



SCR
GLOBAL SCHOOL

Circular No-SCRG/348/21-11-22

**Dear Parent,
Greetings!!**

**WELLNESS WEEK
(22 to 25 November 2022)**

Theme – Feeding smart right from start...

Wellness is the ‘process of providing or obtaining the food necessary for health and growth.’ It is well-known fact that eating a well-balanced diet rich in fruits, vegetable and whole grain provides a proper nutrition to lead a healthy lifestyle.

Let us all follow the wellness chart, and encourage the young ones to observe, practice and share good nutrition habits.



YUMMY TUMMY WELLNESS WEEK

DATE	DAY	FOOD
22-11-22	TUESDAY	Vegetable Parantha with Rajma
23-11-22	WEDNESDAY	Vegetable Upma + Green /Tomato Chutney
24-11-22	THURSDAY	Dal & Rice with Curd/Salad
25-11-22	FRIDAY	Soya Chunks & Parantha with Green Salad

In addition to this, we are having ‘Kiddies Kitchen Activity’ on Tuesday, 22-Nov-22. Kids are supposed to show their Master Chef Talent.

Kindly note:-

- They are supposed to bring half cooked or half ready food stuff from their home.
- They have to complete the task and present the same.
- Need to explain the recipe of the same.

**Best regards
TEAM SCR**