



Little Hands Creating Big Healthy Habits!

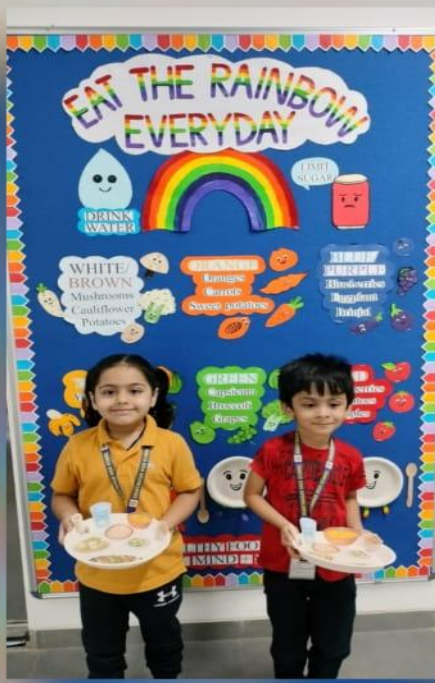












Our tiny tots explored the concept of healthy eating by making their own Balanced Diet Plates. They happily pasted pictures of chapatti, vegetables, salad, paneer, curd, buttermilk, dal, and brown rice, learning how to include all food groups for a healthy lifestyle.

