

# Healthy Eating and Nutrition Workshop 2015

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Healthy Eating and Nutrition Workshop 2015 with the theme “Makan Seimbang, Hidup Sihat”, organized by Ex-co Kebajikan & Pengaduan, PMFSMP, UMS was held on 23<sup>rd</sup> May 2015 at Darul Bakti Kota Belud. The workshop aimed to expose the children in Darul Bakti to information regarding healthy eating habits and nutrition. A total of 43 students, including committee members, participated in the workshop. Various activities such as drawing, solving puzzles, talks, and sandwich making were carried out among the children in order to provide them with some basic knowledge on nutrition. This programme was a success and the children enjoyed the activities.

