

Activity done by Afternoon Shift students VII & VIII



Name: <u>Saasri Sells</u>	Names of Snacks Healthy	Names of Snacks Un-Healthy	Names of Drink/Juice Healthy	Names of Drink/Juice Un-Healthy
1	<u>Corn flakes</u> It is a good breakfast and rich in iron.	<u>Pizza</u> Regularly eating pizza may cause cancer of the stomach.	<u>Minute Maid</u> It contains quality fruit juice.	<u>Soda</u> Soda cause a lot of damage to organs.
2	<u>Oats</u> It contain important vitamins, minerals, fibres, and antioxidants.	<u>Maggi [Noodles]</u> It takes a long time digestion.	<u>Tropicana Orange juice</u> In comparison to other juice it is more rich in vitamins, mineral, fibre, etc.	<u>Seven up</u> Seven up cause dental effects because of high acid.
3	<u>Bhat of Corn</u> Bhat of corn contains 100 of calories.	<u>Kurkure</u> Kurkure contains a lot of plastic.	<u>Amra juice</u> Amra juice is also a good for cancer and good for hair.	<u>Coca Cola</u> It can cause kidney problems.
4	<u>Popcorn</u> It is known as nutrient dense high amount of nutrients and low in calories.	<u>Chips</u> It contains fat, chemical, know as acrylamide that could cause cancer.	<u>Kanala juice</u> It is an important medical food for increase diabetes & asthma.	<u>Peppi</u> It can cause obesity and bone density.
5	<u>Makai ki khejadi</u> It is rich in corn and can help to repair.	<u>Popings</u> It is a softening contact. It can affect to digestion.	<u>Bottle jawid</u> It promotes weight loss. It contain vitamin B & C.	<u>Fanta</u> It can wear bones as a result.



Supported By
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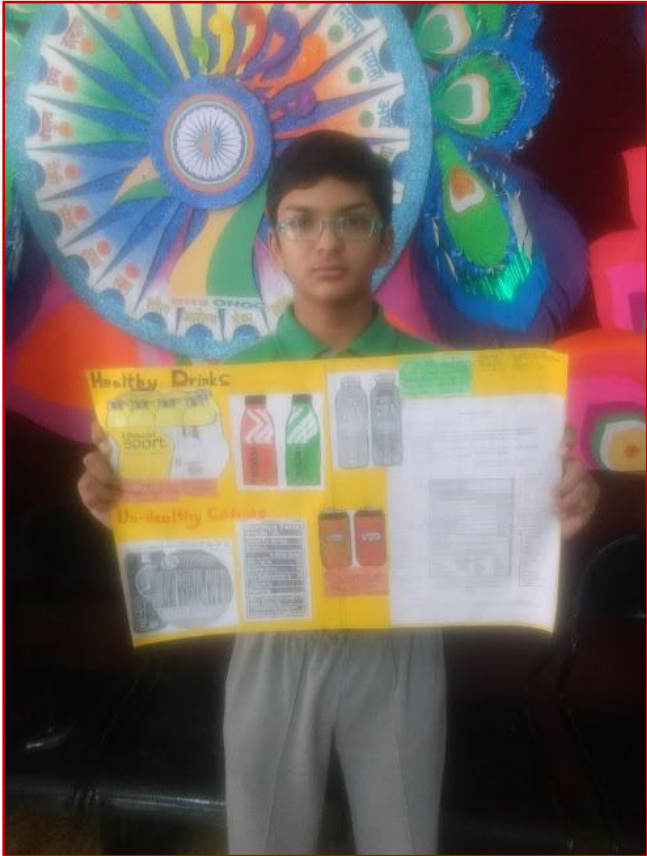
DANTESHWAR ENGLISH MEDIUM



DANTESHWAR GUJARATI MEDIUM



ONGC PRIMARY MORNING



ONGC SECONDARY

ALKAPURI PRIMARY MORNING

Circles

BARODA HIGH SCHOOL, I-3, ONGC

Class: 9th-D

Date: _____

GRP	Names of Snacks-Healthy	Names of Snacks-Unhealthy	Names of Drink/Juice-Healthy	Names of Drink/Juice-Unhealthy
1.	Brown bread, Potatoes, oat biscuits.	noodles, wafers, Gopal chips.	Tang powder, green tea.	Coco Cola, Pepsi.
2.	Cakes, pop corn, choccs.	Soya sticks, Chateaub-Paneer.	Fruit juice, Amul milk.	Soda, Sprite.
3.	Corn flakes, Oats noodles.	Cup cakes, cholela, wheels (chips).	Lassi, buter milk, curd.	Fanta, Pepsi next.
4.	Wafer, Milk fruit jam.	magg, Bango, potato chips.	Coffee, flavoured milk, Amul, Cool (Kashmir).	Milkmaid.
5.	Banana, Biscuits, Multigrain, roasted chips.	Cake, chocolates.	Almond juice, Amla, Juice.	Appy fiz.
WHY	-less fat -less salt -have calcium -less chemicals	WHY -high fat -less minerals -high sugar	WHY -less sugar -minerals -calcium -vitamins	WHY -No minerals -Artificial colours and essense -high sugar

Name of branch: Alkapuri (Morning shift) class VII C date 24.08.18

GRP	Names of Snacks-healthy	Names of Snacks-unhealthy	Names of Drink/Juice-healthy	Names of Drink-Juice unhealthy
1.	Puffed Jowar, Bhel.	① Kurkure ② Singbhujya.		
2.	Soya chips, Chewda.	① wafers ② Lays.		
3.	Air fried popcorn, Dark chocolate.	① Fried mung ② mixture.		
4.	Veggie sticks, Oats biscuits.	① cream biscuits ② chocolates.		
5.	Roasted nuts, chick-peas.	① cheese ball ② Ruffles chips.		
Why	① Contains carbohydrates ② contain protein ③ carbohydrates ④ vitamins and fats (good) ⑤ Proteins.	Why ① contains oil ② contains salt + oil ③ oil + salt ④ sugar + butter ⑤ lots of fats & fibres.	why	why

Name of the group: _____

Name of the group members: _____

Name of branch: BHS-ALK (Baroda) class IX B date 22-8-18

GRP	Names of Snacks-healthy	Names of Snacks-unhealthy	Names of Drink/Juice-healthy	Names of Drink-juice unhealthy
1.	Upma	Burger	Lassi	Coke
2.	Poha	Pizza	Flavored milk	Fanta
3.	Idli	Maggie	Milk	Energy drink
4.	Sprouts	Pasta	Fresh Juice	
5.	Oats	French Fries	Soya Milk.	
Why	Has very less content of oil. Is very nutritious.	Has lot of oil content. Is very fatty.	Has min. amount of sugar. Is very healthy.	Has got high amount of sugar and salt.

ALKAPURI SECONDARY



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