



**Topic:** Montessori School Children Session  
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Nutrition awareness session for Montessori children aged between 2-6 years was conducted on 6<sup>th</sup> and 7<sup>th</sup> March 2012 as part of the 'March Nutrition Month' Campaign by Pakistan Nutrition and Dietetic Society (PNDS) at Pakistan Montessori villa—affiliated with Pakistan Montessori Association and AMI Holland.

The theme “eat healthy to stay healthy” was incorporated throughout the session. It was conducted by a team of young nutritionist lead by Ms. Rabea khan The session included a video presentation narrated in Urdu language, specially made by the nutrition team members. It was a story about a child named Abdullah and his food friends. The concept of three major food groups’ i.e. energy giving foods, body building and the protective foods and their role in each meal was emphasized in the video. The session was followed by hands-on- experience for preparing a healthy lunch box activity. Children were dressed with colorful logo inserted tea shirt and junior chef hats during this activity--The table was set with three major foods groups giving them choices to select foods from the 3 groups. Selection of one food from each group was emphasized during the process and children were encouraged to do this while selecting foods for themselves. The children had lot of fun preparing their own lunch boxes and they all ate with their groups lead by one nutrition team member. Children were subsequently given the worksheet and color pencils to color the healthy plate with the 3 food groups and a take home message for parents.. A colored version of the activity sheet was also transformed into a poster for their class room as a reminder of ' Eat Healthy to Stay Healthy'

Customized balloons were given as the children left for their homes after a fun-filled healthy day.

The different souvenirs given to the children during the session were sponsored by “Mead Johnsons-Nutritionals” , IBL , Health Care division, Pakistan.

# Overview of **Montessori** **Nutrition Awareness** **Session.**



## SESSION ACTIVITIES:

1. Movie presentation
2. Lunch box preparation by junior chefs
3. "MY PLATE" worksheet
4. "Poster"- an activity reminder
5. Balloons for kids



Junior chefs ready to prepare their own Lunch boxes!



## ENERGY GIVING FOODS



## BODY BUILDING FOODS





## PROTECTIVE FOODS



## Kids enjoying their Lunch



# KIDS BUSY COLORING WORKSHEETS..







# SOUVENIERS:



COLOR PENCIL BOXES



MUGS



KIDS T-SHIRTS



**BALLOON**



**LUNCH BOX**

**THANK YOU PRINCIPAL AND TEACHERS FOR THEIR SUPPORT..**

