

MODERN SCHOOL, GREATER NOIDA

Circular No. : MSGN/CFO/23-24/09

DATE 04/08/2023

CIRCULAR

Dear Parents

It has been observed that children are not eating anything in the morning. We request all the parents to kindly ensure their ward is eating proper healthy breakfast in the morning before coming to school.

Needless to mention, morning breakfast is the most important meal of the day. Breakfast helps the children to start their day with delicious and healthy meal. Children eating breakfast exhibit, improved concentration, increased energy levels, happy mood, better immunity and show active engagement in all activities.

Some must haves in your child's breakfast are food rich in whole grains ,fruits, protein ,milk , banana, eggs , toast, oats , cereals, sprouts, smoothies, yogurt ,nuts seeds and berries.

Offer and encourage your child to enjoy a wide range of nutritious food .We request parents to avoid sending packaged or processed food, junk food and aerated drinks in school lunch box.

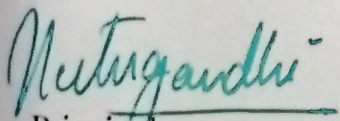
Children learn and grab good healthy habits eating together.

Few suggestive items to help mothers pack a healthy lunch box for their children.

1. One seasonal fruit
2. Roti/Parantha and dry vegetables, home made rolls.
3. Recipes with sooji, besan, ragi like upma, idli, dosa, poha etc.
4. Rice and cereals /pulses
5. Stuffed Paranthas.
6. Avoid fried and oily food items, refrigerated and reheated food. Freshly cooked food items are healthy for everyone.
6. Any other home made healthy food item of your choice.

Parent can prepare their own meal chart for the child as per their convenience.

Let us together raise the generation of healthy and happy children.


Principal