Mithali Didi is home!! But what does she have in her basket?

Didi!!!! Kaise ho? What have you brought for me?
YES PREETI, I CAME HOME EARLY! WHO IS THIS?

THIS IS MY BEST FRIEND, CHUTKI! CHUTKI, THIS IS MITHALI DIDI, MY SISTER!

THE ONE THAT IS GOING TO COLLEGE IN THE CITY?!

NOT ONLY THAT! SHE IS A STATE LEVEL HOCKEY CHAMPION! AND NOW SHE’S WORKING TOWARDS PLAYING AT NATIONALS!

SOON I’M GOING TO GROW UP LIKE HER. I’LL BECOME A POLICE OFFICER!

NICE TO MEET YOU, CHUTKI! WHAT DO YOU WANT TO BE WHEN YOU GROW UP?

UM... I DON’T KNOW...

IT’S OKAY IF YOU ARE NOT SURE YET. BUT IF YOU WANT TO GROW UP TO BE STRONG, YOU NEED TO START TAKING CARE OF YOUR HEALTH NOW!

DIDI, BUT FIRST, SHOW US WHAT IS IN YOUR BASKET??

DIDII!! DID YOU GET US SAMOSAS?

NO. I GOT SOMETHING BETTER... FRUITS AND ROASTED PEANUTS!

HOW IS THIS BETTER THAN SAMOSAS?

SAMOSAS, KACHORIS, PAKORAS ARE OILY AND SWEETS ARE SUGARY WHICH MAKES THEM UNHEALTHY FOR US. REMEMBER HOW I USED TO FALL SICK SO OFTEN WHEN I WAS YOUR AGE? FRUITS AND NUTS HELPED ME BUILD MY IMMUNITY TO KEEP ME HEALTHY!

BUT IT’S NOT JUST FRUITS AND NUTS, YOU NEED A COMPLETE BALANCED MEAL WITH THE RIGHT QUANTITIES TO HELP YOU GROW FOR A HEALTHY FUTURE.

BALANCED MEAL? WHAT IS THAT?

SIT DOWN, I WILL TELL YOU!

OKAY!
## Breakfast Meal Plans

<table>
<thead>
<tr>
<th>No.</th>
<th>Food Items</th>
<th>Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Veg Parathas</td>
<td>2 Parathas</td>
</tr>
<tr>
<td>2.</td>
<td>Puri + Alu ki Sabji</td>
<td>3 Puris + 1 Katori Sabji</td>
</tr>
<tr>
<td>3.</td>
<td>Roti Sabji</td>
<td>3 Rotis + 1 Katori Sabji</td>
</tr>
</tbody>
</table>

## After School Snack Options

<table>
<thead>
<tr>
<th>No.</th>
<th>Food Items</th>
<th>Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Besan Chillas</td>
<td>3 Chillas</td>
</tr>
<tr>
<td>2.</td>
<td>Chana/Peanut Chaat (Boiled Bengal gram whole / peanuts with onions, tomatoes, green chillies, coriander)</td>
<td>2 Katoris</td>
</tr>
<tr>
<td>3.</td>
<td>Rajma and Rice</td>
<td>1 Katori Rajma + 1 ½ Katoris Rice</td>
</tr>
</tbody>
</table>

---

**Milk?? But you used to hate milk.**

Yes, I used to hate milk! But my teacher told me that milk, curd, paneer and other milk products have proteins that help to make my bones and muscles stronger. That’s why I can play hockey so well!

**Wow, Preeti. This looks easy to follow!**

Yes, there are so many different food options!
HERE’S THE SECRET TO MY HEALTH! IT’S ALL ABOUT HAVING THE RIGHT FOOD IN THE RIGHT PORTIONS. LET’S SEE WHAT EACH FOOD GROUP IS AND HOW THEY HELP YOU.

**Power Up with Energy Giving Foods**

Have whole cereals (like wheat/millets) chapatis or rice in every meal to stay energized and active.

**Grow with Body Building Foods**

Have a katori of proteins (like dal/eggs/meat/fish) and milk/curd/buttermilk/paneer in every meal.

**Stay Healthy with Protective Foods**

Have a katori of colourful veggies (cabbage, radish, carrot, etc.) with every meal. These will protect you from diseases!

**Protein**

1 katori of dal, meat, fish, or egg

**Carbohydrate**

3 chapatis or 2 katoris rice

**Salad**

2-3 pieces (raw veggies) + \( \frac{1}{4} \) lemon

- **Fruits:** 2-3 every day
- **Oil & Ghee:** Max. 3 tsp oil & 1 tsp ghee per day
- **Sugar:** Max. 4 tsp per day
**Water**
1 glass

**Curds**
½ katori

**Vegetable**
1 katori of sabji or leafy vegetable

**Green Chutney**
1 tbsp

---

**GREEN LEAFY VEGETABLES ARE RICH IN IRON. THAT REMINDS ME, HAVE YOU BEEN HAVING YOUR IRON TABLETS, CHUTKI?**

**IRON AH? LIKE METAL?**

**SILLY CHUTKI! THEY ARE SMALL TABLETS I COLLECT FROM THE ANGANDWADI DIIDS OR SCHOOL. SINCE I STARTED MY PERIODS, MITHALI DIDI SAID IT WILL INCREASE MY HEMOGLOBIN (KHOON BADHAEGA)!**

---

**VITAMIN-C RICH FRUITS**
Citrus fruits like amla, lemon, orange and guava contain Vitamin-C which helps in iron absorption from our food. Include these in your meals.

---

**FORTIFIED FOODS**
Make sure that your family buys food with this +F logo on them. These are Fortified Foods that will ensure that your body gets the vital nutrients that your body needs.

---

Salt Max. 1 tsp per day

Drink 7-8 glasses of water everyday

1 cup = 200ml volume
# Lunch and Dinner Meal Plans

<table>
<thead>
<tr>
<th>No.</th>
<th>Food Items</th>
<th>Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Puri</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Kala Channa- Alu</td>
<td>1 ½ katoris</td>
</tr>
<tr>
<td></td>
<td>Curds</td>
<td>½ katori</td>
</tr>
<tr>
<td></td>
<td>Salad</td>
<td>2-3 pieces + ¼ lemon</td>
</tr>
<tr>
<td>2.</td>
<td>Rice</td>
<td>1 ½ katoris</td>
</tr>
<tr>
<td></td>
<td>Dal</td>
<td>1 katori</td>
</tr>
<tr>
<td></td>
<td>Mooli ka sabji</td>
<td>1 katori</td>
</tr>
<tr>
<td></td>
<td>Curds</td>
<td>½ katori</td>
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<tr>
<td>3.</td>
<td>Rice</td>
<td>1 ½ katoris</td>
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<tr>
<td></td>
<td>Dal Palak</td>
<td>1 katori</td>
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<tr>
<td></td>
<td>Curds</td>
<td>½ katori</td>
</tr>
<tr>
<td></td>
<td>Salad</td>
<td>2-3 pieces + ¼ lemon</td>
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<tr>
<td>4.</td>
<td>Khichdi</td>
<td>1 ¼ katoris</td>
</tr>
<tr>
<td></td>
<td>Kaddu ki Sabji</td>
<td>1 katori</td>
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<tr>
<td></td>
<td>Curds</td>
<td>½ katori</td>
</tr>
<tr>
<td></td>
<td>Salad</td>
<td>2-3 pieces + ¼ lemon</td>
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<tr>
<td>5.</td>
<td>Roti</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Mutton Curry</td>
<td>1 katori</td>
</tr>
<tr>
<td></td>
<td>Curds</td>
<td>½ katori</td>
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<tr>
<td></td>
<td>Salad</td>
<td>2-3 pieces + ¼ lemon</td>
</tr>
<tr>
<td>6.</td>
<td>Bajra/ Jowar / Makka Roti</td>
<td>2</td>
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<tr>
<td></td>
<td>Baingan Bharta</td>
<td>1 katori</td>
</tr>
<tr>
<td></td>
<td>Curds</td>
<td>½ katori</td>
</tr>
</tbody>
</table>

**EXPERIMENT WITH YOUR MEAL PLANS BUT ALWAYS REMEMBER TO HAVE THEM IN THE RIGHT PORTION SIZES - THIS IS WHAT A BALANCED MEAL IS!**

Remember to always wash your hands before and after eating; maintain personal hygiene and keep your surroundings clean.

**REMEMBER THERE ARE DIFFERENT PORTIONS FOR EACH MEMBER OF THE FAMILY TO ENSURE THEY GET ALL THE RIGHT NUTRIENTS!**

**MOTHER = 1 CHAPATI LESS THAN YOU (LUNCH OR DINNER)**

**FATHER = 1 CHAPATI MORE, ½ KATORI DAL LESS THAN YOU (LUNCH OR DINNER)**

**BROTHER = 2 CHAPATI (LUNCH) MORE, 1 ½ CHAPATI (DINNER) MORE, ½ KATORI DAL MORE THAN YOU**
LET'S SEE WHAT YOU'VE LEARNT ABOUT BALANCED MEALS! AND DON'T FORGET TO SEND US A PHOTO OF YOUR ANSWER SHEET ON 9663731122

Name: ________________________ Age: ______

1. What foods help you in the growth and development of your muscles and bones?
   a) Fruits   b) Vegetables   c) Rice   d) Dals, Eggs, Milk

2. How many katoryes of vegetables should you eat in a day?
   a) 1   b) 2   c) 3   d) 4

3. How many times should you eat fruits?
   a) Once a month   b) Once a week   c) Once in 6 months   d) Everyday

4. How many glasses of milk should you drink everyday?
   a) 2 Glasses   b) 1 Glass   c) ½ Glass   d) 3 Glasses

5. What makes a balanced meal?
   a) Rice & Chapati   c) Fruits & Vegetables
   b) Chapati & Milk   d) Sabji, Dal, Chapati, Salad & Curd

Find These Words That Help You Grow

<table>
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<th>Y</th>
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Milk
Fruits
Vegetables
MyThali
Exercise
Iron
Attain your maximum height by eating right!

A balanced meal prevents stunting
Did you know 1 out of 3 girls in India is too short for their age?

Anemia makes you feel tired and less focused in your studies

40% of Indian girls suffer from Anemia

You can be overweight and may still suffer from micro-nutrient deficiency!

5% of adolescents are overweight
10% of children are pre-diabetic

1 in 2 adolescents suffer from at least two of these deficiencies

Wow, Did! We have learnt so much.

Yes! We need to take care of ourselves now so that we build a strong foundation for our healthy future. If we are healthy, our future family will be healthy too.

Thank you, Did!!

The End