

Healthy Tiffin Contest

Don Bosco Academy, Nerul organized Healthy Tiffin Contest for the parents of Pre-Primary of Don Bosco Senior Secondary School, Nerul on 23rd September 2022 at the assembly hall in the school premises. 24 enthusiastic parents participated in the contest to promote the importance of home-cooked nutritious food. The contest was an initiative by the school management and teachers under the aegis of Don Bosco Academy, Nerul to promote eating of healthy wholesome food and saying no to junk food.

Parents were to present the pre-cooked homemade healthy food in their tiffin boxes and to speak about its nutritional facts. Parents came well equipped with complete materials such as table mats, spoons, table napkins, apron, chef hats, recipe, etc. The contest was inaugurated by one of the judges: Ms. Kajal Karthik Shetty, a nutritionist by profession. The other judges were Ms. Jovita Dsouza and Mr. Naveen Carlo who are also avid food enthusiasts to judge this contest which was bursting with talent.

The first prize was bagged by Ms. Prachi Shyam Dhane, the second prize by Ms. Brenda J Fernando, and the third one by Ms. Aishwarya Piyush Alset. There were many spot prizes to encourage participants. The contest was a great success as the purpose was met to promote good, healthy, tasty, and nutritious food. It was indeed a special day for our parents who are also our collaborative contributors as they got an opportunity to make some memories with the school and learned so much about eating healthy home-cooked food for a healthy life.



Newshand

NAVI MUMBAI, THANE, URAN, PANVEL, RAIGAD

Sunday, 25 September 2022

3

Indrani Basu

With an aim to promote healthy food habits and to say no to junk food, Don Bosco Academy, Nerul organized a Healthy Tiffin Contest for the parents of pre primary section on 23rd September 2022 at the school premises.

Parents, mainly moms, took part in this contest to showcase their skills in cooking healthy tiffin. The competition was an initiative of the School Management and teachers under the aegis of Don Bosco Academy, Nerul to promote eating healthy wholesome meals and saying no to junk food.

Twenty-four parents participated in the

Don Bosco School holds healthy tiffin contest

Aimed at promoting healthy eating habits among students



'Healthy Tiffin Competition' to promote the importance of home-cooked nutritious food. Parents were to present the pre-cooked homemade healthy food in their tiffin and to speak about its nutritional values. Parents came well equipped with complete

materials like table mats, spoons, table napkins, aprons, chef hats and also with their recipes to share with the judges as well as other contestants.

The competition was inaugurated by one of the judges Mrs Kajal Karthik Shetty, a nutritionist by profession.

The other judges, Mrs Jovita Dsouza and Mr Naveen Carlo, are also avid food buffs who brought in their experience to judge this contest.

The competition which was bursting with talent witnessed colourful tiffin ready in the tiffin box tagging with the

nutritional values, calories contents, amount of carbohydrate, protein and other essential nutrients. Every participant narrated the recipe and also shared about the wholesomeness of the tiffin.

The first prize was bagged by Mrs. Prachi

Shyam Dhane, while Mrs. Brenda J Fernando and Mrs. Aishwarya Piyush Alset clinched the second and third prize respectively.

There were many spot prizes for motivating the participants.

"The contest was a great success as the purpose was met to promote good, healthy, tasty and nutritious food. It was indeed a special day for our parents who are also our collaborative stakeholders as they got an opportunity to make some memories with the school and learned so much about eating healthy home cooked meals for a healthy body," shared the coordinator of this contest.