



D Y Patil International School, Nagpur

DYPISN/Admin /2024-25/August/50

Date: 30th August, 2024

Dear parents,
Greetings of the day!

This is to inform you that School is celebrating **Nutrition Week** and will be conducting different activities in our school from **1st September 2024 to 7th September 2024**.

1) The following activities are planned for event and students have to bring required material.

Sr. No.	Day	Activity
1	02/09/2024	Inter House Culinary Art Competition [Grade-III to IX] NOTE :- Students have to make food items from given fruits or vegetables * You can use vegetables and fruits like cabbage, Carrot, Watermelon, Pineapple, Bottle gourd, Bitter gourd etc.
2	02/09/2024	Sandwich Making (Grade I and II) * 2 Bread slices, carrot, Cucumber, Corn, Tomato, 1 cheese slice, 2 tb butter, 1 plate, spoon and 1 small pouch of tomato ketchup.

2) Students have to follow below diet plan:

Sr. No.	Day	Diet Plan	
		Breakfast	Lunch
1	01/09/2024 [Sunday]	* Fermented Food (Dosa, Idli, Uttapam)	* Two chapati with Leafy Vegetable (Chapati should be Multi grained like Wheat, Ragi, Sattu)
2	02/09/2024 [Monday]	* Poha / Upma	* Plain Rice with mix pulses curry
3	03/09/2024 [Tuesday]	* Vegetable Sandwich	* Chapati with any seasonal vegetable or green vegetable
4	04/09/2024 [Wednesday]	* Beetroot Paratha with Curd or * Palak Paratha with Curd	* Rajma Chawal / Chole Chawal
5	05/09/2024 [Thursday]	* Small sized moong dal chilla	* Any paneer curry with paratha
6	06/09/2024 [Friday]	* Vegetable Appe	* Mix Vegetable with chapatis
7	07/09/2024 [Saturday]	* Sprout Salad	* Vegetable pulao

We would appreciate if your ward actively participates in "**Nutrition Week**" activities being conducted during the classes.

Be Healthy!

Best Regards
DYPIS, Nagpur