



THE H. B. KAPADIA  
NEW HIGH SCHOOL

Shahibaug  Memnagar  Prernatirth   
Chandkheda  IFFCO  Chhatral  Unjha   
English  Gujarati

CBSE AFFILIATED 30302

Fruits play a key part in keeping every person fit and healthy. This is because it provides people with healthy nutrients needed to help the body function throughout the day. Fruit is one of the most important things to eat daily and is the part of a well-balanced and healthy diet. It also helps to raise the child's immunity. It is with this mind the school has decided to have 'Fruit Break' which will be given after two periods. So, you are requested to send any one seasonal fruit with your child every day.

➤ You can also send dry fruits if seasonal fruit is not available.

