

## **FSSAI launches 'Yellow Book' for schools to promote safe and nutritious food**

FSSAI launched 'The Yellow Book – your guide to safe and nutritious food at school', that provides age appropriate content which can be adopted across schools through State education machineries as part of their curricular and co-curricular activities.

The 'Yellow Book' covers topics such as good food safety practices, personal hygiene and cleanliness habits, eating a balanced diet, packing a wholesome lunchbox, preventing nutritional deficiencies and making healthy choices. It includes useful tips and interesting activities for school children. It can be used independently as a guide, as well as an activity book in conjunction with the existing curriculum in schools. It has been formulated after discussions, consultations and extensive engagement with various education boards such as CBSE, NCERT, State Boards, nutrition and education experts.