District –wide Nutrition Fare.

Hello there! My name is Maya and I am, as a honoured member of the District-wide Nutrition Fare, going to present you to the Healthy-Eating Revolution.

Imaging a school where every child is focused, invigorated and ready to learn. Picture them acing their tests with straight A’s and actively participating in all classes no matter what . Sickness will become a fantasy and This might sound like a distant fantasy but, if we try, it could become a near reality.

We are in an essential moment to impact the world. The rising of obesity in children and other dietary diseases have escalated a fair amount recently. We have to act immediately in order to confront this ubiquitous issue. However, it isn’t as easy at it seems. We have to motivate children to eat healthy, rather than limiting certain foods. We have to make them eat a healthy and balanced diet to prevent illness and obesity. It is quite hard to achieve but in the long run, it will be a worthwhile effort, aiding the growth and development of our future generations.

Most children when they think about healthy food, they think of boring greens and repulsive vegies. However, those green foods aren’t too boring at all. We’ve set up a new program called the ‘Rainbow Plate wheel’ that will help promote the variety of food eaten by children. They would have to include healthy foods and arrange them in a colour wheel. With this, they can learn about food traits and varieties in a fun and enticing way.

We provide talks that are made to motivate and stimulate healthy eating. We have 5 speeches, each one pertaining to different age group. They are there to help give information about being healthy and maintain a good life-style. The talks will address the current issues of children, making them aware of healthy eating and exercise.

We also have a cooking challenge where children can learn how to cook healthily. There is a teens program, a 8-12 program and even adult cooking lessons. We will teach them to cook without excess oil and fats. The cooking can’t contain any red meat or junk food. This will make our meals more healthy.

So, why not come to this wonderful exhibition. It is full of new opportunities to change the way we eat and live. This will impact the future generations in a positive manner and influence healthy eating to make this world better than ever before. Revolutionising the human eating habits until the en d of humanity.