

Nutrition report

April 2024 – Guadalupe school

In April, students' fruit consumption was not what we expected. In 2023, students preferred to eat carbohydrates in abundance, but since they understood that fruits are a great source of essential vitamins and minerals, they consume them with great pleasure and as a consequence the frequency of fruit consumption increased.

Pedro is one of the examples of these changes. Now he prefers to fill his stomach with fruit than with a cookie. We know that his parents are grateful for this new habit that was acquired through repetitive nutrition talks.



Photo gallery



Watermelon is one of the favorite fruits that is consumed by students



con corazón
perú - suiza



The children acquired a new habit, eating fruits!