



Pulses and beans provide body building elements. Meat, eggs, fish and milk and milk products are richer in proteins.

Oils and ghee provide lubrication besides extra energy. Children need to eat enough fats. Weight for weight, they give double energy as compared to cereals.

Green leafy vegetables and fruits help in blood formation. Vegetables also give us the fiber (roughage) necessary for normal bowel movements.

Body requires some minerals like calcium, iron, iodine and zinc. Some nutrients called vitamins are necessary in small quantities. Both these are present in vegetables, fruits, sprouts and salts.

You know that drinking water is good for you, but did you know that every systems and organ of body depends on water. Water is essential for all body functions.

Do not

- Do not drain and throw away extra water while cooking rice.
- Do not overcook vegetables.
- Do not over polish rice or remove bran from flour.

Concept of a square meal –A colourful meal

A square meal has many colours.

- The grains are white or brown. Eggs and fish are also white-grey. Milk and curds is white
- Pulses are yellow. So are fats and some fruits
- Leafy Vegetables are green.
- Fruits are mostly red and orange. So is meat and chicken.

