EATING HEALTHY

Parents, have you ever wondered why eating healthy is so important for your health?

Also eating the right foods, which include important vitamins and nutrients for your body is important too as this helps your body to grow healthy and strong. These vitamins help prevent illnesses and keep your health on track.

Parents let's see what healthy snacks there are and which ones are good for school lunchboxes .

.Bananas (Vitamin B6)

.Strawberries (Vitamin C and Vitamin B9)

.Apples (Vitamin A)   . Oranges (Vitamin C)

Kiwi (Vitamin C)

Written by Tanveer