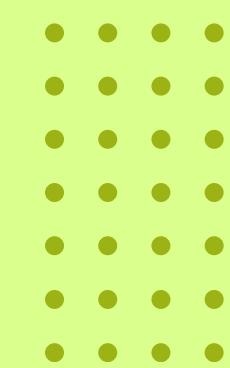




# HEALTHY LIVING WITH NUTRIENT-RICH FOOD

Embrace Wellness Through Healthy Food



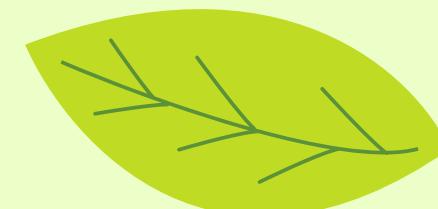
Presented by  
**Arnavi | 6<sup>th</sup> B**

**Global Scholar Community Cookbook**

TODAY'S SPECIAL:



BESAN CHILLA



DAL KHICHADI



# BESAN CHILLA

## Ingredients:

- Besan (Gram flour)
- Tomato, onion
- Salt & spices
- Water, little oil



## How to Make:

- Mix all ingredients to make batter
- Pour on hot pan
- Cook both sides till golden

# BESAN CHILLA



**EATING RIGHT,  
EVERY DAY**

## Nutritional Facts:

- High in protein
- Rich in fiber
- Contains iron

## Health Benefits:

- Builds muscles
- Improves digestion
- Keeps us full longer



# WIDE RANGE OF HEALTHY CHOICES



## BESAN CHILLA TOPPINGS

Our menu offers a variety of nutrient-rich options to suit every taste. From fresh leafy vegetable to roots, there's something for everyone.



### Leafy Vegetables

Spinach, Fenugreek, kale



### Root Vegetables

Carrot, Beetroot, Sweet Potato



### Bulb & Stem Vegetables

Onion, Cabbage, Cauliflower, Broccoli



### Other Vegetables

Capsicum, Greenpeas, beans



# DAL KHICHADI

## Ingredients:

- Rice
- Dal (lentils)
- Salt & turmeric
- Ghee (optional)
- Vegetables (optional)



## How to Make:

- Wash rice and dal
- Cook together with water
- Add ghee and mix well

# DAL KHICHADI



**EATING RIGHT,  
EVERY DAY**

## Nutritional Facts:

- Carbohydrates for energy
- Protein for growth
- Easy to digest

## Health Benefits:

- Gentle on stomach
- Good during illness
- Suitable for all ages



# WIDE RANGE OF HEALTHY CHOICES



## DAL KHICHADI TOPPINGS

Our menu offers a variety of nutrient-rich options to suit every taste. From fresh leafy vegetable to roots, there's something for everyone.



### Healthy Fats

Ghee, Butter



### Crunchy Toppings

Roasted Nuts, Papad pieces



### Fresh & Cooling

Curd, Coriander Leaves, Lemon Juice



### Flavor Enhancers

Jeera Tadka, Garlic Tadka, Pickle



# WHY THESE FOODS ARE HEALTHY

- Made from natural ingredients
- Rich in proteins, vitamins, and fiber
- No preservatives or junk ingredients
- Easy to digest
- Provide energy for study and play
- Suitable for all age groups
- Can be made fresh at home
- Support strong immunity and growth



# CONCLUSION

**BESAN CHILLA & DAL KHICHADI ARE:**

- ✓ Nutritious
- ✓ Tasty
- ✓ Healthy

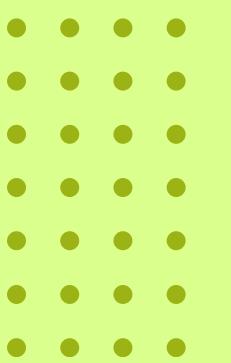
**Eat Healthy, Stay Strong!** 🌱





# THANK YOU!!!

Embrace Wellness Through Healthy Food



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