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**Guru Tegh Bahadur
3rd Centenary Public School**

HEALTHY TIFFIN



**Strong Body
Sharp Mind
Academic Success**

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Healthy Tiffin Benefits

- Boosts Energy
- Improves Concentration
- Proper Growth & Development
- Reduces Irritability
- Supports Mental Health
- Improves Memory
- Reduces Obesity

**Result - Success in School
and Beyond**



Several Health Hazards of Junk Food

- Nutritional Deficiencies
- Obesity
- Poor Concentration
- Anxiety
- Depression
- Digestive issues
- Risk of diseases
- Mood Swings

**Result - Lower Academic
Performance**



Nutritious and Balanced Food

- ❖ Veggie Sandwich
- ❖ Grilled Cheese Sandwich
- ❖ Fresh Fruits
- ❖ Veggie Rolls
- ❖ Vegetable Pulao
- ❖ Stuffed Parantha
- ❖ Poha
- ❖ Idli & Many More

**Result - Life Long
Healthy Eating Habits
Overall well being**

DEAR PARENTS

**Please send
nutritious
and balanced
food in the Tiffin.**





THANK YOU