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**FSSAI launches initiative to inculcate healthy eating habits among children**

In a bid to generate awareness among youngsters about healthy eating habits, Food regulator FSSAI, in a coordinated effort with educational boards CBSE and NCERT, released a book on Friday with the objective of advising youngsters how to eat right.

This initiative of the Food Safety and Standards Authority of India (FSSAI) involves partners such as ministries of health and HRD, the Niti Aayog, NGOs, educational boards like the CBSE and the NCERT, state governments and nutrition experts.

The book titled, ‘Yellow Book’ has been launched in three categories for children in the age group of 4-7, 8-12 and 13-17 and covers a range of topics from food safety practices, personal hygiene and cleanliness habits and eating a balanced diet to packing a wholesome lunch-box. It also lays emphasis on preventing nutritional deficiencies and making healthy choices.
The 'Yellow Book' provides age appropriate content that can be adopted across schools through state education machinery as part of their curricular and co-curricular activities. The topics have been formulated after discussions, consultations and extensive engagement with the partners, the FSSAI said.

The book will be distributed in schools across India. "Our aim is to reach out to about 1 lakh schools in India initially. Gradually, we will try to connect with more and more schools," the CEO said.

Under the initiative, FSSAI said it has also launched the School Engagement Platform, a portal that works as an online tool for schools to register.

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