



Limelight CHILDCARE NEWSLETTER

THEMES AND ACTIVITIES

Food and Nutrition

HEALTHY LIFESTYLE



We are passionate about Nutrition for kids. Children have their own unique nutrient needs and meeting those needs is vital for a child to grow up strong and healthy. In this month children talk about their favourite foods, the importance of recycling, get familiar with different types of foods, vegetables and fruit. We teach children about sensory qualities when planning children's menus: Color, flavour, texture, shape and temperature.

Kid's Healthy Eating Plate



IMPORTANT DATE

THURSDAY MARCH 21TH NOWRUZ

Nowruz is approaching on Thursday, March 21th. Nowruz is celebrated worldwide by divers communities. Now 'new' ruz 'day', meaning nature comes alive with advent of spring. Along with Iranians, millions of others in other countries also celebrate Nowruz.

We will talk about the purpose of this day, and have some fun activities.

