

## Meal plan for Nursery Wing for May 2026

# NUTRITION

**A BALANCED DIET**

- Your body needs a constant supply of fuel to grow, develop and stay healthy.
- The fuel you need comes from the air you breathe, the food you eat and the water you drink.

**WATER**

Our bodies are 70% water.

**CARBOHYDRATES**

They give us energy. Carbohydrates are split into sugars (fast burning) and starches (long lasting).

**PROTEINS**

They help growth and repair cells, including teeth and nails.

**Sugars**      **Starches**

**FIBRE**

It is not absorbed into the body but helps digestion and excretion.

**VITAMINS & MINERALS**

They provide protection against illness and keep the body healthy.

**FATS**

They give us slow releasing energy. Too much fat can lead to obesity and heart disease.

**Exercise is also an important element of staying healthy.**

**Remember: KEEP HEALTHY!**

# DEHYDRATION

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Dehydration (hypohydration) is the excessive loss of body water with an accompanying disruption of metabolic processes.

**75%**

75% of Americans are Chronically Dehydrated

Dehydration is a major cause of infant illness and death throughout the world and hospitalization for the elderly.

**Signs and Symptoms:**

- thirst
- headache
- general discomfort
- loss of appetite
- dry skin
- decreased urine volume
- confusion
- unexplained tiredness
- irritability

**Causes:**

- Blood loss or hypotension due to physical trauma
- Loss of fluid through weeping burns or other injury
- Crying
- Diarrhea
- Fever
- Hyperthermia
- Shock (hypovolemic)
- Vomiting or nausea

**Risk Factors:**

- Infants and children
- Older adults
- People with chronic illnesses
- Endurance athletes
- People living at high altitudes
- People working or exercising outside in hot, humid weather

**10**

10 cups of fluid a day are lost through sweating, exhaling, urinating and bowel movements

**Adults require 2-3 L of fluid per day**

**TOP HYDRATING FOODS**

Cucumber

Watermelon

Celery

Grapefruit

Radish

Tomatoes

Cauliflower

Strawberries

Cantaloupe

Broccoli

Date	Mid-morning Snack	Lunch (chapatti, rice and salad in daily menu besides menu given below)	Evening Refreshment
02.05.26	Samosa	Kadhi, aloo methi, papad	Biscuit
04.05.26	Vegetable Pakora	Aloo subji, besan methi poori, pea pulao, bhoondi raita	Fruit
05.05.26	Vegetable bhoonda	Moong sabut, bhindi, cucumber raita	Savory Snack
06.05.26	Butter jam Sandwiches	Vada, sambar, lemon rice, zeera aloo	Biscuit
07.05.26	Bread Pakora	Urad channa, palak paneer	Fruit
11.05.26	Cucumber tomato Sandwiches	Lobia, ghia, custard	Biscuit
12.05.26	Aloo pea chaat	Arhaar dal, bhindi, aloo raita	Fruit
13.05.26	Dal Kachori & Aloo subji	Mixed dal, aloo bean, vegetable raita	Savory Snack
14.05.26	Bread roll	Black channa, aloo methi, cucumber raita	Biscuit
15.05.26	Vegetable Stuffed parantha	Rajmah, aloo capsicum, bhoondi raita	Fruit
16.05.26	Burger	Chole ,spinach poori, bhoondi raita zeera rice	Savory Snack