

# SNS Little Learner's Hub

...an activity centre for Preschoolers by St. Nursery School

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## Healthy Eating Habits

Healthy eating plays a vital role in a child's health, growth, and overall development. To nurture healthy eating habits from an early age, SNS Little Learner's Hub organised an engaging and interactive activity that helped young learners understand the difference between healthy and unhealthy foods.



The children participated with great enthusiasm and enjoyed identifying nutritious food items and separating them from unhealthy ones. Each child was given a chance to choose one healthy and one unhealthy food item and place them in the correct box.

The activity was both fun and informative, effectively reinforcing the importance of making healthy food choices.