



QUEEN MARY'S COLLEGE (AUTONOMOUS)  
CHENNAI 600 004  
DEPARTMENT OF HOME SCIENCE



# PACKED *Lunch*

• HEALTHY • NUTRITIOUS • DELICIOUS •

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By the students for the students

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## Editor's Note

Every morning, millions of people around the world perform a small yet meaningful ritual—they pack a lunchbox. It holds more than just food; it carries a piece of home.

In the fast-paced life of students, food often takes second place. Between lectures, assignments, and extracurricular activities, quick bites and packaged snacks become the default choice. In that rush, the simple habit of carrying a packed lunch becomes remarkably powerful. It nurtures health, discipline, and emotional well-being.

A lunchbox is more than a meal carried from home. It is care, planning and responsibility packed together. Prepared with attention and affection, it connects students to the warmth of home even on their busiest days. Inside every lunchbox are values we often overlook—balanced nutrition, mindful eating, and sustainable living.

From a health perspective, home-cooked meals are generally more nutritious, hygienic, and balanced than many outside food options. They provide the steady energy students need for concentration, learning, and growth. This simple daily habit helps build healthy eating patterns that last a lifetime.

Culturally, the lunchbox has always held a special place. Across generations, it has symbolized routine, care, and connection. Whether it contains simple rice and curry or a creatively prepared meal, every lunchbox carries tradition, love, and nourishment. In this issue, we explore the history of packed lunches, discover how Indian tiffin traditions have inspired food cultures around the world, and hear directly from students about their favourite lunchbox memories and meals.

Packing a lunch is an act of wellness and a spark of creativity. Throughout these pages, you will discover the science behind nutrition, common myths and facts, practical food safety tips, healthy recipes, cultural food traditions, engaging activities, and inspiring expert interviews. We are also grateful to Dr. Ekanbaram, MBBS, MD (Pediatrician), Stanley Hospital, Chennai, for sharing his valuable insights on children's nutrition, healthy lunchbox practices, and the important relationship between food, growth, immunity, and student well-being.

I take this opportunity to express my sincere gratitude to Mrs. P. Muthulakshmi, Assistant Professor (Adhoc), Department of Home Science and Tutor of III B.Sc. Home Science – NFSM&D, for her constant mentorship, encouragement, and invaluable guidance in bringing this issue on Packed Lunch to life. Her involvement, dedication, and unwavering support have been the strength behind every step of this journey.

I also extend my heartfelt appreciation to V. Kailashini, Compiler of this issue, whose dedication, patience, and creativity played a vital role in making this magazine a reality.

May this issue inspire every reader to make healthier food choices, appreciate the value of home-packed meals, and embrace the joy of mindful eating.

**HAPPY READING!**

**Dr. A. Ananthalakshmi**

Associate Professor  
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## *The Transformative Power of a Packed lunch More Than a Meal*

A thoughtfully packed school lunch is far more than a midday meal—it is the linchpin of a student's daily nutritional regimen, serving as an indispensable bridge between breakfast and dinner to sustain the rigorous demands of intellectual engagement and physical activity. As the timeless proverb wisely states, "Health is wealth," and nowhere is this more evident than in the nourishment provided during the school day. A carefully assembled, home-prepared lunch empowers caregivers to exercise portion control while incorporating nutrient-dense whole foods such as lean proteins, vibrant fruits and vegetables, whole grains, and healthy fats. These dietary components provide a slow and sustained release of energy, ensuring stable blood glucose levels, sharper concentration, and enduring vitality. Indeed, "an ounce of prevention is worth a pound of cure," as cultivating wholesome eating habits during childhood lays the cornerstone for lifelong health and well-being. When curated with foresight and nutritional prudence, packed lunches become a springboard for academic excellence and physical growth by warding off fatigue, irritability, and inadequate meals. Unfortunately, in today's fast-paced, convenience-driven lifestyle, many lunch boxes inadvertently become repositories of ultra-processed snacks, sugar-laden beverages, and calorie-dense foods that are high in empty calories but impoverished in essential nutrients. In such circumstances, the adage "You are what you eat" becomes profoundly relevant, as dietary choices inevitably shape children's health, learning capacity, and overall development.

Nutrition experts a direct and scientifically established influence on students' cognitive performance, emotional stability, and classroom behaviour. The brain, often described as the body's metabolic powerhouse, relies on a continuous supply of glucose derived from nutritious foods to perform optimally. As the proverb aptly reminds us, "A sound mind in a sound body," emphasizing that intellectual excellence flourishes only when physical health is adequately nourished.

Equally important, balanced meals stabilize blood glucose levels, thereby minimizing abrupt fluctuations in mood and energy. This physiological equilibrium translates into better classroom discipline, reduced irritability, heightened emotional resilience, and an increased capacity to navigate academic challenges with composure. Rather than experiencing the boom-and-bust cycle associated with sugary foods, students remain mentally alert and emotionally balanced throughout to put their best foot forward in both learning and behaviour.

Beyond its physiological significance, the lunch box serves as a subtle yet powerful source of emotional reassurance. Familiar home-prepared foods evoke feelings of comfort, security, and familial connection, offering children a sense of continuity amidst the demands and uncertainties of the school environment. Such meals become a psychological anchor, reducing stress and fostering emotional well-being. The familiar aroma and taste of home-cooked food often remind children that "home is where the heart is," reinforcing emotional bonds even while they are away from their families.

The social significance of lunchtime is equally profound. Lunchtime represents one of the most vibrant arenas for peer interaction, friendship formation, and social identity. Sharing a homemade snack, exchanging fruit slices, or trading a juice box often serves as a natural icebreaker, enabling even the most reserved children to forge meaningful friendships without the pressure of formal conversation. In many ways, food becomes a universal language that transcends differences and nurtures inclusivity. The proverb "Sharing is caring" aptly captures this spirit, as simple acts of generosity during lunch cultivate empathy, cooperation, and mutual respect. These seemingly ordinary interactions contribute significantly to children's emotional intelligence, social confidence, and sense of belonging.

Ultimately, a well-balanced packed lunch is not merely food enclosed within a lunch box; it is an investment in a child's future. It nourishes the body, invigorates the mind, strengthens emotional resilience, and fosters meaningful social connections. Every thoughtfully packed meal represents an opportunity to lay the groundwork for healthier lifestyles, stronger academic outcomes, and happier childhood experiences. Indeed, "The foundation of every great achievement is laid one brick at a time," and every nutritious lunch packed with care becomes one such brick in building a healthier, brighter, and more successful generation.

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# One lunchbox.. Many Stories....

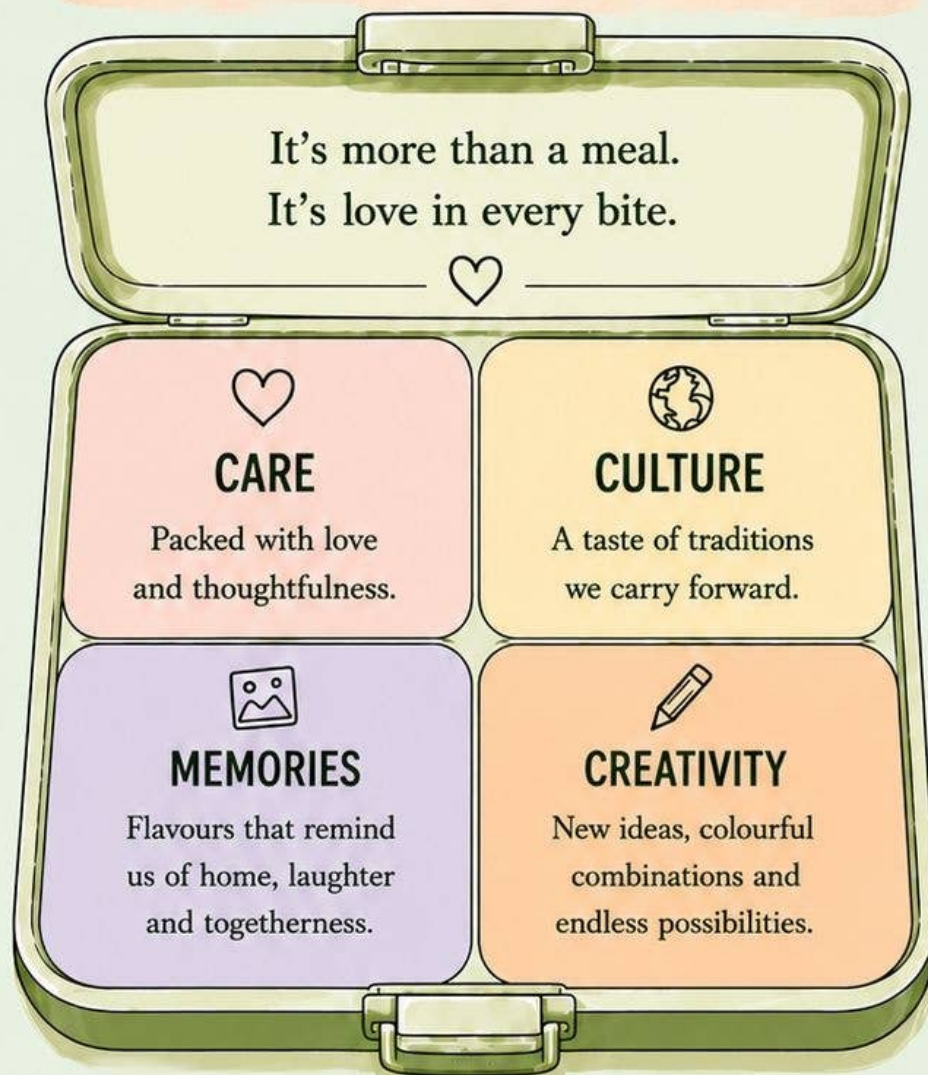


Nutrition is  
the fuel that  
decides how  
you feel, think  
and move.

“Good nutrition  
helps us grow  
strong roots and  
brighter futures.”

Nourishing Roots Growing Futures

# What's in your lunchbox?



Open a lunchbox and you ❤️ find rice, chapati, fruits or a favourite homemade dish. Look a little closer, and there is much more.

..... ❤️ .....

**A packed lunch carries choices, habits, traditions and memories.**

It reflects the food we grow up with, the care behind everyday meal preparation and the way nutrition becomes part of daily life.

# Nutritional Information of Packed Lunch

— • “Pack it with care, good health to share!” • —

A packed lunch is more than just a meal carried from home; it is a powerful source of energy, nourishment, and healthy habits for students.

Nutrition experts from organizations like World Health Organization emphasize that **balanced meals** containing grains, proteins, fruits, and vegetables are essential for proper growth and development.

Home-prepared meals are usually richer in nutrients and fiber, while an excessive intake of sugars, salt, and unhealthy fats from common pre-packaged foods can hinder growth.

## WHY PACKED LUNCH MATTERS



### Better concentration & memory

Balanced nutrients like iron, omega-3 fatty acids, and B-vitamins support brain function, focus, and memory.



### Strong immunity

Vitamins A, C, E, zinc, and antioxidants from fruits, vegetables, and nuts help build a strong immune system.



### Improved digestion

Home-cooked meals rich in fiber from whole grains, vegetables, and fruits promote healthy digestion and prevent constipation.



### Helps maintain healthy weight

Balanced portion sizes and nutritious foods help in maintaining ideal body weight and prevent obesity and lifestyle diseases.



### Cost-effective & sustainable

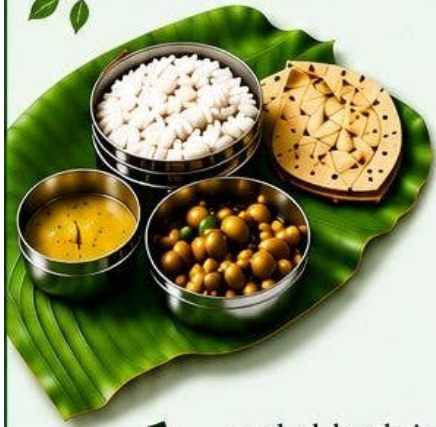
Packed lunch saves money, reduces food waste, and supports eco-friendly habits by minimizing single-use packaging.



Reviewed by

**V Kailashini**

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# History of Packed lunch



A packed lunch is a meal that is prepared at home and carried to school, workplace, or during travel. It is an important part of daily life for people around the World, where because it is **hygienic, economical, and makes individuals eat home-cooked food away from home**. Over time, the concept of a packed lunch has changed based on cultural practices, technological development, and lifestyle changes. The history of packed lunch reflects how people adapted their eating habits to suit their daily routine.



## Traditional Era

People relied on homemade food prepared fresh every day. Meals were simple and easy to carry — rice, roti, fruits, and leftover dishes, packed using banana leaves, cloth wraps, and simple metal containers. This style of packing was mainly used by farmers, travelers, and workers, and depended on **eco-friendly natural materials**.



## Industrial Era

As factories grew and cities expanded, the need for carrying meals increased, and metal lunchboxes became common. Food began to include bread, vegetables, meat, and other simple meals suited to long working hours. It was during this period that **India's tiffin system** developed, with home-cooked meals delivered straight to workers — a design built for durability above all else.



## Modern Era

Today's lunchboxes are advanced — made of plastic, stainless steel, and insulated materials, with **multiple compartments and leak-proof, eco-friendly designs**. The variety of food has grown too, from sandwiches and rice dishes to fruits, snacks, and beverages, with a stronger focus on **health, nutrition, and balanced meals** than ever before.



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# Pack it Safe, Eat it Great!

Following safe food practices keeps your lunch **fresh, nutritious** and **free from illness**.

**1**

## Clean hands, safe food

Always wash hands with soap and water before preparing or eating food. Clean hands prevent germs from entering the lunchbox.

**5**

## Check before eating

Look, smell and taste the food before eating. If anything seems unusual, do not eat it.

**2**

## Cook food thoroughly

Ensure food is cooked well and stored properly. Half-cooked or spoiled food can cause illness.

**6**

## Store properly

Perishable foods should be consumed within 4–6 hours. Do not leave food at room temperature for long.

**3**

## Keep food at safe temperature

Store hot foods hot and cold foods cold. Use insulated bags or ice packs if needed.

**7**

## Avoid cross contamination

Do not store raw and cooked foods together. Use separate containers for each item.

**4**

## Use safe containers

Use BPA-free, food-grade, leak-proof containers. Avoid using damaged or cracked boxes.

**8**

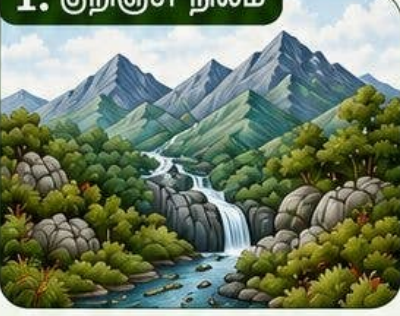
## Stay hydrated

Drink enough water throughout the day. Carry a clean water bottle daily.

# தன்னிகரில்லா தமிழர் உணவு

தமிழர் உணவு மரபு இயற்கையோடு இணைந்த வாழ்க்கை முறையை பிரதிபலிக்கிறது. ஐந்திணை நிலங்களான குறிஞ்சி, முல்லை, மருதம், நெய்தல் மற்றும் பாலை ஆகியவற்றின் இயற்கை வளங்கள் அங்குள்ள மக்களின் உணவுப் பழக்கங்களை உருவாக்கின. ஒவ்வொரு நிலத்திற்கும் தனித்துவமான உணவு முறைகள் இருந்தன; அவை சத்தான, சுவையான மற்றும் ஆரோக்கியமான வாழ்க்கைக்கு அடித்தளமாக அமைந்தன.

## 1. குறிஞ்சி நிலம்



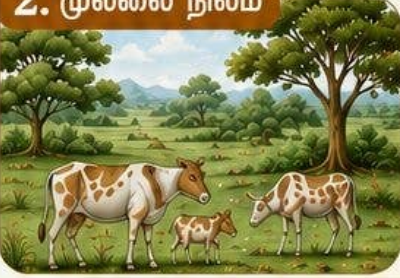
### குறிஞ்சி நிலம்:

மலைப் பகுதிகளைச் சேர்ந்த இந்நிலம் குளிர்ச்சியான காலநிலை, அடர்ந்த காடுகள் மற்றும் அருவிகளால் குழப்பப்பட்டுள்ளது. இங்கு வாழ்ந்த மக்கள் வேட்டை, தேன் சேகரித்தல் மற்றும் காட்டு வளங்களை நம்பி வாழ்ந்தனர்.

### முக்கிய உணவுகள்:

- தினை அரிசி சோறு
- தேன்
- கிழங்கு வகைகள்
- காட்டு பழங்கள்
- வேட்டையாடிய மான், முயல் போன்ற விலங்குகளின் இறைச்சி
- முருங்கைக்கிரை
- தினை களி

## 2. முல்லை நிலம்



### முல்லை நிலம்:

காடுகளும் மேய்ச்சல் நிலங்களும் நிறைந்த பகுதி. கால்நடை வளர்ப்பு முக்கிய தொழிலாக இருந்ததால், பால் சார்ந்த உணவுகள் அதிகம் பயன்படுத்தப்பட்டன.

### முக்கிய உணவுகள்:

- பால்
- தயிர்
- நெய்
- வெண்ணெய்
- பால் கலந்து சோறு
- வரகு மற்றும் சாமை உணவுகள்

## 3. மருதம் நிலம்



### மருதம் நிலம்:

வளமான வயல்கள், ஆறுகள் மற்றும் விவசாய நிலங்கள் நிறைந்த பகுதி. நெல் சாகுபடி முக்கியமாக நடைபெற்றதால் அரிசி அடிப்படையான உணவுகள் அதிகமாக இருந்தன.

### முக்கிய உணவுகள்:

- அரிசி சோறு
- காய்கறி வகைகள்
- கஞ்சி
- பருப்பு வகைகள்
- நெல் சார்ந்த உணவுகள்
- கம்பு, கேழ்வரகு
- உளுந்து பொருட்கள்

## 4. நெய்தல் நிலம்



### நெய்தல் நிலம்:

கடற்கரைப் பகுதிகளை உள்ளடக்கிய இந்நிலத்தில் மீன்பிடித்தல் முக்கிய தொழிலாக இருந்தது. கடல் உணவுகள் மக்களின் முக்கிய உணவாக விளங்கின.

### முக்கிய உணவுகள்:

- மீன் குழம்பு
- உப்பு மீன் (சருவாடு)
- இறால்
- நண்டு
- கடல் உப்பு
- கடல் மீன்களால் செய்யப்பட்ட உணவுகள்
- அரிசி சோறு

## 5. பாலை நிலம்



### பாலை நிலம்:

வறண்ட மற்றும் வெப்பமான பகுதிகளை உள்ளடக்கிய நிலம். நீர் பற்றாக்குறை காரணமாக நீண்ட நாட்கள் கெடாத உணவுகளை மக்கள் பயன்படுத்தினர்.

### முக்கிய உணவுகள்:

- உலர் இறைச்சி
- வறுத்த தானியங்கள்
- களி வகைகள்
- உலர்ந்த பழங்கள்
- தினை, புளியங்கொட்டை, காட்டு பயிர்கள்
- உலர்ந்த உணவுகள்
- கிழங்கு வகைகள்

தொகுத்தவர்கள்:

சே. கவிதா & ஜி. சினேகா  
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# Core Concept of Packed Lunch

A well-planned packed lunch provides the right nutrients in the right amount, keeps us energetic, improves concentration and supports growth and good health.

It is not just about filling the lunchbox, but about **making every bite count**.

## 7 Core Principles of a Smart Lunchbox

Include foods from all major food groups – cereals, pulses/protein, vegetables, fruits, dairy, and healthy fats – in the right balance.

Plan according to age, activity level, health needs and personal preferences. One size does not fit all!

Choose reusable containers and water bottles. Pack only what you need. It helps the environment and saves resources.

1

Balance



2

Variety



Eat a variety of foods and colours every day to get all essential nutrients and to keep meals exciting.

3

Right portion



Use age-appropriate portion sizes. Avoid overeating or under-eating. Quality matters more than quantity.

4

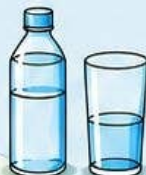
Food safety



Wash hands, use clean containers and safe water. Store food at the right temperature and consume within safe time.

5

Hydration



Water is essential! Include enough fluids to stay hydrated and improve concentration and performance.

6

Sustainability



7

Personalisation



A SMART LUNCHBOX  
FUELS BODY,  
MIND AND  
FUTURE.

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# Lunchboxes *Around the World*

Packed lunches are more than meals—they are a reflection of **culture, tradition, family values**, and the ingredients a place calls home.

Across different countries and food philosophies, one thing remains the same—the care behind every meal. Whether it is Mumbai's famous dabbawala system delivering thousands of homemade lunches every day or a Japanese parent shaping rice into a smiling face, packed lunches carry **love as much as nutrition**.

Every lunchbox reflects the history, lifestyle, and traditions of its people. Though the ingredients may differ, the purpose remains universal—to provide wholesome **nourishment, comfort, and care**.



## India – The Traditional Tiffin



A typical Indian tiffin contains rice, chapati, dal, vegetable curry, curd, pickles, and seasonal fruits packed in stacked stainless-steel containers. Mumbai's world-famous dabbawala system delivers thousands of homemade lunches every day with remarkable accuracy, symbolising care, punctuality, and family values.



## Japan – The Art of Bento



Japanese bento boxes are carefully prepared with balanced portions, colourful ingredients, and artistic presentation. A traditional bento may include rice, grilled fish, tamagoyaki (rolled omelette), vegetables, and fruits. Preparing a child's lunch is considered an expression of love, creativity, and nutritional care.



## Korea – Dosirak Culture



The Korean dosirak usually consists of rice, kimchi, vegetables, egg dishes, meat or fish, and side dishes called banchan. Every lunchbox is designed to provide a balanced combination of flavours, textures, and essential nutrients.



## Mexico – Flavour-Packed Lunches



Mexican lunchboxes commonly include tortillas, beans, rice, salsa, guacamole, grilled vegetables, chicken or beef, and fresh fruits. Bright colours, bold flavours, and fresh ingredients make Mexican lunches both nutritious and enjoyable.



## Italy – Mediterranean Lunch



Italian lunches follow the healthy Mediterranean diet, featuring whole-grain bread, pasta or rice, olive oil, cheese, vegetables, legumes, fruits, and yogurt. This eating pattern is widely recognised for supporting heart health and overall well-being.



## So next time...

When you pack your lunch, remember that every lunchbox tells a story. No matter where we live, a healthy lunch carries nourishment, **culture, care, and love**—one bite at a time.



Reviewed by

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# Pick Your Perfect Lunchbox!

## TYPES OF CONTAINERS AND THEIR BENEFITS

### 1 Stainless steel containers



Strong, durable and perfect for keeping food fresh!

#### Types of stainless steel containers



Round stainless steel container – Used for curries, gravies, soups, and snacks.



Rectangular stainless steel container – Ideal for rice, chapati, sandwiches, and complete meals.



Stainless steel container with airtight lid – Prevents leakage and keeps food fresh for a longer time.



Insulated stainless steel container – Keeps food hot or cold for several hours.



Compartment stainless steel container – Separate sections for carrying different food items without mixing.

#### Benefits of stainless steel containers

- Durable and long-lasting
- Rust-resistant and corrosion-resistant
- 100% food-safe and non-toxic
- Does not absorb food odors or stains
- Easy to clean and hygienic
- Reusable and eco-friendly
- Maintains food freshness and quality

### 2 Aluminium containers



Lightweight and excellent for keeping food warm!

#### Types of aluminium containers



Aluminium tiffin box – Common in Indian homes for carrying rice, curry, and chapati.



Aluminium foil container – Disposable containers used for takeaway food.



Stackable aluminium containers – Multi-tier lunch boxes with several layers.

#### Benefits of aluminium containers

- Strong and durable material
- Lightweight compared to steel
- Good heat conductor, keeps food warm
- Reusable and recyclable
- Easy to clean and maintain

### 3 Glass containers



Healthy, hygienic and perfect for a better tomorrow!

#### Types of glass containers



Round glass container – Used for soups, curries, and small meals.



Rectangular glass container – Ideal for full meals like rice, pasta, or noodles.



Glass container with airtight lid – Prevents leakage and keeps food fresh.

#### Benefits of glass containers

- 100% chemical-free and safe
- Does not absorb food smell or stains
- Microwave and oven safe
- Easy to clean and hygienic
- Transparent, so food is visible
- Eco-friendly and recyclable
- Maintains original taste and freshness of food

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# The Five-Sense Lunchbox



*We eat with more than our mouth!*

A great packed lunch is not just about good nutrition.  
It delights all five senses and makes every bite more enjoyable.



## 1 See

We eat with our eyes first! Colourful and well-presented foods look appealing and increase our interest in eating. Add a variety of colours from fruits, vegetables, grains and proteins to make your lunchbox attractive. A colourful lunchbox = a happy lunchbox.



## 2 Smell

The aroma of fresh and home-cooked food makes us feel hungry and satisfied. Natural spices, herbs and freshly cooked dishes add a pleasant smell that enhances our appetite. Good smell tells us the food is fresh and wholesome.



## 3 Taste

A balanced lunchbox includes a mix of tastes – sweet, salty, sour, bitter and umami. This variety makes food exciting and helps in better digestion. Eating different tastes in the right amount keeps meals tasty and satisfying.



## 4 Touch

Texture matters! Soft, crunchy, crispy or chewy foods give a better eating experience. A mix of textures keeps every bite interesting and enjoyable. Example: Crunchy vegetables, soft rice, crispy roti or nuts.



## 5 Hear

The sound of food also adds to the joy of eating! The crunch of a carrot, the sizzle of a dosa or the bite of an apple makes food more fun. Fresh, properly cooked foods produce natural sounds that we enjoy.

### WHY IT MATTERS



- Encourages mindful eating
- Supports better digestion
- Improves mood and concentration



- Builds positive food habits
- Makes every meal a joyful experience

Compiled by

**V Kailashini**

III B.Sc.Home Science - NFSM&D

# Myths and **Facts** about Packed lunch

## What Your Packed Lunch Really Needs

1



*Myth: Cold food isn't healthy:*



Temperature has nothing to do with nutrition. Salads, fruits, yogurt, and grain bowls are meant to be eaten cold and are **just as nourishing as a hot meal**—what matters is the ingredients, not whether the food is warm.

2



*Myth: Carbs are bad for you.*



Complex carbs like rice, roti, and whole grains are the body's main energy source — exactly what a student needs to stay focused through back-to-back lectures. It's **refined, sugary carbs** that deserve moderation.

3



*Myth: Skipping lunch helps you eat healthier or lose weight.*



Skipping meals often backfires: it slows concentration, drains energy, and usually leads to overeating later. A balanced packed lunch keeps **blood sugar steady** across the day.

4



*Myth: Homemade food is automatically low-calorie or "healthy."*



Home-cooked doesn't automatically mean light — portion size and ingredients still matter. A packed lunch is healthiest when it's **balanced**, not just home-made.

5



*Myth: You need meat to get enough protein.*



Dal, paneer, legumes, eggs, and yogurt are all strong plant- and dairy-based protein sources — easy to pack and just as effective as meat.

6



*Myth: Snacking between meals is a bad habit.*



A small healthy snack — fruit, nuts, or roasted channa — between lunch and dinner can actually help maintain energy and focus, rather than derail a healthy routine.

Compiled by

**V Kailashini**

III B.Sc.Home Science - NFSM&amp;D



# The Science Inside a Lunchbox

## What Happens to Food After Packing?



### 1. Temperature changes

Hot food gradually cools down after packing. If the food remains between 5°C and 60°C (the “danger zone”) for a long time, bacteria can multiply quickly. Cold foods also become warmer over time, especially outside the refrigerator.



### 2. Moisture and condensation

When hot food is packed, steam gets trapped inside the container and turns into water droplets. This moisture can make food soggy, affect texture and encourage bacterial growth, especially in rice, chapatis and fried foods.



### 3. Texture changes

Crispy foods lose their crunch, and soft foods may become mushy. For example, fried items, snacks and salads may lose their original texture as moisture and time affect them.



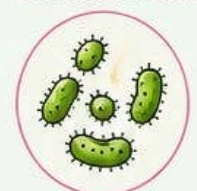
### 4. Oxidation and colour changes

Cut fruits and vegetables can change colour when exposed to air. Enzymes in the food react with oxygen, causing browning (e.g., apples, bananas). Some foods may also lose their bright colour over time.



### 5. Aroma transfer

Strong-smelling foods can transfer their aroma to other foods inside the lunchbox, especially in a closed container. This can change the flavour and appeal of mild foods.



### 6. Microbial growth

If food is not packed or stored properly, harmful bacteria, yeasts and moulds can grow. High moisture, warm temperature and poor hygiene increase the risk of foodborne illness. Symptoms may include stomach pain, nausea, vomiting and diarrhoea.



Compiled by

**M Sofia**

III B.Sc.Home Science – NFSM&D

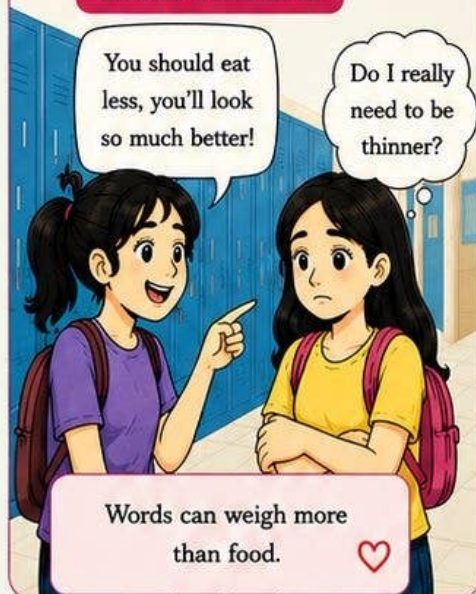


## Comic Session

## The Pressure Plate

----- ♥ An Awareness Comic on Eating Disorders ♥ -----

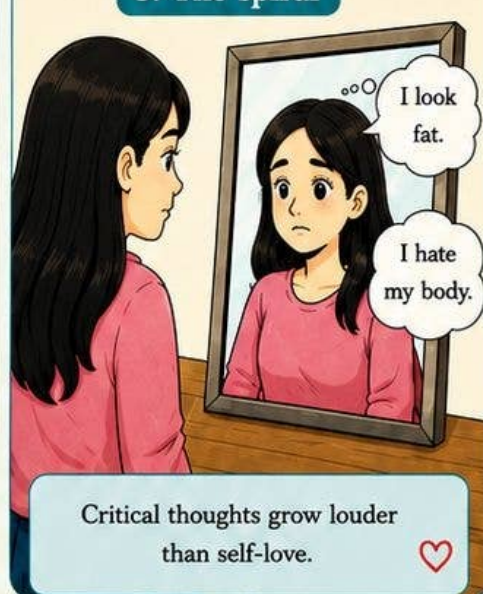
## 1. The comment



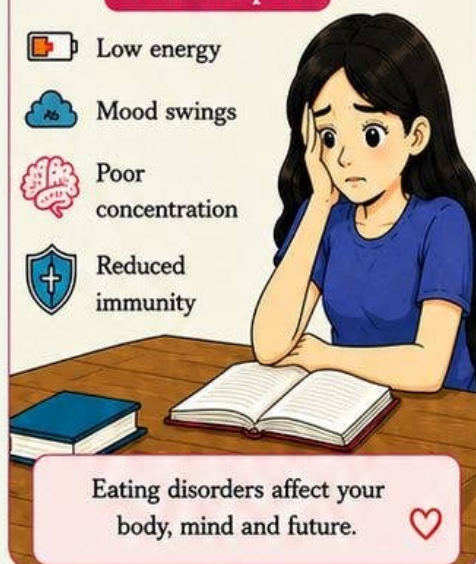
## 2. The skip



## 3. The spiral



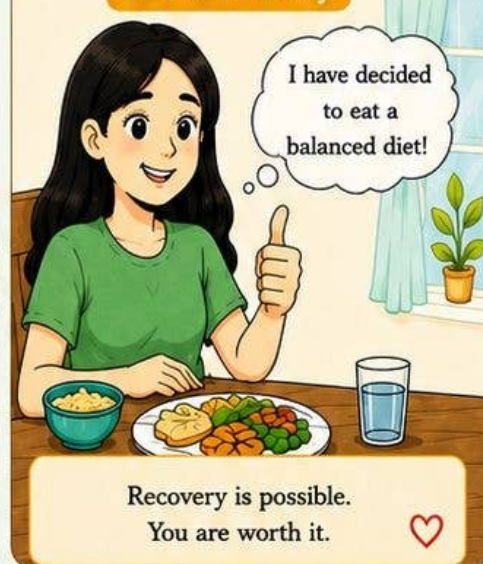
## 4. The impact



## 5. The support



## 6. The recovery



## Remember



Your body  
is not a problem  
to be solved.



Healthy eating  
is about balance,  
not restriction.



Talk about your  
feelings. It's okay  
to ask for help.



Be kind to yourself,  
you deserve  
love and care.



Compiled by  
**V Kailashini**  
III B.Sc.Home Science – NFSM&D





# GAME ON WHO AM I?

## How to Play?

Each clue has 3 hints:

1. First Letter
2. Number of Letters
3. Secret Code (Hint)

Write the correct ingredient on the line!

### Spices

1. I fight inflammation and help wounds heal. Who am I?

- 1 T 2 8 letters 3 *Golden spice*

Answer: \_\_\_\_\_

2. I help with cold, cough and throat discomfort. Who am I?

- 1 B 2 11 letters 3 *Spicy and hot*

Answer: \_\_\_\_\_

3. I reduce stress, improve sleep and calm the mind. Who am I?

- 1 N 2 6 letters 3 *Sweet fragrance*

Answer: \_\_\_\_\_

### Greens

1. I am rich in iron and good for anemia. Who am I?

- 1 D 2 9 letters 3 *Long green pods*

Answer: \_\_\_\_\_

2. I'm packed with iron and folate, great for anemia and pregnant women. Who am I?

- 1 S 2 7 letters 3 *Leafy and healthy*

Answer: \_\_\_\_\_

### Vegetables

1. I improve eyesight because of my beta-carotene. Who am I?

- 1 C 2 6 letters 3 *Orange veggie*

Answer: \_\_\_\_\_

2. I increase hemoglobin and purify blood. Who am I?

- 1 B 2 8 letters 3 *Deep red vegetable*

Answer: \_\_\_\_\_

3. I control blood sugar and help diabetes. Who am I?

- 1 B 2 11 letters 3 *Bitter but good*

Answer: \_\_\_\_\_

4. I boost immunity and act like a natural antibiotic. Who am I?

- 1 G 2 6 letters 3 *Pungent and strong*

Answer: \_\_\_\_\_

### Nuts

1. I keep your brain sharp and improve memory. Who am I?

- 1 W 2 6 letters 3 *Brain food*

Answer: \_\_\_\_\_

2. I help build muscles because I am high in protein. Who am I?

- 1 P 2 6 letters 3 *Found in shell*

Answer: \_\_\_\_\_

3. I keep your heart healthy with my good fats. Who am I?

- 1 P 2 9 letters 3 *Green inside*

Answer: \_\_\_\_\_

### Fruits

1. I help relieve constipation because I'm full of fibre. Who am I?

- 1 B 2 6 letters 3 *Yellow fruit*

Answer: \_\_\_\_\_

2. I improve heart health and reduce LDL (bad cholesterol). Who am I?

- 1 A 2 7 letters 3 *Green, gold*

Answer: \_\_\_\_\_

3. I keep your skin glowing because I have lots of antioxidants. Who am I?

- 1 P 2 11 letters 3 *Jewel seeds*

Answer: \_\_\_\_\_





# Lunchbox Waste audit- Self Assessment

## How Much Food Comes Back Uneaten?

Food that comes back uneaten is not just wasted food – it is wasted time, money, resources and effort. A small audit of your lunchbox for a few days can help you understand your eating habits and make smarter choices.

### How to do a lunchbox waste audit

Track your lunchbox for 5 days. Write down what you packed, what you ate and what you left. Also note the reason for not finishing the food.

| DAY   | Food packed<br>(List the items) | Food eaten<br>(What did you finish?) | Food left<br>(What and how much?) | Why was it left?<br>(Tick the reason)                                                                                                                                                                                                                                                                                                                        |
|-------|---------------------------------|--------------------------------------|-----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DAY 1 |                                 |                                      |                                   | <input type="checkbox"/> Portion too large<br><input type="checkbox"/> Dislike of the food<br><input type="checkbox"/> Food became soggy / not tasty<br><input type="checkbox"/> Repeated menu / boring<br><input type="checkbox"/> Not enough time to eat<br><input type="checkbox"/> Loss of freshness / quality<br><input type="checkbox"/> Other (write) |
| DAY 2 |                                 |                                      |                                   | <input type="checkbox"/> Portion too large<br><input type="checkbox"/> Dislike of the food<br><input type="checkbox"/> Food became soggy / not tasty<br><input type="checkbox"/> Repeated menu / boring<br><input type="checkbox"/> Not enough time to eat<br><input type="checkbox"/> Loss of freshness / quality<br><input type="checkbox"/> Other (write) |
| DAY 3 |                                 |                                      |                                   | <input type="checkbox"/> Portion too large<br><input type="checkbox"/> Dislike of the food<br><input type="checkbox"/> Food became soggy / not tasty<br><input type="checkbox"/> Repeated menu / boring<br><input type="checkbox"/> Not enough time to eat<br><input type="checkbox"/> Loss of freshness / quality<br><input type="checkbox"/> Other (write) |
| DAY 4 |                                 |                                      |                                   | <input type="checkbox"/> Portion too large<br><input type="checkbox"/> Dislike of the food<br><input type="checkbox"/> Food became soggy / not tasty<br><input type="checkbox"/> Repeated menu / boring<br><input type="checkbox"/> Not enough time to eat<br><input type="checkbox"/> Loss of freshness / quality                                           |
| DAY 5 |                                 |                                      |                                   | <input type="checkbox"/> Portion too large<br><input type="checkbox"/> Dislike of the food<br><input type="checkbox"/> Food became soggy / not tasty<br><input type="checkbox"/> Repeated menu / boring<br><input type="checkbox"/> Not enough time to eat<br><input type="checkbox"/> Other (write)                                                         |

### Your lunchbox waste score

Calculate the percentage of food left uneaten over 5 days.

Formula: Total food left (approx.) ÷ Total food packed (approx.) × 100 = % food wasted

- |                    |                                                                      |
|--------------------|----------------------------------------------------------------------|
| 0 – 10% left       | : Excellent food planning! Keep it up.                               |
| 11 – 25% left      | : Small changes needed. Try adjusting portions and food choices.     |
| 26 – 50% left      | : Review your packing and preferences. Plan better and reduce waste. |
| More than 50% left | : Your lunchbox needs a rethink. Plan wisely and pack mindfully.     |

### Why do we waste food?

- We pack more than we can eat.
- We choose foods we don't really enjoy.
- Food becomes boring when the same items are packed daily.
- Food turns unappealing due to poor packing or storage.
- We don't have enough time to eat our lunch.
- We are not aware of our real hunger and portion needs.

### Waste less, pack smart

1. Pack the amount you can eat comfortably.
2. Include foods you enjoy and look forward to.
3. Use leftovers wisely and safely.
4. Choose foods that stay fresh and tasty.
5. Pack a variety of colours, textures and flavours.
6. Keep wet and dry foods separate.
7. Store safely and keep it cool if needed.
8. Plan your menu in advance.
9. Eat mindfully and finish what you pack.
10. Remember: Every bite counts!



# LUNCHBOX SOP

## Fixing Common Packing Mistakes

Small mistakes while packing can lead to food waste, poor taste and health risks.

Here are common lunchbox problems and simple solutions to fix them.

### 1 Soggy Food

**Reason:** Packing steaming hot food immediately or mixing wet and dry foods.

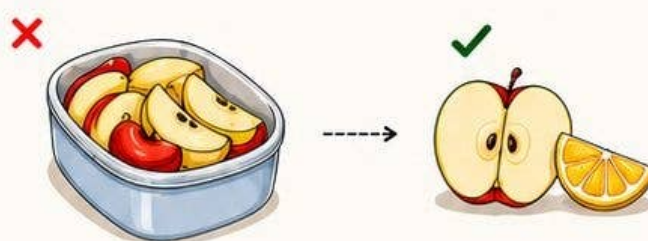
**Remedy:** Allow food to cool slightly before packing. Use separate compartments. Pack gravies, chutneys and moist items in small, closed containers.



### 2 Discoloration of Cut Fruits

**Reason:** Cutting fruits too early and leaving them exposed to air.

**Remedy:** Cut fruits just before packing when possible. Use fruits that do not brown easily or sprinkle lemon juice when suitable. Store properly in the fridge.



### 3 Leaking Lunchbox

**Reason:** Using loose-fitting or low-quality containers for liquids.

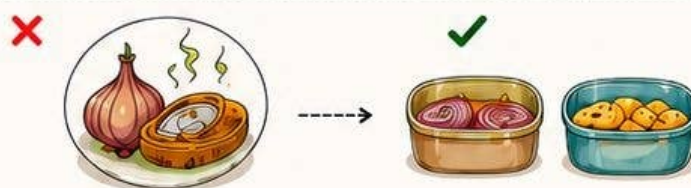
**Remedy:** Use leak-proof, food-grade containers with tight lids. Always check the lids before packing.



### 4 Mixture of Odour

**Reason:** Packing strong-smelling foods with mild foods in the same box.

**Remedy:** Use separate containers for strong-smelling items. Close each container properly to prevent aroma transfer.



### 5 Uneaten Lunch

**Reason:** Overpacking or packing foods the student does not enjoy.

**Remedy:** Pack the right portion according to appetite. Include a variety and ask about food preferences.



### 6 Loss of Freshness

**Reason:** Poor temperature control or leaving perishable foods unrefrigerated for too long.

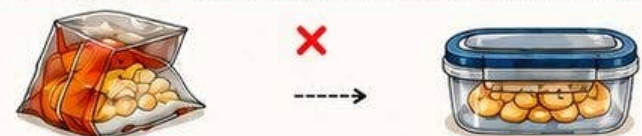
**Remedy:** Use insulated bags or ice packs for perishable foods. Eat lunch within 4-5 hours of packing. Avoid keeping food in direct sunlight.



### 7 Stale Food

**Reason:** Packing open snacks or packing them too early.

**Remedy:** Store dry snacks in airtight containers. Pack crunchy items separately and close well.





# EXPERT TALK

## *A Pediatric Perspective*

June | 2026



**Dr. Ekanbaram MBBS, MD (Pediatrician)**  
Stanley Hospital, Chennai

“ *An insightful discussion with a pediatrician on the importance of balanced lunch boxes, essential nutrients, hydration and healthy eating habits for children's growth, immunity and academic performance.* ”

On June 20, 2026, we had the privilege of interviewing a distinguished Dr. Ekanbaram MBBS, MD (pediatrician) Stanley hospital, Chennai, to discuss the importance of healthy packed lunches for school-going children. The session was highly informative, highlighting how a balanced lunch plays a vital role in supporting children's growth, development, learning ability, and overall well-being. The pediatrician emphasized the importance of including essential nutrients such as carbohydrates, proteins, healthy fats, vitamins, minerals, and adequate water in a child's lunch box. He also explained frequent consumption of unhealthy and highly processed foods can negatively affect energy levels, concentration, and immunity.

Beyond discussing nutrition, he shared practical suggestions for parents, including simple and nutritious lunch box ideas, strategies for managing picky eating habits, and ways to encourage children to make healthier food choices. The discussion also addressed common nutritional deficiencies observed among school children and the importance of regular meals, particularly breakfast and lunch, in maintaining academic performance and good health. By the end of the interview, many of our questions regarding children's nutrition had been answered, leaving us with valuable knowledge and a stronger understanding of how healthy packed lunches can contribute to the long-term school-going children.

**WATCH NOW**

**Interviewed by**  
**D Vaishali and S Jeevika**  
III B.Sc Home Science NFSM&D

# Healthy Food vs Junk Food – Every Bite Shapes Your Health!



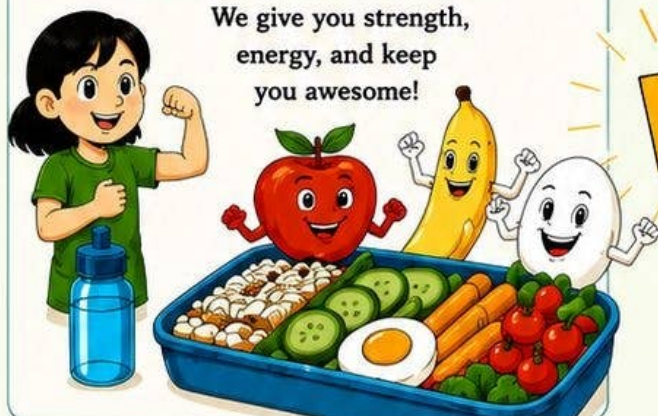
Every bite  
you take is a  
choice.

Choose smart,  
stay strong!



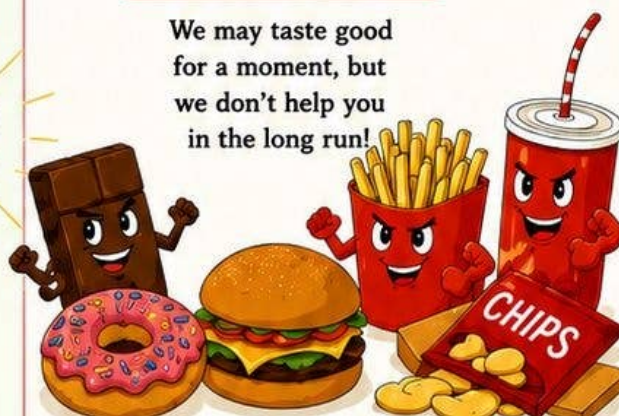
## TEAM HEALTHY

We give you strength,  
energy, and keep  
you awesome!



## TEAM JUNK

We may taste good  
for a moment, but  
we don't help you  
in the long run!



## WHY HEALTHY FOOD WINS!



GIVES  
LONG-LASTING  
ENERGY.



I can play  
longer!



MAKES YOU  
STRONG.



I grow  
strong and  
stay fit!



KEEPS YOU  
HEALTHY.



I fight  
illness and  
stay healthy!



GOOD FOR  
YOUR BRAIN.



I can focus  
and learn  
better!



KEEPS YOU  
HAPPY.



Good food =  
Good mood!

## WHY JUNK FOOD LOSES!



GIVES SHORT  
BURST OF  
ENERGY.



I feel tired  
after some  
time.



NOT GOOD  
FOR YOUR  
BODY.



Too much junk  
can make me  
sick.



MAKES YOU  
GAIN WEIGHT.



Too much sugar  
and fat are  
not good.



HURTS YOUR  
TEETH.



It can cause  
cavities and  
tooth pain.



MAKES YOU  
MOODY.



Sugar highs and  
crashes affect  
my mood.

**BE A  
WINNER!**



**BETTER  
HEALTH**



Nourishes  
your body.

**MORE  
ENERGY**



Keeps you  
active all day.

**BETTER  
FOCUS**



Improves learning  
and memory.

**STRONGER  
YOU**



Builds strength  
and immunity.

**BRIGHTER  
FUTURE**



Leads to a happy  
and successful life.

Smart choice. Healthy life. That's the real win!

Compiled by

**K Yuvashree and C K Janani**  
III B.Sc Home Science – NFSM&D

# THE LUNCH BREAK CHALLENGE!

Every bite shapes your health and your future.

JUNK FOOD

VS

PACKED LUNCH



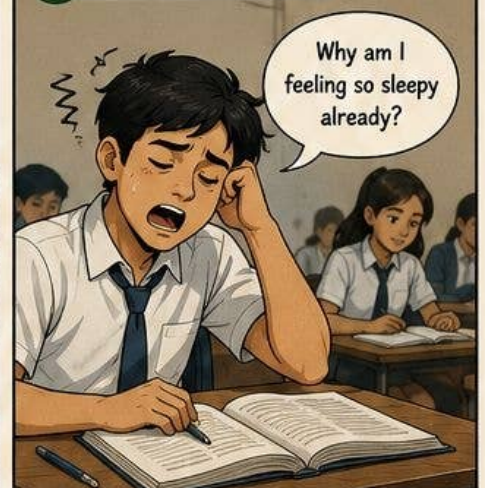
1 It's lunch break...



2 Meanwhile...



3 After a few classes...



4 Meera stays focused and active in class.



5 Sports period...



6 The next day...



## THE REAL WINNER? Team Healthy, Always!



**Better Nutrition**  
Nourishes your body with essential nutrients.



**Better Focus**  
Improves concentration and memory.



**More Energy**  
Keeps you active all day long.



**Stronger Immunity**  
Helps fight illness and stay healthy.



**Better Future**  
Healthy habits today, success tomorrow.

Be smart.  
Eat smart.  
Live smart!

CHOOSE HEALTHY TODAY, **WIN TOMORROW!**



# Report on Food Preferences for School Lunch Boxes

III B.Sc - NFSM&D Students

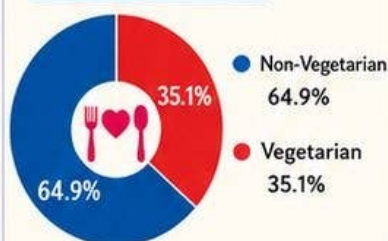


A study on food preferences for school lunch boxes among school-going children was conducted by III B.Sc.Home Science- NFSM&D students under the guidance of Mrs P Muthulakshmi tutor , 80 school students to assess their packed lunch preferences and dietary habits using a formulated questionnaires. The survey revealed that 64.9% of students preferred non-vegetarian foods, while 35.1% preferred vegetarian foods. A majority of the students (71.4%) brought home-made meals, highlighting the important role of home-prepared food in their daily nutrition. Variations in food preferences were observed among students from Government, Private, International, and CBSE schools located in and around Chennai, including Porur, Ramapuram, Poonamallee, and Kindrathur. To promote awareness about healthy eating habits, pamphlets designed by the students of III B.Sc. Home Science (NFSM&D) were distributed to school children, emphasizing the importance of nutritious and balanced packed lunches. The findings of this study provide valuable insights into students' lunch box choices and serve as a foundation for encouraging healthier food habits, ultimately contributing to improved physical health, mental well-being, and academic performance among school-going children.

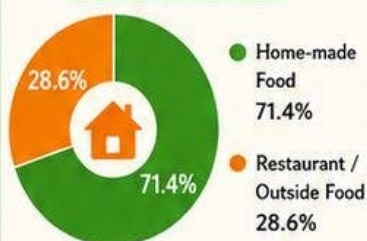


## FOOD PATTERNS OF SCHOOL CHILDREN

### 1. Food Preference



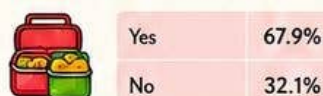
### 2. Source of Lunch



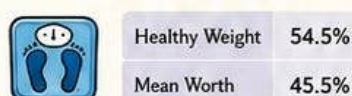
### 3. Type of School



### 4. Lunch at School



### 5. Weight Category



★ Percentages may vary slightly due to rounding off.

## SMART BOX FORMULA

- Energy** – Rice/Chapati/Idli
- Strength** – Dal/Egg/Paneer
- Protection** – Fruits/  
Vegetable Sticks
- Hydration** – Water/Buttermilk/  
Coconut Water

## TOOLS USED

- Questionnaire – Google Forms
- Pamphlet Designing – ChatGPT, Canva
- Type of Study – Survey

Healthy choices *today*,  
Brighter futures *tomorrow*!



Compiled by  
K. Perarasi & K. Shalini  
III B.Sc. Home Science – NFSM&D



# Designing of Pamphlets by the III NFSM&D students

As part of the Packed Lunch Awareness Programme, III B.Sc. Home Science (NFSM&D) students designed educational pamphlets to promote healthy eating habits among school children. These pamphlets provide simple, attractive, and evidence-based nutrition messages, encouraging balanced food choices, healthy lunchbox practices, and a nutritious lifestyle.

## Objectives of the Pamphlets

- ❁ Promote healthy packed lunch habits.
- ❁ Encourage balanced food choices among school children.
- ❁ Create awareness about nutritious alternatives to junk food.
- ❁ Support nutrition education through simple visual communication.

Department of  
Home Science

June 2026

## EAT SMART, GROW STRONG

Healthy Habits for a Better Tomorrow

### TIPS TO REMEMBER



**Eat a Variety of Foods**  
Include foods from all food groups every day.



**Drink Plenty of Water**  
Stay hydrated throughout the day.



**Eat Fruits and Vegetables Daily**  
They provide essential vitamins, minerals and fibre.



**Limit Junk Food**  
Choose healthy snacks instead of sugary or fried foods.



**Be Physically Active**  
Exercise or play for at least 30–60 minutes every day.



**Sleep Well**  
Get 8–10 hours of sleep for healthy growth.



**Maintain Good Hygiene**  
Wash your hands before eating and after using the restroom.



Good Food  
= Good Mood  
= Good Life!



Eat Right



Stay Hydrated



Stay Active



Sleep Well



Stay Clean

Your health is your superpower.

Choose wisely!

Department of  
Home Science

June 2026

## HEALTHY VS UNHEALTHY FOOD CHOICES

| ASPECT               | HEALTHY CHOICES                                             | UNHEALTHY CHOICES                                  |
|----------------------|-------------------------------------------------------------|----------------------------------------------------|
| Food Examples        | Fruits, vegetables, whole grains, pulses, milk, eggs, nuts. | Chips, burgers, fries, sugary snacks, soft drinks. |
| Nutrition            | Rich in vitamins, minerals, fibre and protein. ✓            | High in sugar, salt and unhealthy fats. ✗          |
| Energy               | Provides long-lasting energy. ✓                             | Gives quick energy but causes tiredness later. ✗   |
| Growth & Development | Builds strong bones and muscles. ✓                          | May lead to poor growth and obesity. ✗             |
| Immunity             | Strengthens the immune system. ✓                            | Weakens the immune system. ✗                       |
| Overall Health       | Supports a healthy body and mind. ✓                         | Increases the risk of lifestyle diseases. ✗        |

### BUILD A HEALTHY PLATE



### HEALTHY HABITS – HEALTHY FUTURE

- Choose homemade food.
- Eat breakfast every day.
- Reduce sugary drinks.
- Read food labels.
- Stay active.
- Sleep on time.

### SLOGANS

- Good Food • Good Mood • Good Life!
- Eat Right, Live Bright!
- Healthy Choices, Happy Life!
- Small Healthy Habits Make a Big Difference!
- Your Health is Your Superpower – Choose Wisely!

Compiled by  
K. PERARASI & K. SHALINI  
III B.Sc. Home Science – NFSM&D  
Department of Home Science



# Activity Corner

Creativity • Expression • Inspiration



## Oil Painting

### Nature's Serenity

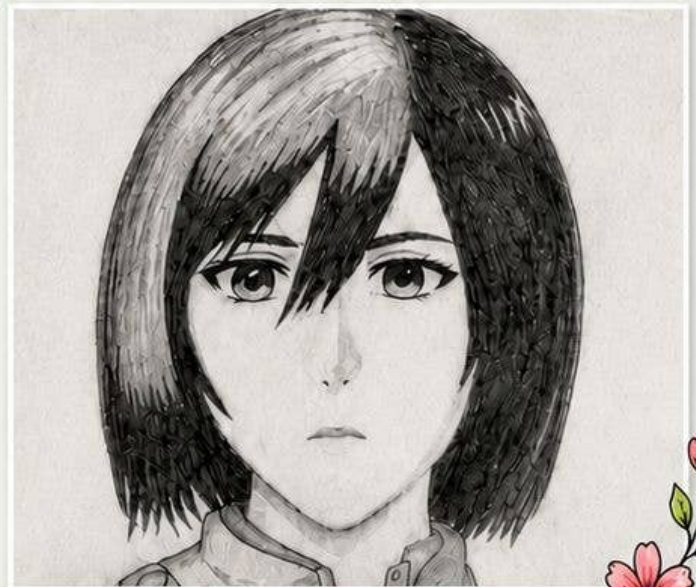
A beautiful landscape painted with oil colours.

G. Vidhya



## Radha Krishna

B. Banumathi



## Portrait Study

S. Jeevika



Art is not what you see, but what you make others see. ♥





# Activity Corner



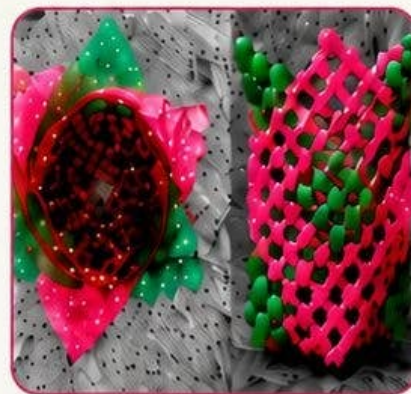
Creativity • Expression • Inspiration



## Creative Plastic Wire Weaving Crafts



- Our Activity Corner showcased beautiful handcrafted items made using colorful plastic wire weaving techniques. Students displayed their creativity and craftsmanship through a variety of designs including baskets, handbags, trays, and decorative containers.



- These handmade products highlighted patience, concentration, and artistic skills while promoting eco- friendly craft activities. The vibrant color combinations and unique weaving patterns attracted everyone's attention and demonstrated the talent and dedication of the participants.



- Such activities help develop fine motor skills, creativity, teamwork, and confidence among students. The Activity Corner served as an excellent platform to exhibit innovative ideas and encourage hands-on learning experiences.



Activity by

**Kalaivani.M**



“Creativity is seeing what others see and thinking what no one else ever thought.”



Photo Caption:

Plastic Wire Weaving  
Craft Models  
Prepared by Students



# ACTIVITY

## CORNER

Where Hands Create Magic!

# MEHANDI

Artist

# THANUSRI C.K

Mehandi is more than just art,  
it's a tradition, a celebration,  
and a way of expressing beauty  
through delicate patterns.  
Every design tells a story...  
made with love and creativity.



### About the Artist

Passionate about the art of Mehendi.

I love turning simple hands into  
beautiful works of art.

Each stroke is with patience,  
practice, and pure creativity.

Let's celebrate tradition  
with a touch of elegance!

Artist : Thanusri C.K



"Henna fades, but the memories last forever."

# ACTIVITY

## CORNER

Where Creativity Brightens Walls

M.SOFIA  
AND  
S.JEEVIKA

Turning simple walls  
into beautiful stories  
with colours, creativity  
and lots of love.



### ABOUT THE ARTISTS

We love transforming ordinary walls into cheerful and inspiring spaces. Every stroke of our brush carries our imagination, joy and passion. Painting is not just our hobby, it's our way of expressing love through colours. ...♥♥...



### OUR INSPIRATION

- ♥ Nature's beauty
- ♥ Festivals and culture
- ♥ Positive vibes
- ♥ Little things that make every day special

A wall  
can be plain,  
but imagination  
makes it  
extraordinary.



# STUDENT INTERNSHIP

**BATCH- 2025-2026**



**I MSC. HOMESCIENCE (FSMD)**

**Place: LIFELINE MULTISPECIALTY HOSPITAL**

**From 24th April 2026 - 24th May 2026**



**I MSC. HOMESCIENCE (FOODS AND NUTRITION)**

**Place :CHENNAI MEENAKSHI MULTISPECIALTY HOSPITAL**

**From 1st May 2026-30th May 2026**



# STUDENT INTERNSHIP

BATCH- 2025-2026



## III B.Sc Home Science - CND

📍 Place : LIFELINE MULTISPECIALITY HOSPITALS



From 15th May to 16 June 2026



## III B.Sc Home Science - NFSMD

📍 Place : LIFELINE MULTISPECIALITY HOSPITALS



From 15th May to 16 June 2026



# EXTENSION ACTIVITY

## Sports Nutrition

III B.Sc Home Science NFSM&D students extended their knowledge on Sports Nutrition to the fresher's of the Physical Education and Health Education and Sports through Skit, Debate and Discussion on the Role of Nutrition before, during and after the sport events. They disseminated knowledge with the help of Visual aids prepared by them. Feedback given by the students and Dr. E. Uma, Coordinator of the Orientation Program was encouraging the students.





## LAURELS RECEIVED BY III UG NFSMD STUDENTS

Department of Home Science,  
Queen Mary's College,  
continues to shine with  
remarkable performances in  
the March Past, showcasing  
the dedication, enthusiasm,  
and team spirit of our  
students year after year.



D. Vaishali, Department of Home Science,  
Queen Mary's College, participated in AIR  
(All India Radio) programmes and presented  
informative talks on topics including stress  
management, diabetes awareness, Dr. Homi  
Jehangir Bhabha, and interesting facts, enhancing  
her communication, public speaking,  
and presentation skills.

Department of Home Science,  
Queen Mary's College – P. Rugasri  
of III B.Sc. Home Science secured  
Second Place in the Kho-Kho  
Competition at the 110th Annual  
Sports Meet 2025-2026,  
showcasing her talent, dedication,  
and sporting spirit.



## LAURELS RECEIVED BY III UG NFSMD STUDENTS

Department of Home Science,  
Queen Mary's College – The  
students of the Department of  
Home Science secured the Third  
Prize in the Mime Competition at  
the Kalloori Kalai Thiruvizha  
2025–2026, showcasing their  
creativity, teamwork, and  
exceptional stage performance.



The students of the Department of  
Home Science secured the First Prize  
in the Dance Competition during the  
Pongal Celebrations 2024–2025,  
exhibiting outstanding talent,  
coordination, and vibrant cultural  
spirit.

Department of Home Science, Queen  
Mary's College – The students of the  
Department of Home Science  
enthusiastically participated in the  
Zumba Dance event during the  
academic year 2025–2026,  
showcasing their energy,  
coordination, teamwork, and  
commitment to promoting health and  
fitness through physical activity.



III B.Sc.NFSMD Students of the  
Department of Home Science actively  
involved in Kitchen Gardening, cultivating  
a variety of vegetables, herbs, and  
medicinal plants. This initiative promotes  
sustainability, healthy living, and  
practical learning.

09-01-2026

# Back to the Bell Days...

Ring!  
Ring!



The little moments that made school unforgettable.

## 1 The Little Mischiefs

The things we thought no one noticed...

- ★ Sneaking snacks during class
- ★ Passing chits behind notebooks
- ★ Laughing for no reason and getting caught
- ★ Pretending to read while daydreaming



**Your moment:** What was your funniest "almost got caught" moment?

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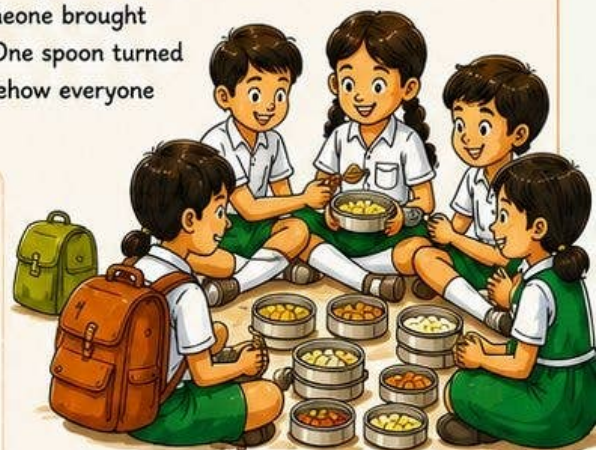
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## 2 Tiffin Time Stories

Lunch breaks weren't just about food—they were about sharing, trading, and secretly hoping someone brought something special. One spoon turned into many, and somehow everyone tasted everything.

Circle your lunch memory:

- ☐ Sharing with best friend
- ☐ Trading food
- ☐ Finishing lunch early to play
- ☐ Hiding veggies



Write your favorite lunch memory: \_\_\_\_\_



## 3 The Journey Home

Whether it was the noisy auto ride, bus window seats, or walking with friends—going home was never boring. It was laughter, gossip, and planning for the next day.



Fill in the blank:

My journey home was special because \_\_\_\_\_



## Fun Corner: Did You Do This?

- |                                                                     |                                                                |
|---------------------------------------------------------------------|----------------------------------------------------------------|
| <input type="checkbox"/> Counted how many minutes left for the bell | <input type="checkbox"/> Had a "secret" nickname for a teacher |
| <input type="checkbox"/> Got excited when a teacher was absent      | <input type="checkbox"/> Said "present miss" half-asleep       |
| <input type="checkbox"/> Wrote on the last page of notebooks        |                                                                |



"We didn't know we were making memories... we were just living them."



Because the best days of school... never really end.



Your time, interest and support mean a lot to us.

We are grateful to have you with us. ❤️

We hope our magazine inspired you with knowledge, ideas, and a brighter outlook towards a healthy packed lunch!

## Highlight of this Magazine

# Action Oriented Program

To enhance the lunch plate of our College students, our III B.Sc. Home Science NFSM& D students will put a food stall on every IV<sup>th</sup> day order of this semester

