



## Sri Vidyamanya Vidya Kendra

Affiliated to CBSE

Vidyamanya/23/25-26/PKG to II

**CIRCULAR**

Dt.19.07.2025

**Dear Parents,**

**Greetings,**

*“Healthy Food, Happy Mood! Let’s grow strong with nature’s best”*

To encourage healthy eating habits and nutritional awareness, our school is celebrating **Healthy Food Week** from **28th to 31st July 2025** for students of **Pre-KG to Grade 2**.

As per CBSE guidelines, it is vital to help children understand the value of consuming sugar-free, oil-free, and nutrient-rich foods. This initiative aims to instil mindful eating and appreciation for natural, wholesome meals.

### **Healthy Menu Plan**

Date	Day	Theme	Objective
28-07-2025	Monday	<i>Sprouts Day</i>	Benefits of protein-rich sprouts
29-07-2025	Tuesday	<i>Sweet Treats with jaggery &amp; multigrains (e.g., moong dal/chana dal payasam)</i>	Understanding natural sweeteners and fibre
30-07-2025	Wednesday	<i>Chapathi (in shapes) with Veggie Kurma</i>	Creative eating with vegetables
31-07-2025	Thursday	<i>Fruits Day</i>	Importance of daily fruit intake

### **Student Participation**

Each day, children will speak a few lines about the healthy food they bring. This will boost their confidence and help them learn about nutrition through fun, hands-on experience.

Let’s work together to build a strong foundation of healthy habits. We appreciate your support in sending the suggested food and encouraging your child to participate.

**Warm regards,**

**Team Vidyamanya**