

National Nutrition Month Celebration by Department of Food and Nutrition at Amala Vidya Mandir, Raidighi (6 to 9 years)

Sunlight dappled through the trees of Amala Vidya Mandir as the aroma of freshly baked muffins filled the air. Laughter and eager chatter mingled with the clatter of pots and pans, a vibrant symphony emanating from the schoolyard. Raidighi College's Department of Food and Nutrition, armed with knowledge and a passion for well-being, had descended upon the school to celebrate National Nutrition Month in a unique and engaging way.

Gone were the sterile classrooms and dry lectures. Today, the schoolyard transformed into a culinary classroom, a stage for interactive learning and delicious exploration. Students from Raidighi College, transformed into temporary nutritional educators, guided their younger companions through hands-on workshops. Deft hands measured, chopped, and kneaded, mixing healthy ingredients into scrumptious delights. Banana oat muffins yielded to the magic of baking soda, beetroot salads morphed into vibrant rainbows on plates, and fruit shakes whirred to life, promising a burst of vitamins and energy.

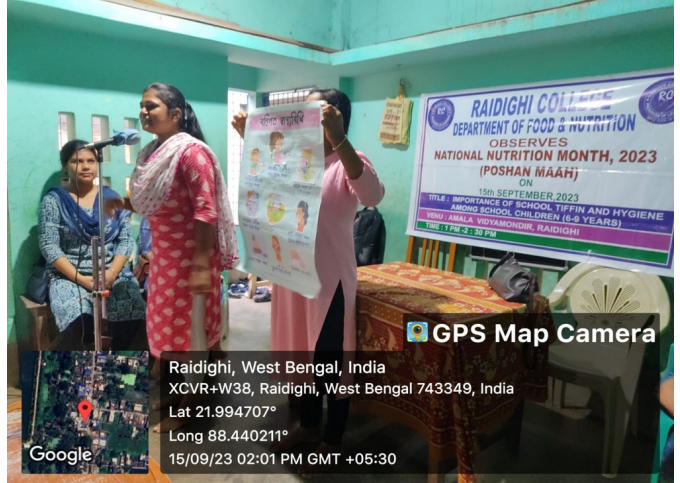
But the learning wasn't confined to the kitchen. Interactive quiz games tested the youngsters' knowledge about healthy choices, while puppet shows and catchy rhymes brought complex nutritional concepts to life in a way that resonated with their laughter. Soon, the schoolyard buzzed with chatter about balanced meals, hidden sugars, and the importance of water.

By the end of the day, more than just bellies were full. Amala Vidya Mandir students carried home not just the sweetness of muffins and the tang of beetroot salad, but the seeds of nutritional awareness. Raidighi College, through its innovative celebration, had not only brought the joy of cooking to young minds, but had also planted the seeds of healthy habits that would take root and flourish long after the day was over. This wasn't just a National Nutrition Month event; it was a promise, a pledge to empower younger generations to make informed choices, one delicious bite at a time.





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