

Interactive Sessions on Healthy Eating Habits in Children



'Our children's health and overall well-being is dependent on our commitment to inculcate good eating habits'.

At Kohinoor Blossoms, we have a 360 degree approach towards educating young children. Taking a step further, Kohinoor Blossoms organized an interactive and insightful seminar for parents on 'Healthy Eating Habits in Children' which was conducted by Dr. Bhavi Mody.

Dr. Bhavi Mody is a Homeopath, Health Evangelist, Blogger, Entrepreneur and founder of 'Vrudhi Holistic Healthcare Services' with over 2 decades of clinical experience. She is on the experts panel of various online portals like Baby Chakra, Oowomaniya, etc. She is mentoring a programme with the esteemed Cherie Blair Foundation for Women (U.K).

The seminar was like an eye-opener for the parents who although knew that one needs to eat healthy food, but were not fully aware of ways to do so. Dr. Bhavi covered concerns like how to tackle fussy eaters, what is the correct proportion of meals to be given to children of varying age groups, healthy tiffin ideas, are fats good or bad, should junk be allowed for children, etc.

The key take away for the parents regarding healthy eating habits in children can be summarised as one thing, 'Lifestyle change of the family as a whole where food is associated with happy feelings rather than a compulsion for children.'

Eat Healthy.... Stay Fit...

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