

## HEALTHY SNACKING AT NHES

According to study India is just behind U.S and China in the Global hazard list of top ten countries with highest number of obese people. Obesity among children also shows a rising trend. To counter this problem NHES has adopted measures like inculcating healthy eating habits in children, conducting awareness sessions for parents and organizing healthy snack making competitions. On 26<sup>th</sup> July, 2014 parents, teachers and students were invited to participate in the event 'Summer Drink and Salad Making Competition'. The winner for the most 'delicious drink' category was Susmriti Basu(Teacher ) and the runner's up was Arurndhuti Adhikari (Teacher). Mrs. Harsha Goyal Parent of Himakshi Goyal bagged the first prize in 'delicious salad' category while Mrs. Ch. Sangita Parent of Ch. Ranitwas the second winner in the same category. In the 'best looking' drink category Mrs.Harmeet Kaur Parent of Avinash Kumar won the first prize and Sunita Srivastava (Teacher)bagged the second prize. The salad prepared by Raminder Kaur(Student) was adjudged the best 'dressed salad' and the runners up in the same category was Mrs. Harjit Kaur Parent of Khushmit Kaur.

The judges for the event were Mrs. **Priya Gupta**, Chef at The Production House of 'Master Chef' and Mr. **Mohit Narayan** associated with ITC group of Hotels Hyderabad.

A cooking session on healthy snacks was conducted by the school teacher, **Mrs. Soma Narayan** for parents, teachers and students. It was appreciated by all.