



JKPS

'B' Paschimi, Shalimar Bagh, Delhi-110088

Report on Diet and Nutrition Workshop

Date: 16 September 2025

A workshop on **Diet and Nutrition** was conducted for the students of **Class III** to make them aware of the importance of healthy eating habits. The session began with a simple and interactive explanation of the process of digestion, helping children understand how food is broken down in the body and converted into energy.

The students also learned about the components of a balanced diet, including the importance of fruits, vegetables, proteins, grains, and water for proper growth and development. Special emphasis was laid on the role of probiotics in maintaining a healthy gut and boosting immunity.

To make the session more engaging, a short educational movie was shown, which explained the functions and benefits of probiotics in a fun and easy-to-understand manner. The children enjoyed the visuals and could relate better to the concepts.

Overall, the workshop was **interactive, informative, and enjoyable**. It successfully encouraged students to adopt healthy eating habits and understand the importance of good nutrition in their daily lives.

