

Programme/ Project Report

1. Programme/ Project Name : I Care Breakfast
2. Date : from January 2016 to current
3. Day / Time : Sunday to Thursday 9.15pg – 9.35pg
4. Place : The canteen of SJK(C) Woon Hwa
5. Objective :
 - a. Instilling healthy eating habit among students, teachers and local community
 - b. Serving the breakfast with high nutrients and low calories
6. Organizer : SJK(C) Woon Hwa and the canteen caterer
7. Involvement : All students of Year 1- Year 6, teachers, nutrition and parents
8. Sponsored by : -
9. Description of activity :

The I Care Breakfast was initiated with the intention to promote healthy eating habit among students, teachers and local community. It caters for all the students from Year 1 to Year 6 in SJK(C) Woon Hwa. The canteen caterer prepares nourishing breakfast according to the menu examined by an authorised dietitian. Meals with high nutrients and low calories are designed for students' need. In addition, the vegetables are supplied from our own planted organic vegetables.

Parents pay for the breakfast at RM2.50 each meal. I Care Breakfast has benefited our students in their physical growth and mental health development. Many students have shown improvement on their academic achievement and weight control along with this program.

10. Photos of activities :



The I Care Breakfast is served in the container prepared by the school.



Students enjoy eating healthy and nutritious breakfast in school.



The pumpkin soup was made using our school organic-grown pumpkin.



The program succeeded with the help of teachers, parents and volunteers

11. Attachments

: 1. Menu of the I Care Breakfast

Prepared by :

Checked by:

Approved by:

(MDM TIW SEOK LIAN)

(MDM LEE MING SIEW)

(MDM PHANG OI MEI)

I-Care Breakfast Menu		Calories
		(kcal)
Sunday	Mee Hun Soup (mee hun + chicken + onion + fish cake + carrot + brazil)	275
Monday	Hearty Pasta (pasta + mushroom sauce + mushroom + egg + cherry tomatoes)	350
Tuesday	Happiness Sandwich (chicken floss + mayonnaise + seaweed + egg) + water melon	320
Wednesday	Nan Yang Curry Noodles (yellow noodles + bean curd + bean sprouts + fish cake + green vegetables)	390
Thursday	Joyeous Chicken Porridge (porridge + egg + chicken + peanuts + green vegetables)	190



i care

