

National Nutrition Week, 2024 at Jacob Matriculation Higher Secondary School

Introduction

Jacob Matriculation Higher Secondary School (JMHSS) actively participated in the National Nutrition Week, a global healthcare event dedicated to promoting nutritional awareness. Observed annually in India during the first week of September since 1982, the event aims to emphasize the significance of a nutritious diet for overall well-being.

Theme and Objectives

The theme for National Nutrition Week 2024, "Nutritious Diets for Everyone," aligned with the United Nations' sustainable development goals. This theme highlighted the importance of ensuring that individuals at all stages of life have access to diets that meet their nutritional requirements.

Activities at JMHSS

JMHSS organized various activities to educate students about the benefits of a nutritious diet and the detrimental effects of unhealthy eating habits. Some of the key activities included:

- **Food Displays:** Students showcased a diverse range of highly nutritious foods, demonstrating the variety of options available for a balanced diet.
- **Educational Materials:** Charts and placards were displayed to visually convey the importance of a nutritious diet and the negative consequences of consuming junk food.
- **Speeches and Presentations:** Science department teachers, the Head of Department, Vice Principal, and Incharges delivered informative speeches emphasizing the significance of a healthy diet and the need to reduce junk food consumption.

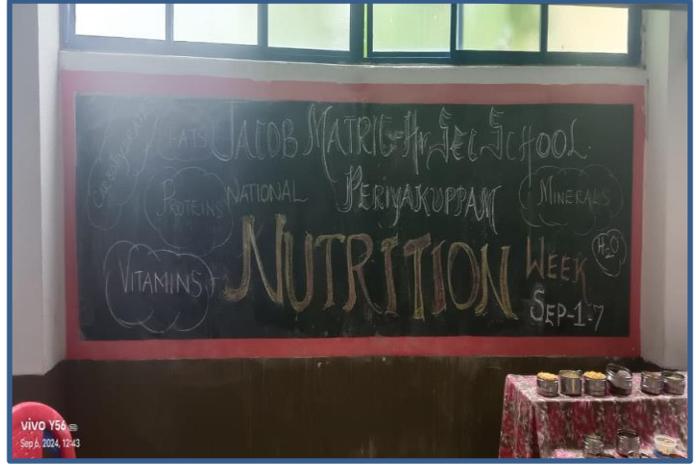
Impact and Learning Outcomes

Through these activities, JMHSS successfully conveyed the importance of a nutritious diet to its students. The event provided a valuable opportunity for students to learn about the different food groups, their nutritional benefits, and the impact of their dietary choices on their overall health. By understanding the significance of a healthy diet, students are more likely to make informed choices about their food consumption and prioritize their well-being.

Conclusion

Jacob Matriculation Higher Secondary School's participation in National Nutrition Week was a commendable initiative. The event not only raised awareness about the importance of nutrition but also provided students with practical knowledge and skills to make healthier dietary choices. By fostering a culture of nutritional awareness, JMHSS is contributing to the overall health and well-being of its students and the community.





JACOB MATRIC HR SEC SCHOOL
PERIYAKUPPAM

National Nutrition Week.

Observed From 1st - 7th September

Aims to create awareness about Good nutrition and health.

In this week, initiatives taken up by the school for creating awareness about nutrition, good food, healthy body, mind and lifestyle.

EAT WELL FOR A HEALTHY & HAPPY LIFE

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