CASE STUDY

"ADDRESSING NUTRITION AND HEALTHY HABITS IN KIDERGARTEN- THE IMPACT OF DIET ON LEARNING AND BEHAVIOUR"

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IMPORTANCE OF NUTRITION AND HEALTHY HABITS

- Supports Healthy Growth And Development



- Enhances Cognitive Function And Academic Performance
- Reduce Risk Of Chronic Diseases
- Foster Healthy Habits And Lifestyle Choice

ESTABLISHING HEALTHY HABITS FOR OVERALL DEVELOPMENT AND WELLBEING

- Balanced Nutrition
- Regular Physical Activity
- Adequate Sleep
- Proper Hygiene
- Emotional Wellbeing



OBSERVATION OR RESULT SEEN IN THE CHILD

- Physical Health
- Growth Parameters
- Cognitive And
- Behavioural Aspects



RECOMMENDATION

- Dietary Modifications
- Parental Involvement
- School Initiatives



“The Food You Eat Can Be Either the Safest And Most Powerful form Of Medicine Or The Slowest Form Of Poison”

THANK YOU



