

children an about the Russian-made submarine. The submarine is a diesel-electric one and works on battery when it goes under water.

MUMBAI FOR KIDS

Next on the naval tour visit was INS Viraat, the aircraft carrier. Weighing 27,000 tonnes, INS Viraat is one of the oldest aircraft carriers in service in the world. "I have always watched Indian Navy ships only on television. Getting a chance to come on board these ships is like a dream come true," said eight-year-old Aryan Potdar.

Children were told about the working of INS Viraat. "We were informed of detailed technicalities about how an aircraft takes off and lands on the ship. They also explained about air traffic controller, the aircraft hangar," said another child.

The visit to the naval dockyard was not only informative, but also inspiring for the children. As soon as the session got over, Sinha was flooded with questions about getting admission into the Indian Navy. "Boys can join the National Defence Academy after class XII and after passing out from NDA, they can join the Navy. Girls, on the other hand, can join the Navy after completing their graduation in science or engineering," he said.

'If parents have unhealthy habits, children will follow'

TIMES NEWS NETWORK

Mumbai: Kids and parents alike trooped in on Sunday morning for a nutrition workshop at Sion's Subbulakshmi Auditorium, conducted by My Dietist's Prachi Sanghvi. It focused on building a healthier lifestyle, through judicious meal planning and exercise, and was organized as part of The Times of India's Mumbai for Kids initiative. The nutrition session is among 21 workshops and visits organized as part of the event.

The discussion on Sunday, peppered with audience questions included the significance of the day's five meals: breakfast, the mid-meal, lunch, evening snacks and dinner. Sanghvi explained how to replace frequently-used unhealthy options with more nutritious ones, such as swapping biscuits with khakras. "The idea is to get creative about it," she



Sanjay Hadkar

Prachi Sanghvi interacts with kids at the nutrition workshop

said, explaining how her daughter hated palak paneer. When Sanghvi asked her why, she learnt that the child didn't like the colour of the preparation. "So, I put those ingredients in a paratha instead. You have to involve your children in their meal plans."

Also discussed were the alarming rates of childhood obesity and heart disease. "Studies show that hardening and blockage of arteries can start as early as 11 ye-

ars for boys, and 15 years for girls. It's not an 'old people's problem' as it's assumed," she said. Among the biggest misconceptions that the session focused on dispelling was that a chubby child means a healthy child. The key was for parents to lead by example. "Parents want their kids to eat healthy and exercise, but they themselves don't do that," said Sanghvi. "If a kid sees you leading an unhealthy lifestyle, that's what they'll follow."