



Primrose Schools

[Affiliated to the ICSE board]

(A Unit of Primrose Educational Trust, Chennai)

ISO 9001: 2015 Certified

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Mother's Philosophy on Food

Dear Lord, thank you for the food that you have given me today
Let it give me the strength and health that I need and
Help me develop a taste **for food that is only simple and healthy**
Mother Bless, Mother Guide, Mother Protect

Dear Parent,

We firmly believe in the Mother's philosophy to provide only simple and healthy food to children. School is a place where diverse group of children come together to learn. It is our priority to keep the environment pleasant for all the children for a better learning atmosphere. Since our classrooms are air-conditioned, the strong flavor of the food remains in the class for longer duration, resulting in discomfort among the children. It is observed that post lunch has become a challenge for the students across many classes as the strong flavor of the food evokes a nauseating feel in many. We write this as a request to the parents to follow the below given points for the benefit of our children.

- ❖ Avoid sending strong flavored and Non-Vegetarian dishes.
- ❖ Do not send foods that ferment soon.
- ❖ Do not send foods that will stale in a short period.
- ❖ Kindly ensure the child brings consumable quantity of food that is easy to handle.
- ❖ Pack food items in a proper container that is child friendly
- ❖ Label the container to help the child identify the pack with ease.

Let us always prefer **sending simple and healthy food to our children**. It is very important to teach our children to respect their fellow beings. Request your support and co-operation.

Regards,

Principal