

Circular No: LPS/2023-24/04 Date: 20th April, 2023

TIFFIN – HEALTHY AND MANAGEABLE

# “To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.” – Buddha

Dear Parent,

# Both parents and teachers are concerned about their children intake of wholesome, delicious, and fresh diets. Strict dietary restrictions or restricting yourself of the things you enjoy are not necessary for healthy eating. Instead, it's about enjoying our meals and getting the nourishment and energy we need from them.

# SOME BASIC HEALTHY EATING TIPS:

* The child must be encouraged to eat home cooked food and avoid packaged or processed foods.
* Eating a healthy breakfast to kick-start the day with a lot of energy and enthusiasm.
* Inculcating the habit of eating dinner early so that there is adequate gap between dinnertime and bed time.
* Avoiding sugary drinks and foods, cutting down on candies, cakes, cookies or biscuits and replacing them with fruits and nuts.
* Adding foods that are rich in dietary fiber will help avoid constipation, which is very common among the children of this age.

# Parents frequently pack their child's lunches with more food than they can consume at school in an effort to give their loved ones a healthy lunch, which causes the child to feel uncomfortable and unhappy. Additionally, it results in the undesirable wastage of extra food in the tiffin. A child's emotional health benefits from the sensation of satisfaction and joy they experience after finishing their meal. We created a five-day menu with options for each day to help our parents choose and prepare the ideal tiffin for their loved ones while keeping this in mind.

# TIFFIN MENU FOR A WEEK

* **MONDAY.** 2 Idlis with chutney/2 plain dosa with chutney/1 besan/daal chila + a Banana + 4 soaked and peeled almonds
* **TUESDAY.** 2 Vegetable/Spinach/Chana Cutlet/ Aloo Tikki /Hara Bhara Kabab + an Apple + 2 soaked and peeled walnuts
* **WEDNESDAY.**1 stuffed paratha (potato/paneer/cauliflower) or a paratha roll (paneer/veggies) + a pear + 4 soaked and peeled almonds
* **THURSDAY.** Vegetable sandwich/ Paneer Sandwich/ Boiled potato sandwich (Dressing – green chutney/hung curd/ home-made mayo) + seasonal fruit + 1date
* **FRIDAY**. Homemade Pasta/Macaroni/Noodles/Vermicelli with lots of veggies + 1 apple + 2 pieces dried apricots/figs/peaches/cranberry/any dry fruit

The above is a suggestive menu for your reference. We are sure, it will be of great help to all the parents in deciding and packing a healthy and tasty tiffin for your wards.

Let’s join hands towards inculcating a healthy lifestyle right from the formative years.

 Regards

 Dr. Bhavna Chibber

 Principal

