



ST. MARY'S ICSE SCHOOL

KOPARKHAIRANE, NAVI MUMBAI

CONGRATULATIONS

NAME OF THE EVENT: EAT HEALTHY STAY HEALTHY

Date with Health: Monthly Newspaper on
Health & Fitness
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This has been one of my favourite projects, to list the health food I would like to give my friends on my Birthday. Health has been of prime importance to all, more so to kids like me. We kids love snacks like Burger, Pizza, lots of juices and variety of ice creams. But then how do I provide them the healthy type of these things.

Here I will be using multi grain bread for Burger and Pizza and for Juices I would prefer the natural ones instead of canned or bottled. Ice creams also can be made from natural fruits which are healthy as they are not only rich in nutrition but good in taste too. Here are the pictures of some of the things that I wish to give my friends in my



Birthday.

We should not just enjoy but try to enjoy the healthy way, by consuming healthy food and drinks.

**EAT
HEALTHY
STAY
HEALTHY**

