

Report-Sugar Board Activity

Towards a Healthier Diet: Reducing Unhealthy Sugar and Embracing Better Alternatives

Our school consistently promotes healthy eating habits. Aerated drinks are not served in the cafeteria, and all meals are freshly prepared in consultation with our school nutritionist and the efficient catering team. To ensure that these efforts remain student-centric and responsive, a dedicated student body regularly provides feedback and conducts checks on the menu to maintain nutritious standards.

As part of our ongoing initiative to encourage healthier dietary choices, an interactive workshop was organised for Eco Warriors and Health Council members from Classes IV to IX. Led by our school nutritionist, Dr. Rashmi Agarwal, and catering head, Ms. Puneeta Arora, the session focused on the health risks associated with excessive sugar and carbohydrate intake.

Further reinforcing these messages, a presentation highlighting the connection between high carbohydrate and sugar consumption and the risk of diabetes has been uploaded on the Smart Class platform for students of Classes IV to XII. Eco Warriors and Health Council members facilitated class discussions to deepen peer engagement on the topic.

In addition, a dedicated notice board near the cafeteria displays important information on recommended daily sugar intake for children and commonly overlooked sources of hidden sugars, helping students make more informed food choices. Similar boards have been put up in junior wing.

Our Director-Principal, Ms. Aditi Misra, addressed students and parents on the harmful effects of excessive sugar consumption, emphasising the importance of making healthier lifestyle choices. This initiative was in line with the CBSE directive to raise awareness about the health risks associated with high sugar intake.



