

Healthy Salad/Chaat Making Activity (Class - I)

‘One, who eats healthy, stays healthy’

To relish the weather and to have a sumptuous healthy treat, class one conducted ‘Salad/Chaat Making Activity’ on 30th July 2018. The students of different sections brought various ingredients such as boiled sprouts, diced fruits, chopped vegetables, puffed rice, ground nuts, chaat masala, lemon etc. to make the preparation. They whole heartedly tossed the ingredients and prepared their favourite tangy fruit chaat, jhalmuri, assorted salad, bhelpuri, sprout salad and satisfied their taste buds by enjoying their self prepared recipe. The idea behind the activity was to leave a nutritional impact on students and to encourage them to adapt and value healthy life style.



