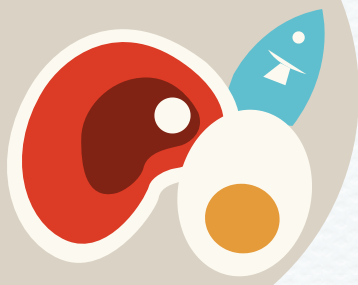




Importance Of Nutrition Education In Schools

Schools can play an important role in establishing healthy eating behavior by educating students about nutrition.



Nutrition education can help to positively shape how children think about food and eating habits.

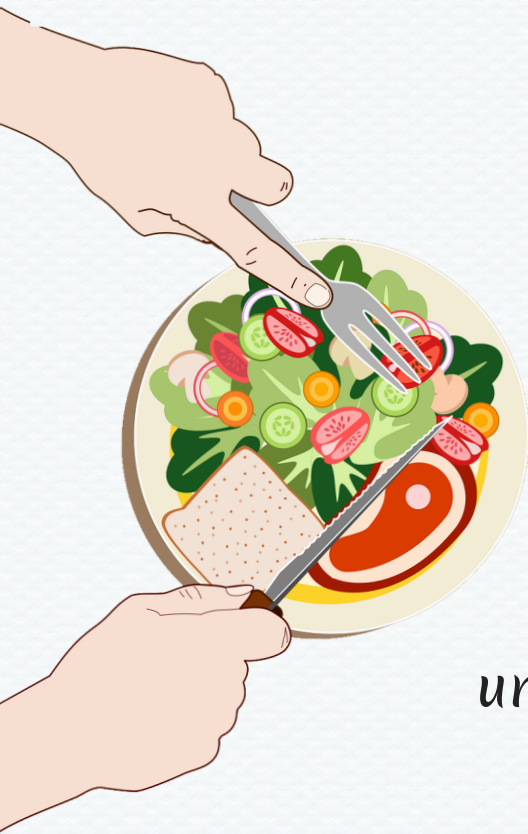
Meals offered during lunchtime in school can have significant effects on a child's dietary selections.

The importance of nutrition education goes beyond what children eat. It also emphasizes on how they eat.



Through nutrition education, children are encouraged to develop good manners like eating slowly and mindfully.

Nutrition education helps kids in understanding the nutrient requirements of their body and act accordingly.



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Image Source: Designed By Freepik