

NUTRITION & HEALTHY FOOD PROGRAMS FOR SCHOOLS & PRE-SCHOOLS



- 🍷 Healthy Food-Habits Workshops - To Empower Children & Parents With Right Knowledge To Make Informed Choices
- 🍷 In House Diet & Nutrition Helpdesk Service For Children
- 🍷 Cafeteria Meal Planning Consulting To Ensure A Healthier Food Program For Your Students
- 🍷 Sports Diet & Nutrition Consulting For School Teams & Individual Sportspersons



**It's Your Choice
Make it Healthy**

Eating healthy leads to strong bones, brain development, higher levels of concentration, increased energy and grades. Cafe Nutrition aims to help the next generation of children be armed with right knowledge so that they can make informed & healthier choices without getting swayed by intense marketing propaganda all around.

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HEALTHY FOOD-HABITS WORKSHOPS



HEALTHY FOOD HABITS WORKSHOP FOR PRE-SCHOOL CHILDREN

Pre-schoolers are active, spirited tykes. And while they're generally adorable and fun, it's perfectly normal for 3, 4, and 5-year-olds to be opinionated -- especially about eating. Our parent and child workshop introduces the children to healthy foods in a fun manner and educates the parents on specific portion requirements of this age.



HEALTHY FOOD HABITS WORKSHOP FOR SCHOOL CHILDREN

School-age children (ages 6 to 15) need healthy foods and nutritious snacks. Many food habits, likes and dislikes are established during this time. Family, friends and the media (especially TV) influence their food choices and eating habits. This workshop provides guidelines to help your child eat a variety of foods while encouraging the right amount of calories and fat.

IN-HOUSE DIET & NUTRITION HELP-DESK SERVICE

Specific concerns of school kids like body image, obesity, peer pressure, concentration issues, anaemia, eating disorders etc can all be addressed by an on-campus nutritionist providing the correct information.

CAFETERIA MEAL PLANNING SERVICE

Café Nutrition's team would assist in planning healthy meals, provide guidelines in the preparation, handling and serving of food to ensure all safety and quality standards and educate children about benefits of eating healthy through nutri-boards. This way the School Canteen will become an important source of health & lifelong learning to your children !

SPORTS DIET & NUTRITION CONSULTING FOR SCHOOL SPORTS TEAMS & SPORTSPERSONS

A solid sports nutrition plan supports training and improves performance. Your body needs the right balance of carbohydrates, protein, fat, vitamins, minerals and fluids to fuel your fitness. Our aim is to help talented athletes achieve their athletic potential. Our comprehensive nutrition package encompasses a complete body composition analysis and preparation of sport-specific diet chart with regular monitoring of the goals.



+91 98207 37677



+91 99300 74447



info@cafenutrition.com



www.cafenutrition.com



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