



Name

Class Section

Subject

School

**GROWING CHILDREN NEED EXTRA PROTEIN, IRON AND ENERGY.
PEANUTS, GUR & GRAM TAKE CARE OF THIS NEED.**

Food and Nutrition Board, Ministry of Women & Child Development, Govt. of India



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**TAKE MILK, CURD OR LASSI WITH MEAL AND MAKE
YOUR FOOD COMPLETE AND BALANCED**

Food and Nutrition Board, Ministry of Women & Child Development, Govt. of India



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**EAT SEASONAL FRUITS AND VEGETABLES
AND BE FIT AND ACTIVE**

Food and Nutrition Board, Ministry of Women & Child Development, Govt. of India



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**EAT GREEN LEAFY VEGETABLES DAILY.
THESE ARE RICH IN VARIOUS NUTRIENTS**

Food and Nutrition Board, Ministry of Women & Child Development, Govt. of India