

Dear Parents,  
Greetings from GPS Chhani!!

**“To keep the body in good health is a duty, otherwise we will not be able to keep our mind strong and clear.”** So all students will bring a fruit to school daily starting from 02 April 2024 and they will eat during 10 minutes’ short break. If student want, they can bring handful of Dry fruits as well. No other snacks will be permitted during fruit break.



Please find the list of suggested fruits enclosed below:

Days	Fruit Group	Examples
Monday	Berry Fruits	Strawberry; Blueberry, Grapes
Tuesday	Citrus Fruits	Sweet Lime; Orange; Pineapple
Wednesday	Dark Coloured Fruits	Plums, Dragon Fruits, Pomegranate, Dates
Thursday	Fibrous Fruits	Peach; Kiwi, Chickoo, Guava
Friday	Vitamin A Rich Fruits	Tomato; Watermelon, Muskmelon, papaya
Saturday*	Fruit Of Choice!	Apple; Banana; Mango

❖ Please note that fruits should be cut and students are not allowed to bring Knives or any other sharp objects.

We urge you to be a part of this healthy initiative to inculcate your child with healthy habits.



**Bhumika Varma**  
**Principal**