

Meal plan for Primary Wing for May 2026

Good Fats vs Bad Fats

Good Fats (Healthy Fats)

- **Unsaturated Fats**
 - Mono- / Poly-unsaturated
 - Sources:
 - Avocado, olive, nuts, seeds
 - Fatty fish (salmon, mackerel)
 - Olive oil, coconut oil, flaxseed oil
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 - Olive oil, coconut oil, flaxseed oil
- **Benefits:**
 - Improves heart health
 - Supports brain function
 - Reduces inflammation

Bad Fats (Unhealthy Fats)

- **Saturated & Trans Fats**
 - Sources:
 - Processed foods, fast food, fried foods
 - Processed meats (sausage)
 - Butter, margarine, shortening
- **Risks:**
 - Increases bad cholesterol (LDL)
 - Raises heart disease risk
 - Promotes inflammation

Note: Limit bad fats! Focus on good fats for better heart health and overall well-being.

SUGAR BOARD

Make Smart Choices for a Healthier You!

! DID YOU KNOW?

- Children aged 4 to 10 consume 13% of their daily calories from sugar.
- Children aged 11 to 18 consume 15% of their daily calories from sugar.

🎯 WHY TOO MUCH SUGAR IS HARMFUL:

- **Obesity:** Excess sugar is stored as fat, leading to weight gain.
- **Dental Problems:** Sugar feeds harmful bacteria in mouth, causing cavities.
- **Metabolic Disorders:** High sugar intake increases the risk of diabetes, heart disease, and fatty liver.
- **Poor Academic Performance:** Sugar spikes can cause energy crashes, affecting concentration.

✅ RECOMMENDED DAILY SUGAR LIMIT:

- ✓ **For Children:** Less than 25 grams (5 teaspoons) per day.
- ✓ **For Adults:** Less than 30 grams (6 teaspoons) per day.

🍩 SUGAR CONTENT IN COMMON FOODS:

Chocolate Bar (45g): 20–25 grams of sugar.	Sugary Drink: 20 g mt dear sugar.
Pastry (50g): 15–20 grams ssugar.	Herbal Infused Water Instead of sugary drinks.

🌱 **REMEMBER: LESS SUGAR, MORE HEALTH!** 🍎

Date	Mid-morning Snack	Lunch (chapatti, rice and salad in daily menu besides menu given below)	Evening Refreshment
02.05.26	Sandwiches (KG – II) Samosa (III – V)	Arhaar dal, bhindi, cucumber raita	Biscuit
04.05.26	Vegetable Corn sprout chaat	Pea Paneer, lobia	Savory Snack
05.05.26	Bread Pakora	Channa dal, aloo capsicum, custard	Fruit
06.05.26	Vegetable Macaroni	Urad rajmah, pumpkin, bhoondi raita	Biscuit
07.05.26	Pav Bhaji	Moong sabut, aloo bean, vegetable raita	Savory Snack
11.05.26	Vegetable Poha	Kadhi, aloo spinach, papad	Fruit
12.05.26	Vada Pav	Urad channa, bhindi, aloo raita	Biscuit
13.05.26	Vegetable Vermicelli	Aloo subji, spinach poori, pulao, bhoondi raita, salad	Savory Snack
14.05.26	Matara Khulcha	Moong malka, mixed vegetable, custard	Fruit
15.05.26	Dal kachori & Aloo subji	Mixed dal, aloo brinjal, bhoondi raita	Biscuit
16.05.26	Pav Bhaji	Rajmah, aloo bean, vegetable raita	Savory Snack