also started making better food choices. We recommend that the school continue nutrition education and create an environment that makes healthy eating an everyday habit."

Thank You

Team-M.I.Hajwani English Medium School
&Jr. College ,khed