



**Club Project Spotlights May Month:**

- The Young Dietitian Club members conducted a survey to study the food habits of school-going children.
- The members found that students enjoy foods like paneer and prefer fast food once or twice a week.
- It was also observed that children do not prefer eating vegetables during school hours.
- To promote healthy eating habits, the club prepared nutritious and tasty tiffin recipes for students.
- Students added seasonal vegetables in the wraps, salads, pulao and cheela for tasty options.
- The project successfully created awareness about balanced and healthy food choices among children.



**VEGGIES ROTI WRAP AND SOYA SALAD**



**BESAN CHILLA  
VERMICILLI PULAO**



**MIX VEGGIES SALAD**



**HEALTHY MAKHANA SNACK**



**VEGETABLE PULAO**

**Student Voices :**

- “We enjoyed visiting classes and learning about students’ food choices.” Sukhleen Kaur  
 “We found that children like paneer and homemade food but avoid vegetables.” Kiranpreet Kaur  
 “We were amazed to see how vegetables can be added creatively in pulao, salads.” Jagjot Kaur  
 “This project taught us that healthy food can also be tasty and attractive.” Harmanjot Kaur  
 “We learned how nutrition can be made fun and interesting for children.” Gunreet Kaur



**Project Goals:**

- To encourage healthy eating habits among school-going children.
- To promote nutritious and creative tiffin ideas among students.
- To spread awareness about the importance of balanced nutrition.
- To develop students' practical knowledge about healthy foods.

**Process/ Steps:**

- Conducted a survey to study food preferences and eating habits.
- Different healthy tiffin recipes were distributed among participants.
- Prepared nutritious dishes like gram flour chilla, vegetable pulao, veggies roti wraps, soya salads, and healthy makhana snacks.
- Recipes were presented to inspire children towards healthier choices.

**Skills Learned :**

- Learned creative ways to add vegetables and nutrition to daily meals.
- Increased awareness about balanced and healthy eating habits.
- Children explored healthy alternatives to fast food and junk food.
- Enhanced cooking skills, creativity, and nutritional understanding.

**Challenges and solutions:**

During the project, club students faced challenges in collecting food preference data and preparing healthy recipes that children would enjoy. To overcome this, they interacted with students, worked collaboratively, and creatively added nutritious ingredients and vegetables into tasty dishes like wraps, pulao, cheela, and salads. This helped them prepare healthy and child-friendly tiffin recipes successfully.



**Meet the Team :**



**Jagjot Kaur  
XII B**



**Kiranpreet Kaur  
XI B**



**Sukhleen Kaur  
XI B**



**Gunreet Kaur  
XI B**



**Harmanjot Kaur  
XII B**