



Al Madina Welfare Association's M.I.Hajwani English Medium School and Jr.College, Khed-Rtg.

Proudly Presents

NUTRITION AND HEALTHY MEALS PROJECT

Eat Right, Live Bright, Grow Strong

THEME

SDG 2
ZERO HUNGER



SDG 3
GOOD HEALTH
AND WELL BEING



Healthy Meals, Stronger Tomorrow





Al Madina Welfare Association's M.I.Hajwani English Medium School and Jr.College, Khed-Rtg.

NUTRITION AND HEALTHY MEALS PROJECT

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PROJECT THEME



SDG 2
ZERO HUNGER



SDG 3
**GOOD HEALTH
AND WELL-BEING**

EAT RIGHT • LIVE BRIGHT • GROW STRONG

REPORT ON PROJECT LAUNCH

Classes Covered: All Grades

Today, the “Nutrition and Healthy Meal” project was introduced to all classes. Students were given information about the importance of nutrition, balanced diet, healthy meal choices, and healthy lifestyle habits.

The students were also introduced to the objectives of the project and encouraged to actively participate in the upcoming project activities.

The session was conducted successfully, and students showed interest and enthusiasm towards the project.



Nutrition & Healthy Meals Session

Al-Madina's MIHEMS, Khed



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

NUTRITION & HEALTHY MEALS

Student Awareness Monitor Team

Healthy Choices • Healthy Habits • Healthy Future

1	Miss. Dalvi Anayah Ateek	V
2	Mast. Surve Abdul Ahad Munir Ahmed	V
3	Miss. Parkar Fatima Zahara Sarfaraz	VI
4	Mast. Mukadam Saalim Javeed	VI
5	Miss. Aamina Sayeed Khot	VII
6	Mast. Desai Yusuf Mohammed	VII
7	Miss. Hamdule Khadija Salahuddin	VIII
8	Mast. Sahible Asad Parvez	VIII
9	Miss. Sain Humaira	IX
10	Mast. Parkar Ahmed	IX
11	Miss. Mahadik Asiya	X
12	Mast. Dawre Saad	X
13	Miss. Jasnaik Uzma	XI Com
14	Mast. Mahadik Shahab	XI Com
15	Miss. Jasnaik Fatima	XI Sci
16	Mast. Rawal Shahwez	XI Sci
17	Miss. Khan Surayya	XII Com
18	Mast. Barde Mohammed	XII Com
19	Miss. Panhalkar Iffat	XII Sci
20	Mast. Tambe Ubaidullah	XII Sci

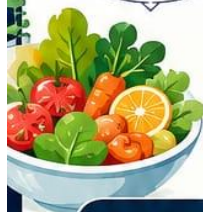
20 Student Awareness Monitors • Nutrition & Healthy Meals Project



M.I. HAJWANI ENGLISH MEDIUM SCHOOL & JR.COLLEGE, KHED.

PROJECT – NUTRITION AND HEALTHY MEALS

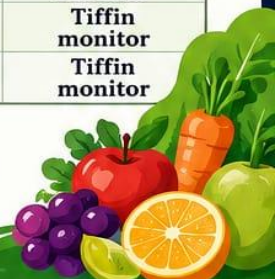
Student Team List



Sr.No	Student list	Std	Team
1.	Miss. Shaikh Aayat Ashraf	V	Tiffin monitor
2.	Gondhlekar Zohan Zakir Husain	V	Tiffin monitor
3.	Miss. Gauru Marwah Hamidullah	VI	Tiffin monitor
4.	Mast. Mahadik Zaid Parvez	VI	Tiffin monitor
5.	Miss. Hamdule Kifah Abdulla	VII	Tiffin monitor
6.	Mast. Moosa Talha Nazir.	VII	Tiffin monitor
7.	Miss. Duduke Afiya Fayaz.	VIII	Tiffin monitor
8.	Mast. Parkar Gufran Samir.	VIII	Tiffin monitor
9.	Miss. Sain Humaira	IX	Tiffin monitor
10.	Mast. Parkar Ahmed.	IX	Tiffin monitor
11.	Miss. Mahadik Asiya.	X	Tiffin monitor
12.	Mast. Dawre Saad.	X	Tiffin monitor
13.	Miss. Kawchali Kadija	XI Com	Tiffin monitor
14.	Mast. Ibrahim Duduke	XI Com	Tiffin monitor
15.	Miss. Surve Sara.	XI Sci	Tiffin monitor
16.	Mast. Pathan Hanan	XI Sci	Tiffin monitor
17.	Miss. Chougale Iqra	XII Com	Tiffin monitor
18.	Mast. Faki Ayyan.	XII Com	Tiffin monitor
19.	Miss. Kondekar Safa.	XII Sci	Tiffin monitor
20.	Mast. Petkar Suhail	XII Sci	Tiffin monitor



Together for a Healthy Tomorrow!
Healthy Meals • Healthy Students • Bright Future



Survey Report on Nutrition & Healthy Eating Habits

Google Form Survey • 121 Responses

1. Introduction

A survey on Nutrition and Healthy Eating Habits was conducted among students to understand their daily food choices, breakfast habits, consumption of fruits and vegetables, knowledge of balanced diets and food groups, beverage preferences, and awareness of health problems associated with poor nutrition.

The survey received 121 responses. The findings provide useful information about students' existing eating habits and areas where further nutrition education and healthy-meal initiatives can be introduced.

2. Objectives of the Survey

- Assess students' regular breakfast habits.
- Understand what students usually eat for lunch/tiffin.
- Study the frequency of fruit and vegetable consumption.
- Assess students' understanding of food groups and balanced diets.
- Identify preferred beverages and awareness of nutrition-related health problems.
- Develop recommendations for promoting healthy eating practices in school.

3. Survey Findings

Survey Area	Major Finding	Percentage Responses /
Daily breakfast	Eat breakfast daily	81.0% (98)
Breakfast – No	Do not eat breakfast daily	7.4% (9)
Breakfast – Sometimes	Sometimes eat breakfast	11.6% (14)
Lunch/Tiffin	Home-cooked meals	96.7%
Lunch/Tiffin	Packed snacks	Approx. 2.5%

Survey Area	Major Finding	Percentage Responses /
Lunch/Tiffin	Outside food	Approx. 0.8%
Fruits & vegetables	Daily	27.3% (33)
Fruits & vegetables	3–4 times a week	29.8% (36)
Fruits & vegetables	1–2 times a week	30.6% (37)
Fruits & vegetables	Rarely	12.4% (15)
Balanced diet awareness	Yes	77.7% (94)
Balanced diet awareness	No	10.7% (13)
Balanced diet awareness	Not sure	11.6% (14)

4. Understanding of Food Groups

This was a multiple-response question, so percentages do not total 100%.

Food Group / Option	Responses	Percentage
Proteins	108	89.3%
Carbohydrates	90	74.4%
Fats	80	66.1%
Minerals	79	65.3%
Water	68	56.2%
Don't know	12	9.9%

Protein was the most commonly identified food group, while fewer students identified water and minerals. Nearly 10% of students were unsure about food groups.

5. Beverage Preferences

Beverage	Responses	Percentage
Water	105	86.8%
Fresh fruit juice	57	47.1%
Tea/Coffee	32	26.4%
Energy drinks	20	16.5%
Cold drinks/Soda	14	11.6%
Other option	3	2.5%

Water was clearly the most preferred beverage. Some students also reported energy drinks and carbonated soft drinks, indicating a need for continued awareness about healthier beverage choices.

6. Health Problems Associated with Poor Nutrition

Health Problem	Responses	Percentage
Weakness/Fatigue	96	79.3%
Low concentration	68	56.2%
Obesity	44	36.4%
Diabetes	33	27.3%
Other option	24	19.8%

Weakness/fatigue was the most recognised consequence of poor nutrition, followed by low concentration. Awareness of obesity and diabetes was comparatively lower.

7. Students' Favourite Healthy Meals

The available open-ended responses included dal rice, sambar with steamed idlis and coconut chutney, vegetables, chicken salad and meat. These responses show acceptance of traditional and nutritious meals. The screenshot provided contains only part of the open-ended responses, so a complete ranking for all 121 students cannot be calculated from the available image

8 . Key Findings

- 81% of students reported eating breakfast daily.
- 96.7% reported having home-cooked meals for lunch/tiffin.
- Only 27.3% reported eating fruits and vegetables daily.
- 77.7% reported knowing what a balanced diet means.
- Protein was the most commonly identified food group (89.3%).
- Water was the most preferred beverage (86.8%).
- Weakness/fatigue was the most recognised nutrition-related health problem (79.3%).
- Students showed interest in nutritious traditional meals.

9. Areas Requiring Improvement

- Increase daily fruit and vegetable intake: A significant number of students consume them only once or twice a week.
- Improve breakfast consistency: 19% either skip breakfast or eat it only sometimes.
- Strengthen nutrition knowledge: Continue practical education on balanced diets and food groups.
- Reduce unhealthy beverages: Encourage water, milk, buttermilk and other healthier options.
- Promote balanced tiffins: Encourage a combination of whole grains, protein, vegetables/fruit, healthy fats and water.

10. Recommendations for the School

- Introduce a Healthy Tiffin Day every week.
- Encourage one fruit or vegetable item in the daily tiffin.
- Display balanced-diet and food-group charts.
- Conduct short nutrition-awareness sessions during assembly.

- Promote water as the main school beverage.
- Organise healthy-food competitions, quizzes and poster activities.
- Share healthy tiffin ideas with parents.
- Conduct a follow-up survey to measure improvement.

11. Sustainability Plan

Long-Term Practice	Recommendation
Healthy Tiffin	Encourage nutritious, home-cooked tiffins every school day.
Fruit & Vegetable Habit	Promote at least one fruit/vegetable item in the daily tiffin.
Healthy Beverages	Make water the preferred school beverage and discourage sugary drinks.
Nutrition Education	Conduct regular short awareness sessions.
Parent Involvement	Share healthy meal suggestions and guidelines with parents.
School Environment	Display nutrition charts, posters and healthy-eating messages.
Student Participation	Organise healthy-food competitions, quizzes and poster activities.
Monitoring	Conduct periodic surveys to track changes in eating habits.

12. Conclusion

The survey of 121 students shows several positive nutritional practices, particularly the high prevalence of home-cooked tiffins, regular breakfast consumption and preference for water. At the same time, the findings highlight the need to increase daily fruit and vegetable consumption, reduce unhealthy beverage choices, and strengthen knowledge about food groups and balanced diets.

The findings can serve as a baseline for the school's Nutrition and Healthy Meals initiative. Through regular awareness programmes, healthy-tiffin practices, parent participation and periodic monitoring, the school can help students develop sustainable healthy eating habits.

Overall Survey Message: "Healthy food today builds a healthier, stronger and more focused student tomorrow."



**M.I. HAJWANI ENGLISH MEDIUM
SCHOOL & JR COLLEGE, KHED**

NUTRITION & HEALTHY MEALS PROJECT

Questionnaire Survey

SDG 2: Zero Hunger & SDG 3: Good Health

WEEK 2: NEEDS ASSESSMENT








Instructions: Please tick the appropriate box. All data will be kept confidential.

 **SECTION A: BASIC INFORMATION**

- Name: _____
- Class/Grade: _____
- Age: _____
- Gender: ☐ M ☐ F

 **SECTION B: DAILY EATING HABITS**

- How many meals do you eat in a day?
☐ 2 ☐ 3 ☐ 4 or more
- Do you eat breakfast daily?
☐ Yes ☐ No ☐ Sometimes
 If No/Sometimes, Reason: _____
- What do you usually eat for lunch/tiffin?
☐ Home cooked meal ☐ Canteen food
☐ Packed snacks ☐ Outside food
- How often do you eat fruits and vegetables?
☐ Daily ☐ 3-4 times/week
☐ 1-2 times/week ☐ Rarely
- How often do you eat junk food / packaged food?
☐ Daily ☐ 3-4 times/week
☐ Once a week ☐ Rarely

 **SECTION C: AWARENESS & KNOWLEDGE**

- Which of these are food groups?
Tick all that apply

☐ Carbohydrates

☐ Proteins

☐ Fats

☐ Vitamins

☐ Minerals

☐ Water

☐ Don't know

- Do you know what a "balanced diet" means?
☐ Yes ☐ No ☐ Not sure
 If Yes, define: _____
- Which drinks do you prefer most?

☐ Water

☐ Fresh Fruit Juice

☐ Cold drinks / Soda

☐ Tea / Coffee

☐ Energy drinks

- Health problems due to poor nutrition:
Tick all that apply

☐ Obesity

☐ Weakness / Fatigue

☐ Low concentration

☐ Diabetes

☐ None

☐ Other: _____

 **SECTION E: SUGGESTIONS**

- What 1 healthy change would you like to see in school?

- What is your favorite healthy meal?

EAT HEALTHY, STAY HEALTHY, LEARN BETTER!

 EAT BALANCED MEALS

 DRINK PLENTY OF WATER

 EAT MORE FRUITS & VEGETABLES

 SAY NO TO JUNK FOOD

 STAY ACTIVE EVERY DAY

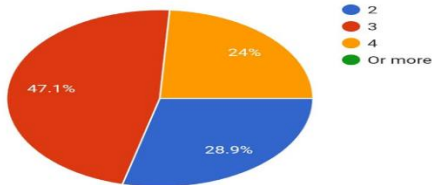
Nutrition & Healthy Eating Survey — Results

Google Form Survey • 121 Responses

1. How many meals do you eat in a day?

121 responses

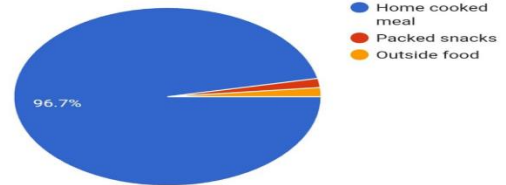
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3. What do you usually eat from lunch/tiffin?

121 responses

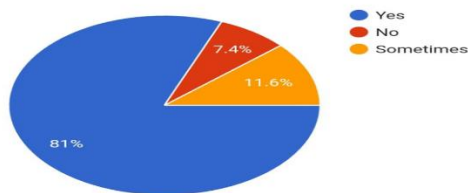
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2. Do you eat breakfast daily?

121 responses

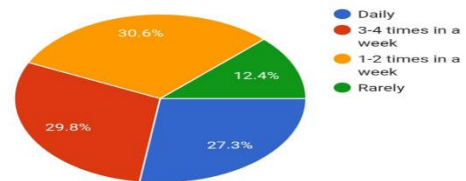
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4. How often do you eat fruits and vegetables?

121 responses

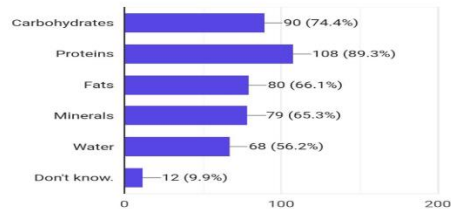
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6. Which of these are food groups? Tick all that apply

121 responses

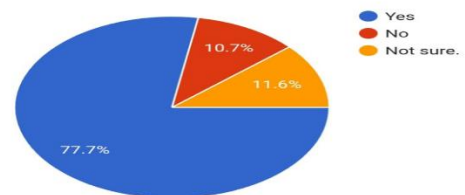
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7. Do you know what a balanced diet means?

121 responses

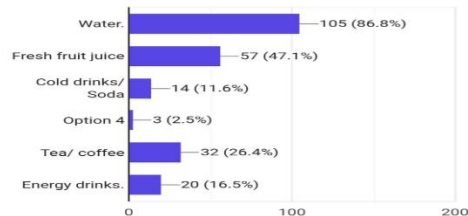
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8. Which things do you prefer most?

121 responses

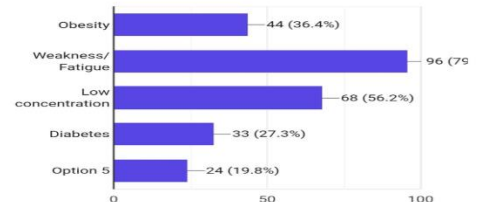
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9. Health problems due to poor nutrition: Tick all that apply

121 responses

[Copy chart](#)



REPORT ON POSTER MAKING COMPETITION

Nutrition and Healthy Meals – SDG 2 & SDG 3

Activity	Poster Making Competition
Theme	Nutrition & Healthy Meals
Project	Nutrition and Healthy Meals – SDG 2 & SDG 3
Organized by	Science Department, M.I. Hajwani English Medium School, Khed-Ratnagiri

1. Introduction

As part of the school-based project on Nutrition and Healthy Meals, aligned with Sustainable Development Goal 2 (Zero Hunger) and Sustainable Development Goal 3 (Good Health and Well-being), a Poster Making Competition was organized to create awareness about the importance of nutrition, healthy meals and healthy lifestyle choices. The activity provided students with a creative platform to communicate important health messages through visual art.

2. Objectives

- To create awareness about the importance of nutritious and balanced meals.
- To encourage students to make healthy food choices and develop healthy eating habits.
- To help students communicate nutrition-related messages in a simple and creative manner.
- To develop creativity, originality, presentation and communication skills.
- To connect classroom learning about nutrition with real-life health and well-being.
- To encourage students to become active participants in spreading awareness about healthy living.

3. Activity Description

Students were invited to create an original poster based on the theme “Nutrition & Healthy Meals”. They were given the freedom to use drawing, painting or digital media to express their ideas. The posters were expected to be neat, creative and informative, while carrying a clear and meaningful awareness message.

Students were encouraged to focus on topics such as balanced meals, nutritious food, healthy eating habits, hydration, healthy tiffin choices and the importance of maintaining a healthy lifestyle. The activity aimed not only at artistic expression but also at helping students understand and communicate the importance of good nutrition.

4. Guidelines Given to Students

- Create an original poster based on the theme “Nutrition & Healthy Meals”.
- Use drawing, painting or a digital medium.
- Keep the poster neat, creative and visually appealing.
- Include a clear and strong awareness message.

- Use simple, meaningful and relevant information.
- Submit the completed poster to the Class Teacher / Art Teacher as instructed.

5. Evaluation Criteria

- Relevance to the theme
- Creativity and originality
- Neatness and presentation
- Message and awareness impact

6. Learning Outcomes

- Students developed greater awareness of balanced nutrition and healthy meal choices.
- Students were able to communicate health-related information through visual representation.
- Students developed creativity, originality and presentation skills.
- Students connected scientific concepts related to nutrition with everyday life.
- Students understood the role they can play in spreading awareness about healthy eating.

7. SDG Alignment

SDG 2 – Zero Hunger: The activity promoted awareness of nutritious food and the importance of adequate and balanced nutrition.

SDG 3 – Good Health and Well-being: The activity encouraged students to understand healthy dietary practices and communicate messages that support better health and well-being.

8. Outcome and Impact

The poster-making activity encouraged students to think about nutrition beyond the classroom and express their understanding through creative visual communication. The posters served as awareness material that could be displayed within the school and used to encourage healthy food choices among students.

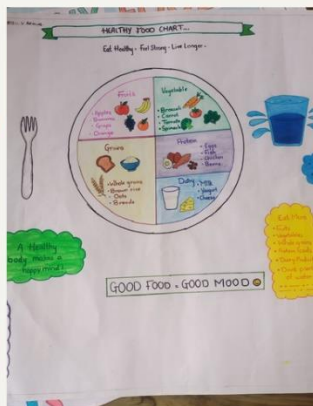
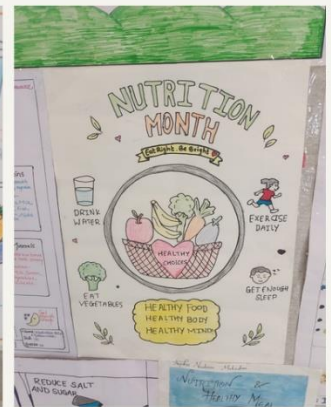
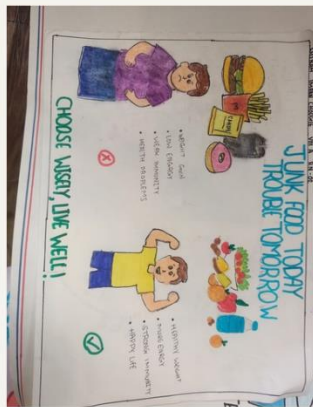
9. Conclusion

The Poster Making Competition was a meaningful and engaging activity under the Nutrition and Healthy Meals project. It successfully combined science, creativity and awareness-building. By creating and communicating their own nutrition messages, students were encouraged to become responsible promoters of healthy eating and healthy living.

"Eat Right, Live Bright!"

Student Nutrition Posters

Eat Right, Live Bright — Nutrition Month Exhibit



Healthy Tiffin Guidelines



M.I HAJWANI
ENGLISH MEDIUM SCHOOL & JR COLLEGE
KHED.



HEALTHY TIFFIN GUIDELINES

For Children (Std. 1 to 12)

A nutritious tiffin helps children stay active, focused and energetic throughout the school day.

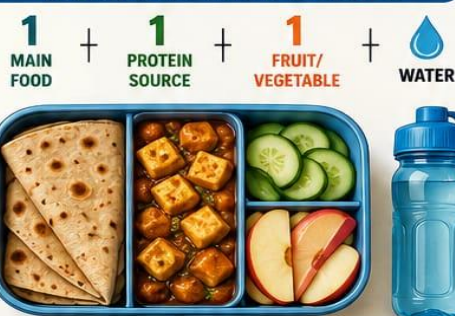
➤ LET'S MAKE EVERY LUNCHBOX A HEALTHY AND HAPPY ONE! ➤

WHY EATING HEALTHY MATTERS

- ✓ Provides energy for learning and play
- ✓ Improves concentration and memory
- ✓ Supports growth and immunity
- ✓ Helps build lifelong healthy habits



THE HEALTHY TIFFIN FORMULA



A balanced tiffin gives the right nutrition for a healthy body and sharp mind.

FOODS TO AVOID / LIMIT

- ✗ Chips & packaged salty snacks
- ✗ Chocolates & candies
- ✗ Cream biscuits
- ✗ Cakes, pastries & doughnuts
- ✗ Soft drinks & sugary beverages
- ✗ Packaged fruit drinks
- ✗ Excessively fried food
- ✗ Highly processed / instant foods

These foods can be occasional treats, but should not be a regular part of the school tiffin.

GRADE-WISE HEALTHY TIFFIN IDEAS

STD. 1-2

Small portions, colourful & easy to eat

- Idli + chutney + fruit
- Poha with veggies + banana
- Vegetable paratha + curd
- Dhokla + fruit
- Mini sandwich + cucumber



STD. 3-4

Nutritious, varied & balanced

- Upma + fruit
- Chapati roll + paneer + cucumber
- Vegetable sandwich + fruit
- Dosa + sambar
- Sprouts chaat + roti



STD. 5-6

Add protein & make it wholesome

- Paneer/egg roll + fruit
- Vegetable pulao + raita
- Dal paratha + curd
- Sprouts chaat + roti roll
- Idli + sambar + fruit



STD. 7-8

Balanced meals, for growth & energy

- Vegetable/paneer wrap + fruit
- Dal + roti + sabzi
- Idli + sambar + fruit
- Chole + rice + salad
- Poha with veggies + sprouts



STD. 9-10

Higher satiety, protein & sustained energy

- Paneer/egg sandwich + fruit
- Rajma/chole + rice + salad
- Roti + dal + sabzi
- Millet dishes + protein-rich side
- Dosa + sambar + fruit



STD. 11-12

Nutritious, balanced & smart choices

- Chicken/paneer roll + fruit
- Brown rice + dal + vegetables
- Vegetable sandwich + curd
- Quinoa/millet pulao + sprouts
- Roti + egg bhurji + salad



SMART TIFFIN TIPS

- ✓ Use fresh, seasonal ingredients.
- ✓ Include a variety of colours.
- ✓ Pack age-appropriate portions.
- ✓ Keep it simple, tasty & homemade.
- ✓ Involve children in choosing and preparing their tiffin.
- ✓ Ensure the tiffin is eaten completely.



HYGIENE MATTERS

- ✓ Wash hands before cooking and eating.
- ✓ Use clean tiffin boxes and water bottles.
- ✓ Keep food covered.
- ✓ Clean the tiffin box daily.



WATER – THE BEST CHOICE



Send a filled water bottle every day.

WATER KEEPS YOU HYDRATED & ACTIVE!



HEALTHY TIFFIN TODAY, STRONGER TOMORROW!



★ KNOWLEDGE IS POWER ★

Weekly Meal Chart

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 / Thalipeeth + curd / Idli + sambar
	School Snack	Healthy Snack	Fruit / Roasted chana / Makhana / Nuts
	Lunch	Complete Meal	2 chapati + dal + vegetable + curd + salad
	Evening	Snack	Milk + homemade snack / fruit
	Dinner	Light Balanced Meal	Chapati / rice + dal + vegetable + curd
	Bedtime	Optional	Milk, if needed

AGE-WISE BALANCED MEAL PLAN

STD. 5-8 | 10-14 YEARS

Focus: Rapid growth, bones, muscles & concentration

	TIME	MEAL	EXAMPLES
	Early Morning	Hydration	Water + fruit, if desired
	Breakfast	Protein + Carbohydrate	Vegetable paratha + curd / Dosa + sambar / Eggs + chapati
	School Snack	Nutritious Snack	Fruit + nuts / Roasted chana
	Lunch	Complete Meal	2-3 chapati + dal / rajma / chole + vegetable + curd + salad
	Evening	Protein-Rich Snack	Milk + sprouts / chana / Paneer sandwich
	Dinner	Balanced Meal	Chapati + dal / paneer / egg + vegetables + salad
	Bedtime	Optional	Milk



HEALTHY MEAL PLAN – STD. 9-12 (14-17 YEARS)

FOCUS: GROWTH • BRAIN FUNCTION • STAMINA • HEALTHY WEIGHT



TIME	MEAL / FOCUS	EXAMPLES
 EARLY MORNING	Hydration	  Water + fruit
 BREAKFAST	High-energy + protein	 or  +  or  Vegetable poha + sprouts / curd or eggs + chapati + fruit / dosa + sambar
 MID-MORNING	Snacks	  Fruit + handful of nuts
 LUNCH	Complete meal	       Chapati / rice + dal / beans + vegetables + curd + salad
  EVENING	Protein + energy	   Milk + sprouts / chana / paneer sandwich
   DINNER	Balanced meal	  or  or  or  or  +  +  +  +  Chapati + dal / paneer / egg / fish / chicken + vegetables + salad + milk / fruit
 IF HUNGRY	Light snack	  Milk / fruit

REPORT ON PROJECT INTRODUCTION & NUTRITION AWARENESS SESSION

Nutrition and Healthy Meals – SDG 2 & SDG 3

Activity	<i>Project Introduction & Nutrition Awareness Session</i>
Project	<i>Nutrition and Healthy Meals – SDG 2 & SDG 3</i>
Classes	<i>VII and VIII</i>
Divisions	<i>3 divisions of Class VII and 3 divisions of Class VIII</i>
Conducted by	<i>Science Department / Science Teacher</i>
Teaching Method	<i>Interactive classroom session supported by PowerPoint presentation and projector</i>
Date	<i>_____</i>

1. Introduction

Prior to the commencement of the activities under the school-based project on Nutrition and Healthy Meals, an introductory classroom session was conducted for students of Classes VII and VIII. The session was designed to introduce students to the project, explain its purpose and objectives, and build a basic understanding of nutrition, healthy eating and the importance of maintaining a healthy lifestyle.

2. Objectives of the Session

To introduce students to the Nutrition and Healthy Meals project and its purpose.

To create basic awareness about nutrition and the importance of a balanced diet.

To help students understand the role of different nutrients in maintaining health.

To make students aware of the importance of healthy food choices and regular healthy habits.

To explain the connection of the project with SDG 2 (Zero Hunger) and SDG 3 (Good Health and Well-being).

To prepare students for their participation in the upcoming project activities.

3. Classes and Coverage

The introductory sessions were conducted for all three divisions of Class VII and all three divisions of Class VIII, covering a total of six divisions. The sessions were conducted during regular classroom periods and were adapted to the students' age and level of understanding.

4. Teaching-Learning Method

A PowerPoint presentation was prepared and displayed using a projector to make the session more visual, engaging and easy to understand. The presentation was supported by teacher explanation, examples from students' daily lives and classroom interaction.

PowerPoint presentation displayed through a projector.

Teacher-led explanation of key concepts.

Questions and responses to encourage student participation.

Examples related to students' everyday food habits and meal choices.

Discussion on practical ways of adopting healthier eating habits.

5. Major Concepts Covered

Meaning and importance of nutrition.

Nutrients and their basic functions.

Carbohydrates, proteins, fats, vitamins, minerals and water.

Importance of a balanced and varied diet.

Healthy meal and healthy tiffin choices.

Importance of fruits and vegetables in the daily diet.

Adequate water intake and hydration.

Importance of physical activity and a healthy lifestyle.

Effects of excessive consumption of junk and highly processed foods.

Connection between healthy food choices and overall health and well-being.

6. Introduction to the SDGs

Students were introduced to the Sustainable Development Goals relevant to the project. SDG 2 – Zero Hunger was discussed in relation to adequate nutrition and access to nutritious food. SDG 3 – Good Health and Well-being was connected with healthy eating habits, disease prevention and maintaining physical well-being.

7. Project Orientation

Students were informed that the project would involve a series of practical, creative and awareness-based activities. The purpose was to encourage students not only to learn about nutrition but also to apply their learning and share healthy-living messages with others.

Awareness and research activities related to nutrition.

Creative activities such as poster making.

Healthy recipe and no-cook food activities.

Community awareness activities.

Healthy food and tiffin-related initiatives.

Interaction with experts and other project-based learning activities.

8. Student Participation

Students participated actively during the session by responding to questions, sharing their existing food habits and experiences, and discussing examples of healthy and unhealthy food choices. The visual presentation helped students relate the concepts to familiar foods and situations from their daily lives.

9. Learning Outcomes

Students gained an introductory understanding of nutrition and healthy meals.

Students became aware of the importance of balanced food choices.

Students were able to identify several nutrients and their basic roles.

Students understood the importance of healthy habits such as hydration and physical activity.

Students became familiar with SDG 2 and SDG 3 in the context of nutrition and health.

Students understood the purpose of the upcoming project activities and their expected participation.

10. SDG Alignment

SDG 2 – Zero Hunger: The session introduced students to the importance of adequate, nutritious and balanced food.

SDG 3 – Good Health and Well-being: The session highlighted the relationship between healthy nutrition, healthy habits and overall well-being.

11. Outcome and Impact

The introductory session established a common foundation for students before the implementation of the project activities. It helped students understand why nutrition matters, encouraged them to reflect on their own food choices and created interest in the practical activities planned under the project.

12. Conclusion

The Project Introduction and Nutrition Awareness Session served as an effective starting point for the Nutrition and Healthy Meals project. Through the use of a projector, PowerPoint presentation, teacher explanation and classroom interaction, students of Classes VII and VIII were introduced to key concepts of nutrition and the objectives of the project. The session prepared students to participate meaningfully in the subsequent awareness, creative and practical activities.

"Learn about nutrition today, make healthier choices tomorrow."



REPORT ON HEALTHY TIFFIN WEEK

Nutrition and Healthy Meals – SDG 2 & SDG 3

Activity	Healthy Tiffin Week
Theme	Healthy Eating & Nutritious Tiffin Choices
Classes	VII and VIII
Project	Nutrition and Healthy Meals – SDG 2 & SDG 3
Duration	Healthy Tiffin Week / Project Implementation Phase
Organized by	Science Department, M.I. Hajwani English Medium School, Khed-Ratnagiri

1. Introduction

As part of the school-based Nutrition and Healthy Meals project, aligned with Sustainable Development Goal 2 (Zero Hunger) and Sustainable Development Goal 3 (Good Health and Well-being), a Healthy Tiffin Week was conducted for students of Classes VII and VIII. The activity focused on encouraging students to bring nutritious, balanced and home-prepared food to school and to develop healthy eating habits in their daily lives.

2. Objectives

- To encourage students to choose nutritious and balanced food for their school tiffin.
- To promote healthy, home-cooked meals and reduce dependence on junk and highly processed foods.
- To help students understand that a healthy meal should include a variety of food groups.
- To develop consistent healthy eating habits among students.
- To encourage students to make conscious and healthier food choices.
- To monitor and reinforce healthy tiffin practices throughout the project.

3. Activity Description

During Healthy Tiffin Week, students of Classes VII and VIII were encouraged to bring healthy and nutritious tiffin from home. Students were guided to include foods such as vegetables, fruits, whole grains, pulses, sprouts, homemade snacks and other nutritious options, while limiting junk food, highly processed snacks and foods high in excess sugar, salt and unhealthy fats.

The activity was designed as more than a one-week event. As part of the overall project, a student tiffin-monitoring system was introduced to encourage continuity and regularity in healthy food choices.

4. Tiffin Monitoring System

For the duration of the project, one student from each class was selected as a Tiffin Monitor. The Tiffin Monitor was responsible for observing the tiffins brought by students during the

recess period and maintaining a simple record/note of students who brought healthy and nutritious tiffin.

- The monitoring was carried out during recess.
- The monitor observed the type of food brought in the tiffin.
- Healthy tiffin choices were noted as part of the project record.
- The activity encouraged students to make healthier choices regularly rather than only during the competition or awareness activities.
- The role also gave students an opportunity to take responsibility and participate in the implementation of the project.

5. Healthy Tiffin Guidelines

- Prefer fresh, homemade and nutritious food.
- Include a variety of food groups in the meal.
- Include fruits and/or vegetables whenever possible.
- Choose whole grains and nutritious traditional foods.
- Include suitable sources of protein such as pulses, sprouts, paneer, eggs or other available options.
- Carry sufficient drinking water and stay hydrated.
- Limit packaged snacks, sugary foods and junk food.

6. Student Participation

Students participated by bringing healthier food options from home and making conscious choices about their daily tiffin. The involvement of student Tiffin Monitors encouraged peer participation and created a sense of responsibility among students. The activity also provided opportunities for informal discussion about the nutritional value of different foods during recess.

7. Learning Outcomes

- Students developed greater awareness of what makes a tiffin healthy and nutritious.
- Students learned to identify healthier alternatives to common junk foods.
- Students were encouraged to develop regular healthy eating habits.
- Students understood the importance of variety and balance in their meals.
- Student Tiffin Monitors developed responsibility, observation and record-keeping skills.
- Students experienced the practical application of nutrition concepts discussed in the classroom.

8. SDG Alignment

SDG 2 – Zero Hunger: The activity promoted awareness of nutritious food and the importance of adequate and balanced nutrition.

SDG 3 – Good Health and Well-being: The activity encouraged healthier dietary choices and regular habits that contribute to better health and well-being.

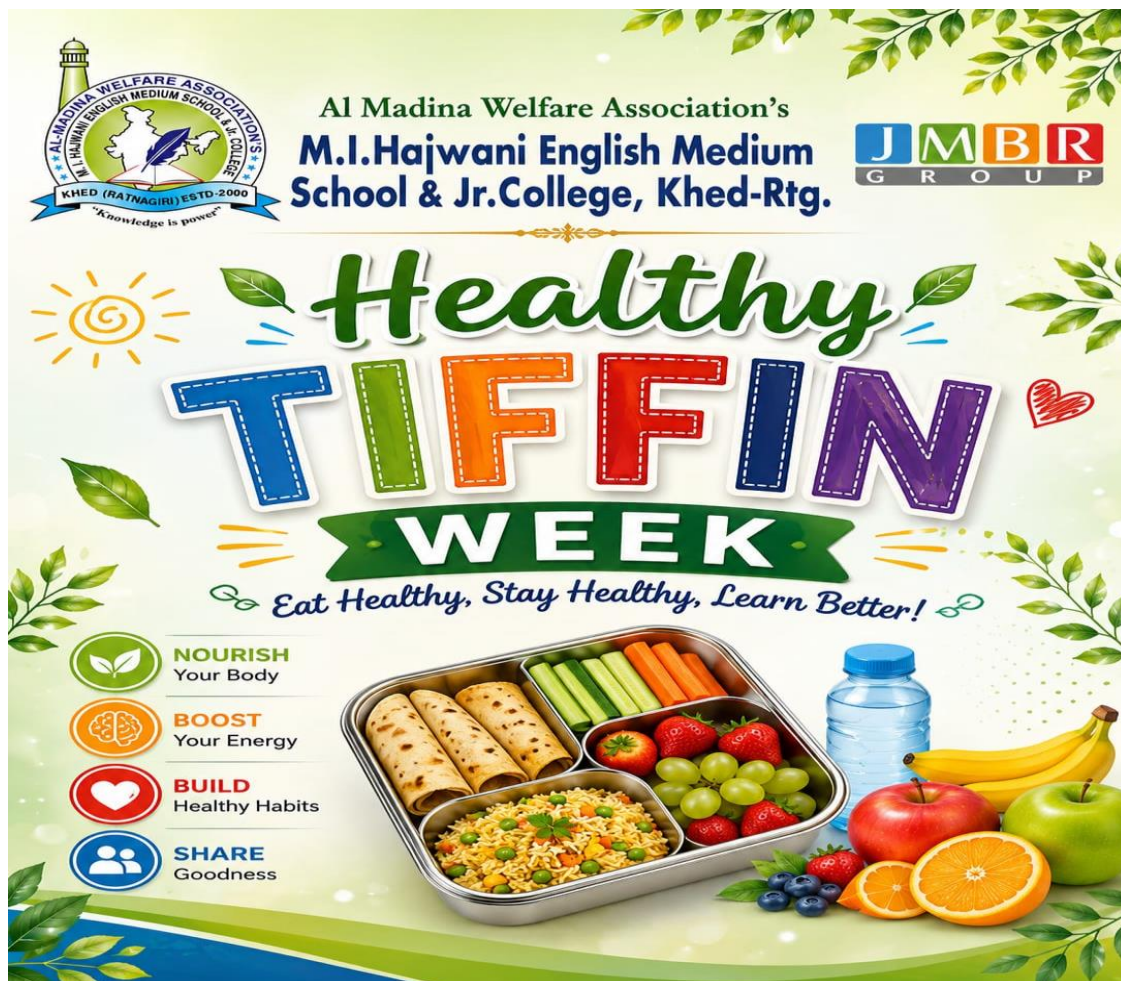
9. Outcome and Impact

Healthy Tiffin Week helped bring nutrition education into students' everyday lives. Instead of limiting the project to classroom discussion, students were encouraged to apply their learning while selecting and bringing food from home. The continued tiffin monitoring system helped maintain awareness throughout the project and encouraged students to make healthier choices consistently.

10. Conclusion

The Healthy Tiffin Week was a practical and engaging component of the Nutrition and Healthy Meals project. It successfully connected classroom learning with students' daily food habits. The involvement of student Tiffin Monitors further strengthened the activity by promoting student responsibility, regular observation and sustained awareness of healthy eating practices.

"Healthy Tiffin Today, Healthy Habits for Life!"



Healthy Lunchbox Day

M.I Hajwanj English Medium School, Khed





REPORT ON

HEALTHY & NUTRITIOUS RECIPE COMPETITION

Nutrition and Healthy Meals – SDG 2 & SDG 3

Activity	Healthy & Nutritious Recipe Competition
Class	VII
Subject	Science
Date of Submission	13 August 2026
Organized by	Science Department, M.I. Hajwani English Medium School, Khed-Ratnagiri

1. Introduction

As a part of the school-based project on Nutrition and Healthy Meals, aligned with Sustainable Development Goal 2 (Zero Hunger) and Sustainable Development Goal 3 (Good Health and Well-being), a Healthy & Nutritious Recipe Competition was organized for Class VII students. The activity was designed to encourage students to understand the importance of balanced nutrition and develop healthy eating habits through a practical and creative activity.

2. Objectives

- Create awareness about the importance of healthy and nutritious food.
- Encourage students to make healthier food choices in their daily lives.
- Help students understand the nutritional value of different food ingredients.
- Encourage the preparation of simple, homemade and nutritious meals.
- Develop creativity, communication and presentation skills.
- Promote cleanliness and hygiene while handling and preparing food.
- Reduce dependence on unhealthy and highly processed food choices.

3. Activity Description

Students were instructed to prepare a healthy and nutritious recipe at home using easily available ingredients. They were encouraged to choose recipes that were simple, practical, nutritious and suitable for their age group.

Students recorded a video while preparing their recipe, explaining the ingredients and the step-by-step preparation process in simple English. They were also instructed to maintain proper hygiene and cleanliness throughout the preparation.

Suggested recipes included:

- Rainbow Fruit Chaat
- Vegetable Sandwich
- Besan Vegetable Chilla
- Vegetable Poha

- Healthy Bhel
- Curd and Fruit Bowl
- Sprouts and Vegetable Chaat
- Corn and Vegetable Chaat

Students were encouraged to present their recipes creatively while focusing on their nutritional value rather than merely on taste or appearance.

4. Guidelines Given to Students

- Use easily available and nutritious ingredients.
- Maintain cleanliness and personal hygiene while preparing the recipe.
- Explain the ingredients and preparation procedure clearly.
- Record an original video of their own preparation.
- Explain the health and nutritional benefits of their recipe.
- Take adult assistance wherever cooking, cutting or handling heat was involved.

5. Evaluation Criteria

- Nutritional Value
- Taste and Creativity
- Presentation
- Clarity of Video and Explanation
- Hygiene and Cleanliness

6. Learning Outcomes

- Identify healthier alternatives to junk and highly processed foods.
- Understand the importance of including a variety of nutritious foods in their diet.
- Recognize the role of fruits, vegetables, cereals, pulses and other food groups in a balanced diet.
- Develop practical knowledge about preparing simple healthy meals.
- Apply classroom learning about nutrition to everyday life.
- Develop confidence in communication, creativity and presentation.
- Understand the importance of hygiene and safe food practices.

7. SDG Alignment

SDG 2 – Zero Hunger: The activity promoted awareness about nutritious food, healthy dietary practices and the importance of adequate nutrition.

SDG 3 – Good Health and Well-being: Students were encouraged to adopt healthier eating habits, reduce unhealthy food consumption and make informed food choices for better health and well-being.

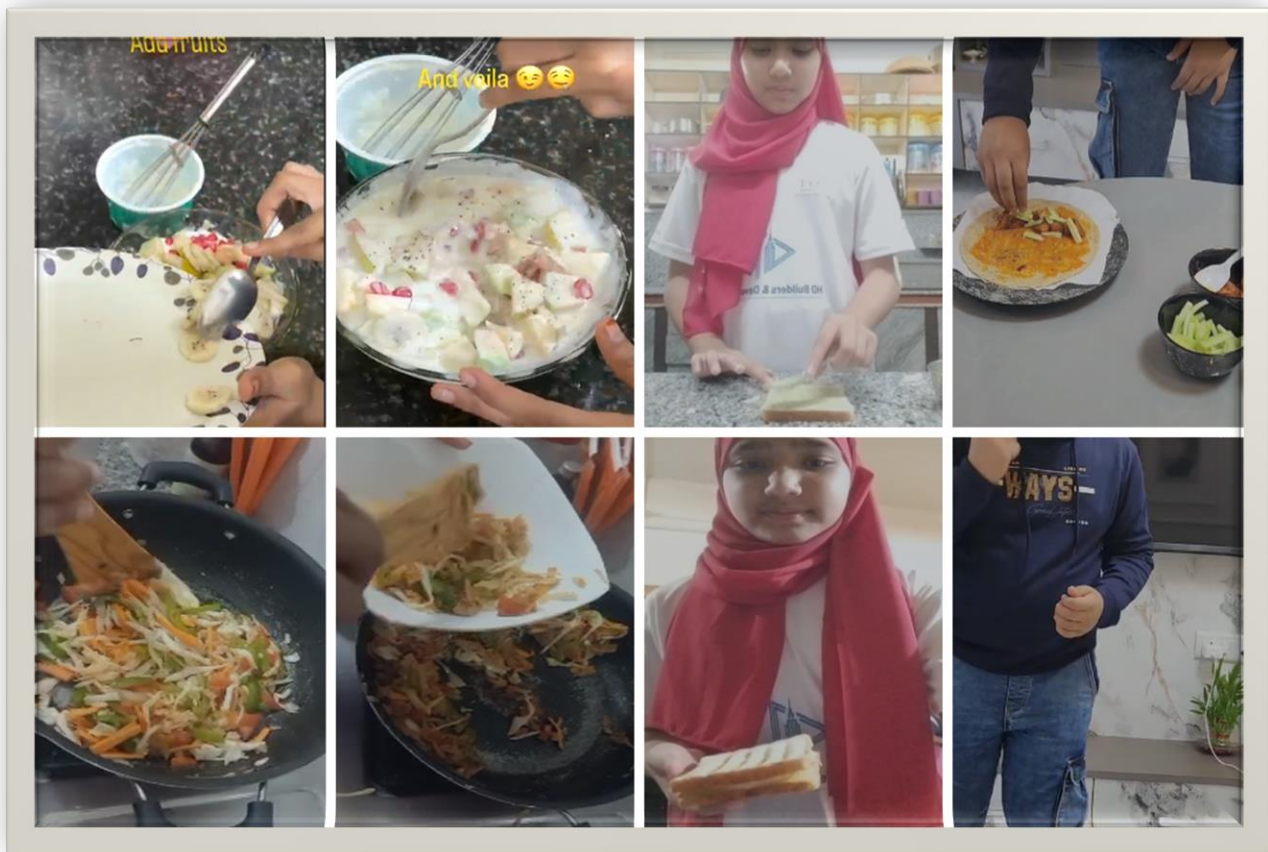
8. Conclusion

The Healthy & Nutritious Recipe Competition provided students with an opportunity to learn about nutrition through practical experience. Instead of learning about healthy food only through

textbooks, students actively prepared nutritious recipes, explained their nutritional importance and demonstrated healthy food practices.

The activity encouraged students to make small but meaningful changes in their everyday food choices and helped connect classroom learning with real-life healthy living.

"Healthy Food Today, Better Life Tomorrow!"



Health Awareness Session Report

Balanced Diet, Immunity & Healthy Lifestyle Habits

Date: 11 August 2026 **Standards:** 7th to 9th

Resource Person: Dr. Manisha Kanade (Dietician)

Venue: School Auditorium

Overview

An interactive health-awareness session was conducted for students of 7th to 9th standard on Balanced Diet, Immunity and Healthy Lifestyle Habits. Students actively participated in discussions, question-answer sessions and activities related to healthy food choices, hydration, exercise, sleep, hygiene and avoiding junk food.

As a Doctor and dietician, the session was interactive, informative and well received by the students. They showed enthusiasm and expressed their willingness to adopt healthier habits in their daily lives.

Heartfelt thanks to the school management, Principal, teachers and staff for giving us the wonderful opportunity to interact with the students.

Key Takeaways for Students

I always suggest to students that they take care of their health today to build a healthier tomorrow. Eat a balanced diet, drink enough water, stay physically active, sleep well, maintain good hygiene, and limit junk food and excessive screen time.

Listen to your body, never ignore persistent symptoms, and always seek proper medical advice when needed. Healthy habits are the foundation of a healthy and successful life.

— **Dr. Manisha Kanade**

Doctor & Dietician

Nutrition Today, Healthy Tomorrow

Dietitian Session by Manisha Kanade Mam — M.I. Hajwani Eng. Med. School, Khed



REPORT ON COMMUNITY AWARENESS INITIATIVE

Nutrition & Healthy Meals – SDG 2 & SDG 3

Activity	Community Awareness Initiative
Theme	Nutrition & Healthy Meals
Class	VIII
Project	Nutrition and Healthy Meals – SDG 2 & SDG 3
Date of Submission	13 August 2026
Organized by	Science Department, M.I. Hajwani English Medium School, Khed-Ratnagiri

1. Introduction

As part of the school-based project on Nutrition and Healthy Meals, aligned with Sustainable Development Goal 2 (Zero Hunger) and Sustainable Development Goal 3 (Good Health and Well-being), a Community Awareness Initiative was undertaken by Class VIII students. The activity aimed to extend nutrition education beyond the classroom by encouraging students to communicate healthy eating and lifestyle messages to their families, friends, neighbours and local community.

2. Objectives

To create awareness in the community about the importance of nutrition and healthy meals.

To encourage families and community members to adopt healthier eating habits.

To help students apply their classroom learning to real-life situations.

To develop students' communication, confidence and leadership skills.

To encourage students to become responsible health-awareness ambassadors in their community.

To promote practical and sustainable healthy lifestyle choices.

3. Activity Description

Students were asked to communicate important messages related to nutrition and healthy eating to people in their surroundings, including family members, friends, neighbours and other community members. Students could conduct the awareness activity individually or with a small group, depending on the situation.

Students communicated the message personally through conversation and could support their interaction with charts, posters, leaflets or other simple visual materials. They were encouraged to speak naturally and explain the importance of nutritious food, balanced meals, adequate water intake, physical activity and healthier food choices.

Students were permitted to communicate in English, Hindi or Marathi so that the message could be understood clearly by the people in the community. The activity focused on meaningful interaction and awareness rather than simply displaying a poster.

4. Key Awareness Messages

Eat a variety of nutritious foods every day.

Include vegetables and fruits regularly in meals.

Choose balanced, home-cooked meals whenever possible.

Drink sufficient clean water and stay hydrated.

Limit excessive junk food, processed foods, salt and sugar.

Stay physically active and maintain a healthy lifestyle.

Small changes in daily food habits can lead to better health.

5. Modes of Awareness

Personal conversation with family members, friends, neighbours or community members.

Use of self-prepared charts and posters.

Distribution or sharing of simple information and health tips.

Small group discussions or awareness interactions.

Short demonstrations or role-play-based communication, where appropriate.

6. Guidelines Given to Students

Communicate the awareness message clearly and respectfully.

Use simple language that the audience can easily understand.

The activity may be conducted in English, Hindi or Marathi.

Use posters, charts or other visual aids if they help explain the message.

Choose a safe and suitable place for the activity.

Focus on practical, positive and useful nutrition-related information.

Inform the Science Teacher about the activity/video being undertaken.

7. Evaluation Criteria

Accuracy and relevance of the nutrition message

Clarity of communication

Interaction with the audience

Creativity and effective use of visual aids

Confidence and presentation

Overall awareness impact

8. Learning Outcomes

Students developed a deeper understanding of the importance of nutrition and healthy meals.

Students learned to communicate scientific and health information to a wider audience.

Students gained confidence in speaking and interacting with different people.

Students developed leadership, teamwork and social responsibility.

Students understood how small changes in food and lifestyle habits can contribute to better health.

Students experienced how science learning can be applied to real-life community needs.

9. SDG Alignment

SDG 2 – Zero Hunger: The initiative promoted awareness about nutritious food, adequate nutrition and the importance of healthy and balanced meals.

SDG 3 – Good Health and Well-being: The initiative encouraged healthier dietary and lifestyle practices and promoted awareness of actions that support physical well-being.

10. Outcome and Impact

The Community Awareness Initiative provided students with an opportunity to move beyond classroom learning and actively participate in promoting healthy habits. By communicating directly with people around them, students were able to share practical nutrition messages and encourage healthier choices within their families and communities.

11. Conclusion

The Community Awareness Initiative was a meaningful student-led activity under the Nutrition and Healthy Meals project. It strengthened students' understanding of nutrition while developing their communication, confidence and sense of social responsibility. The activity demonstrated that students can play an important role in creating awareness and encouraging positive health practices in their communities.

"Eat Right • Stay Active • Stay Healthy • Inspire Others"



Al Madina Welfare Association's

M.I. Hajwani English Medium School, Khed-Rtg.

COMMUNITY AWARENESS

NUTRITION & HEALTHY MEAL

AWARE TODAY, HEALTHY TOMORROW!



Small changes in daily meals, big changes in life.

Good nutrition builds a healthy community. Let's spread awareness, create change, and inspire better lives!



HOW STUDENTS CAN CREATE AWARENESS



Talk to people in your society, neighborhood and community.



Display posters, charts and health tips in public places.



Distribute information leaflets and health tips.



Organize small awareness groups and discussions.



Encourage healthy eating habits for a stronger community.

KEY MESSAGES TO SHARE

-  Eat a variety of nutritious foods every day.
-  Drink plenty of clean water and stay hydrated.
-  Stay active and maintain a healthy lifestyle.
-  Choose home-cooked meals, less oil, less sugar, more health.
-  Good nutrition today, better health tomorrow.

TIPS FOR A HEALTHY PLATE



-  ½ Plate Vegetables & Fruits
-  ¼ Plate Whole Grains
-  ¼ Plate Protein (Pulses/Paneer/Eggs)
-  Don't forget – Water & Exercise!

BE A CHANGE MAKER!

Your awareness can bring a healthier community.





TOGETHER FOR A HEALTHIER SOCIETY!

Better Food,
Better Mood,
Better Life!

EAT RIGHT • STAY ACTIVE • STAY HEALTHY • INSPIRE OTHERS



Final REPORT

Students present what they learned from their nutrition activities or survey:

- Common breakfast and tiffin habits among students.
- Frequency of junk/processed food consumption.
- Awareness of balanced meals and healthy food choices.
- Whether students include fruits, vegetables, protein foods and water regularly.
- Common nutrition-related concerns noticed in the school.

2. Outcomes

- Students gained better knowledge about balanced diets.
- Students became more aware of healthy tiffin choices.
- Increased preference for fruits, vegetables, sprouts, nuts and homemade foods.
- Reduced interest in junk food and sugary drinks.
- Students learned the importance of hydration and regular meals.
- Students became able to plan age-appropriate healthy meals.

3. 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.

4. Evidence to Present

- **Before-and-after survey results**
- Charts/graphs showing food choices
- Photos of nutrition awareness activities
- Healthy tiffin charts/pamphlets
- Sample age-wise meal plans
- Student feedback
- Examples of healthy tiffins
- Suggestions collected from students, teachers and parents

5. Recommendations to School Leadership

practical suggestions for students:

1. Continue regular nutrition-awareness sessions.
2. Encourage healthy homemade tiffins.
3. Promote fruit and vegetable consumption.
4. Limit junk food and sugary drinks on campus.
5. Display healthy-meal posters around the school.
6. Conduct healthy-tiffin days or nutrition weeks.
7. Involve parents in nutrition education.
8. Review students' nutrition awareness periodically.

“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.”

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

Expected long-term impact: Better food choices, improved nutrition awareness, healthier tiffin habits, and a sustainable culture of healthy eating throughout the school.



Al Madina Welfare Association's M.I.Hajwani English Medium School and Jr.College, Khed-Rtg.

NUTRITION AND HEALTHY MEALS PROJECT

Thank You!

We extend our sincere gratitude to everyone
who supported, guided and encouraged us
in making the Nutrition and Healthy Meals Project
a meaningful success.



To Our Students

for your enthusiasm,
creativity and
active participation.



To Our Teachers

for your guidance,
support and
valuable time.



To Our Parents

for your cooperation
and constant
encouragement.



To Our Experts

for sharing your
knowledge and
inspiring us.



To Our Community

for your support
in promoting health
and well-being.



PROJECT THEME



SDG 2
ZERO HUNGER



SDG 3
GOOD HEALTH
AND WELL-BEING

Together for a Healthier Tomorrow!