



ITL celebrates ‘World Food Day 2019’

“End hunger, achieve food security and improved nutrition and promote sustainable agriculture” – Sustainable Development Goal 2 given by United Nations.

ITL Public School celebrated **World Food Day** on **October 16, 2019** with an interactive workshop with a renowned nutritionist Ms Ridhima Batra, Founder and CEO of **Nutrition Defined**- an organisation that aims to make people adopt healthy and sustainable food habits. The theme of World Food Day 2019 focused on "Our actions are our future. Healthy diets for a **“zero hunger world”** which calls for action."

The first session of the workshop was centred around **"Healthy eating habits, managing stress and career opportunities in the field of Food and Nutrition"** for students of class X and XII which included presentations on different aspects of stress, that can be good stress (eustress) and bad stress (distress), difference between stress and anxiety. Students were given a worksheet which helped them know about their stress levels by calculating a cumulative score on the basis of symptoms they face during stress.

The speaker further discussed effective techniques of managing stress with five pillars of health, making a diet plan, combating cravings with good fat foods like dark chocolate, fish rich in oils, nuts etc, frequent snacking that helps in boosting up metabolism, importance of breakfast, growth hormone secretion during sleeping cycles of 7-9 hours, significance of exercising regularly, top colleges and career prospects in the field of Food and Nutrition.

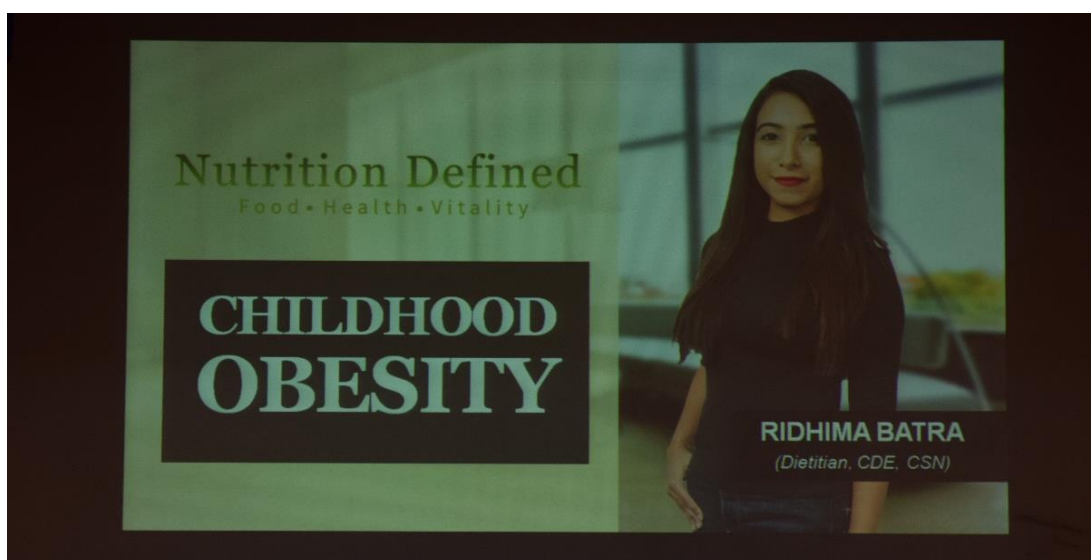
The erudite speaker gave the mantra “When diet is wrong .medicine is of no use, when diet is correct, medicine is of no need”

The second session of the workshop was for students of classes VIII- IX and it focused primarily upon **"Childhood Obesity"**. Students learned about differences between obesity and overweight, causes leading to obesity, prevention and measures including a balanced diet with distinguished meal plans with right proportions of nutrients and fibre foods. Worksheets were also given to the students in which they learnt to calculate their Body Mass Index, which was followed by a concluding quiz. The workshop ended with an interactive quiz in which all students participated with great enthusiasm.

A sample diet plan, along with healthy recipes were also provided to everyone .This workshop widened the horizon about the relationship between nutrition and health among students, and helped them learn about leading a healthy lifestyle.



Students interacting with the resource person



The second session dealt with Childhood Obesity



Interactive session was thoroughly enjoyed by the students



Resource person discussing the mechanism of coping with stress