



JAIN HERITAGE SCHOOL

(A Division of JAIN Group)

Nutrition Navigation - Building Healthy Habits for Life

We are happy to inform you that on 19.06.2026 JAIN Heritage School - Hebbal students and parents participated in an enriching and interactive session on "**Nutrition Navigation – Building Healthy Habits for Life**", conducted by **Ms. Indrayani, Chief Nutritionist**.

The session focused on creating awareness about the importance of balanced nutrition and its role in maintaining overall health and well-being. Through engaging discussions, real-life examples, and hands-on activities, students gained valuable insights into the different food groups, essential nutrients, and the benefits of making healthy food choices. They also learned how emotions and stress can influence eating habits and discovered practical strategies to make mindful food decisions.

A special highlight of the session was the **Food Label Reading Activity**, where students learned how to interpret nutritional information, identify ingredients, and make informed choices while selecting packaged foods. They were also introduced to simple and healthy food swaps that can easily be incorporated into their daily routines.

The session encouraged students to take responsibility for their eating habits and inspired them to adopt healthier lifestyles. It was an informative and enjoyable experience that empowered both students and parents with the knowledge and confidence to make better nutritional choices and build lifelong healthy habits.