



# MATA BHATEE DEVI

A Recognized Sr. Sec. School



MBDPS/2025-26/CC098

Parental Circular for Grade: III - V

Saturday, September 20<sup>th</sup>

Dear Parent,  
Greetings!

*"Nutrition Is Not Just About Eating; It's About Learning To Live."*

We are pleased to inform you that our school **Mata Bhatee Devi School** is organizing a **"Food Plate Art Competition – Culinary Skills"** for students of **Grades III to V** on **September 25<sup>th</sup>, 2025**. This activity aims to encourage creativity, improve knowledge about healthy eating and help children understand the importance of a balanced diet in their daily lives.

### Guidelines:

1. Students will prepare an **artistic food plate** (using either real food items or pictures/drawings) showing at least **four major food items** from different food groups.

2. Students will also be guided to label each food item and speak few lines on:

✚ Its nutrient content

✚ Importance in our diet

✚ Deficiency disease caused if not consumed

Food Item	Nutrient Present	Importance in Diet	Deficiency Disease
Rice / Chapati	Carbohydrates	Provides energy to the body	Weakness, Fatigue
Dal / Pulses	Proteins	Builds muscles and repairs tissues	Kwashiorkor, Poor growth
Milk / Curd	Calcium	Strengthens bones and teeth	Rickets
Green Vegetables	Vitamins & Minerals	Improves immunity, vision and blood health	Night Blindness, Anaemia
Fruits	Vitamins (C, A)	Boosts immunity, & prevents infections, keeps skin, gums & eyes healthy	Scurvy

We request your kind cooperation in encouraging your child to participate enthusiastically and prepare a creative and informative food plate.

**Kind Attention:** - 1) Winners of the competition will be awarded a Certificate of Excellence.

2) Photos and videos of the event will be shared on the school's official Facebook and Instagram pages.

Looking forward to your support.

Warm Regards,

**PRINCIPAL**  
**Mata Bhatee Devi School**

