

Report on Cornitos workshop

“Your diet is a bank account, Good food choices are good investments.”

Keeping pace with the trend of healthy snacking a Cornitos workshop was conducted for classes I to IX on “Health and nutrition” by “Cornitos” wherein students were guided about healthy & nutritive food.



Students were informed about healthy eating, balanced diet, and various nutrients found in food items. It was a health oriented workshop inclusive of fun games for the student as well as for the teachers.

For students the games full of physical activities were organized and for the teachers it was a tongue twister.

During the question answer session, children were awarded with small gifts. Students were told simple life style habits that can significantly contribute to wellness. Everyone was asked to avoid junk food and advised to indulge themselves

in some kind of physical activities. The workshop concluded with a



pledge to only eat healthy food and avoid junk food. Students were asked to share their experiences and takeaways. A video demonstrating eating healthy nachos was also shown and small Knick- knacks of nachos were also provided to everyone. The event witnessed loud cheering, clapping and joyous laughter



