

LIST OF NUTRITION ORIENTED INTERVENTION ACTIVITIES DURING 2025.

The nutrition oriented interventions aim to improve nutrition knowledge, promote healthy eating habits, and reduce malnutrition and micronutrient deficiencies among school children's.

During the period 2025, food vendors and caterers of the school feeding programme were oriented by Environmental health officers, nutrition officers and health promotion officers in the municipality.

LIST OF NUTRITION ORIENTED INTERVENTIONS DURING THE PERIOD ARE AS FOLLOW:

- a. Balance diet
- b. Food adulteration
- c. Food poisoning
- d. Food hygiene practices
- e. Food preservation
- f. Food fortification
- g. Vitamins B supplements.

common food source of vitamin B

- 1. whole grains, rice, cereals
- 2. Eggs and dairy
- 3. meat, fish, chicken
- 4. Beans, lentils
- 5. Leafy green vegetables
- 6. Nuts and seeds

Above food source provides human body

- a. Give energy
- b. Help concentration and memory
- c. Support growth and development
- d. Keep skin and nerves healthy