



Indian Public High School, RAK

CIRCULAR NO: IPHS/16-17/017

April 28, 2016

Dear Parents,

RESTRICTED TO KG
SUBJECT: HEALTHY EATING – DIET CHART






Healthy eating is an important habit that should be developed in an early age.

Here is our first step to create awareness among the children, the importance of eating **Vegetables and Fruits** and include them in their everyday diet.

In this regard, we seek your cooperation for providing the children **nutritious food** in their **Tiffin Box**.

Kindly follow the below given **Diet Chart**.

Healthy Eating – Diet Chart

Day	Food in Tiffin Box
Sunday	<p>Fermented/ Steamed Food Eg: Idli, Dosa with Chutney, Dhokla, Appam etc. With handful of Grapes.</p> 
Monday	<p>Vegetable Sandwich with 2-3 seedless Dates.</p> 
Tuesday	<p>Paratha/ Roti with Vegetable dry curry or Jam with one Apple cut into pieces.</p> 
Wednesday	<p>Sprouted or boiled Pulses with paratha or as a sandwich Eg; Green gram, Black chana, Chick Peas etc. With Pomegranate or a few pieces of Pear.</p> 
Thursday	<p>Child's wish</p> 

Thanks


Vasanthi S.
Supervisor