

Interaction with Dietician

Date: 15th September, 2020

Grades: III-V

“The greatest wealth is health” – Virgil

Ridge Valley School hosted the guest lecture series on 'Nutrition for Well-being'. It was an informative session highlighting the practical and theoretical aspects of Nutritional and dietary intake of healthy food.

The session began with the introduction of the Nutritionist Ms. Himani Kukreja who is the founder of “Nutrie_Li” and a Consultant in weight management and Therapeutic Diet.

Ms. Himani engaged the students in discussing various aspects of Nutrition and what forms the basis for a balanced diet.

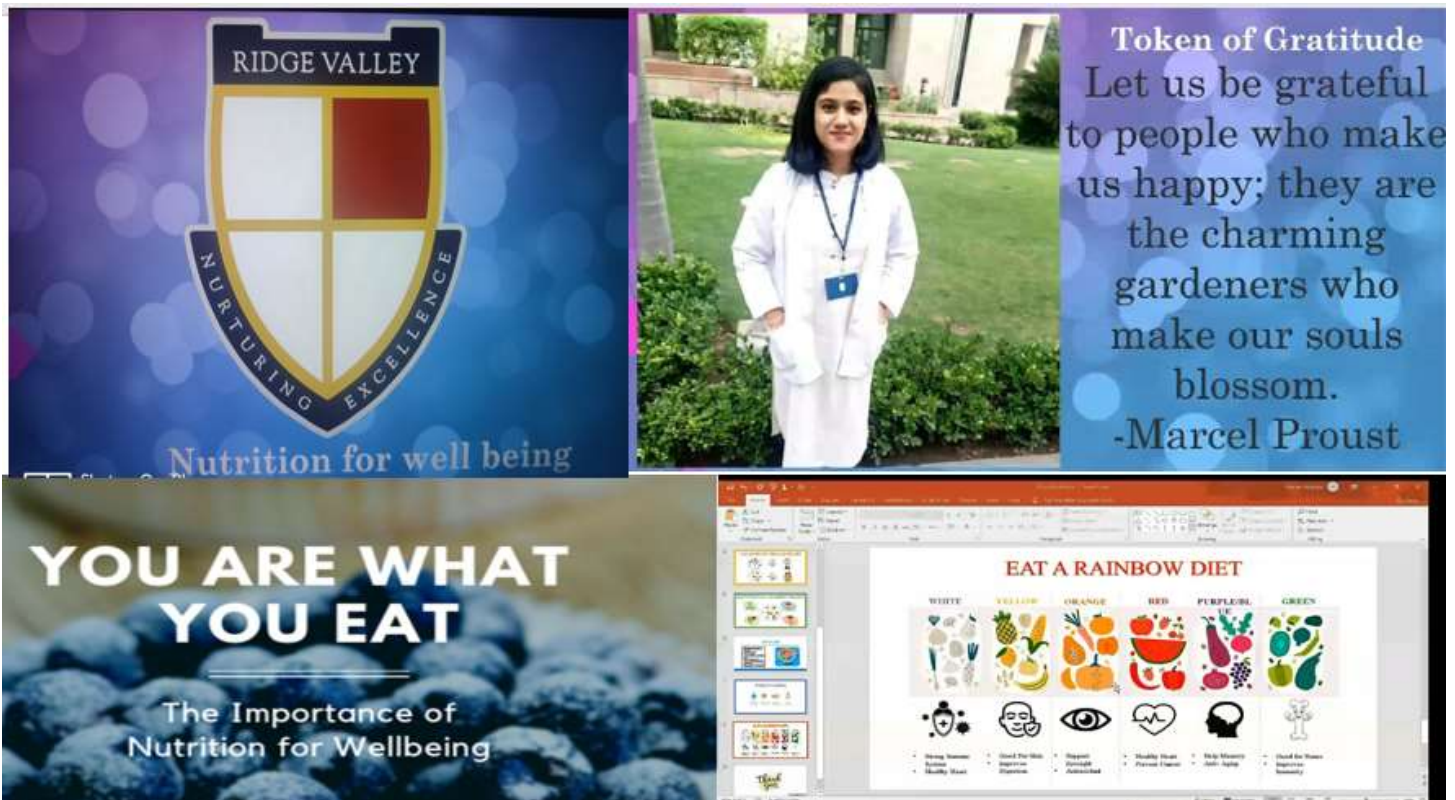
Interesting activities kept the students attentive and alert throughout the session.

Students thoroughly enjoyed the quiz during the session and were eager to ask questions.

The session was concluded by felicitating the guest speaker with a token of gratitude from the students of RVS of grade 3 to 5 in the form of Thank You messages on a collaborative board.

It was indeed an enlightening and knowledgeable session.

Please find below glimpse of the day.





giving us information



Vedanshi
Thank you for sharing valuable tips with us. Your session was truly informative.



giving us good suggestions



thank you very much for telling us so much about how to maintain our immunity and what to eat in different circumstances. – Tanaya Ghuriani



guiding us to be healthy. It is a pleasure that you gave us so much information. I wish I could have met you but the pandemic is going on. Thank you maam for everything you have done for us.



Absar
Thank you for explaining us about how we can take care of our body and health.



Kaiesha Bola
Dear ma'am, It was a pleasure being a part of your workshop. I learnt a lot from the workshop you conducted. I thank you for giving us so much knowledge about diet. Regards, Kaiesha Bola Grade 5A Ridge Valley School



mehreen khanna
Thank you mam for your guidance and giving us information about staying healthy !!



Winda.s
Dear Ma'am, Thankyou for sharing such a special day with us and for telling us about food it. It has been a priverlige to have you in our day and

