

Schools to instill sugar sense in students

As CBSE directs schools to set up 'Sugar Boards' to curb rising diabetes among students, Niyati Rana went to school principals to know about their plans to control sugar in students' diet on campus



Nivedita Ganguly
Principal, DAV International School

Food management is very important for growing children as it affects not only physical health but also mental well-being. Experts often highlight that learning disabilities can be overcome by changing dietary habits. Our canteen serves millet-based food like ragi idli, ragi uttapam and we have observed that students eat well with their friends in the school. For birthdays, too, we encourage students to bring dry-fruit, fruit and avoid chocolates. Eating right can change children's neurological patterns and thinking.



Neeta Awasthi
Principal, Maharaja Agrasen Vidyalaya

Bringing focus on dietary habits via academic activity is a great way of introducing food-discipline among school children. Knowledge about ill-effects of excessive sugar-intake will eventually help them curb their unhealthy craving that gives only few minutes of tongue-pleasure. We have restrictions on bringing unhealthy food to the school and we also sensitize parents in the orientation to keep their children's tiffin healthy.



Liza Shah
Director, Apple Global School

This is a good initiative as young ones' dietary habits will form their future habits. Apart from having a sugar board in the school, we will also hold some demonstration of recipes to teach them that food without sugar can be tasty and fun, too. We often work out projects on chemistry and kitchen, and we will specifically launch experiments involving limited sugar intake. However, apart from controlling sugar intake, it is also important for students to have sports activities and play time.



Caesar D'Silva
Principal, Global Indian International School

We have many young children with diabetes in our school, which was not the case a few years back. While we will sensitise children and ask them to refrain from excessive sugar, we will also rope in parents in ensuring its 360-degree implementation. Teachers, family members and schools would guide students on healthy eating habits. Unless change in diet is accepted and practised by all influences in a student's life, the impact will not be effective.



Seema Shah
Dietician

I have seen 10-12 year-olds struggling with obesity. Many city schools have junk food on their menu like vada-pav or fries which has no assurance of quality and quantity of spices, salt or sugar. The schools must introduce healthy menus before they start guiding their students. Also, parents must change their dietary habits, control excessive sugar-intake to ensure children do the same. I suggest cold dates to address sugar-cravings. Dry-fruit and fruit are also great options.

Cheeni Kum! CBSE schools whip up new formula

to consistently display the risk of about informed food choices and