

**St. Cecilia's Public School**  
**Sprouts Magic**

Class: II

Date: 19<sup>th</sup> July, 2017



To promote the idea of healthy eating students were asked to bring sprouted pulses from home. They also brought chopped tomatoes, onions, cucumber and salt & pepper for flavor. Some enjoyed eating it by squeezing a lemon on it. They learnt the nutritional benefits of sprouted pulses.