



KAMARAJAR SCHOOL (CBSE) THALAMBADI (PO), NAMAKKAL – 637 019

AY 2026-27 Kamarajar School

Student Welfare Team : communicated every day for maintaining students health

Date:18.04.2026

Fruit Name: Watermelon



- # Wash before cutting.
- # Best of Hydration.
- # Eat as a Snac , not after Heavy meals.

- # Eat fres, avoid storing for a long time.
- # Rich in Vitamin C & A.
- # It Contains antioxidants .
- # It Supports Skin health, and Immunity.

Date: 20.04.26.

Fruit Name: CITRUS FRUITS



Health Benefits of citrus fruits:

- ❖ EXCELLENT SOURCE OF VITAMIN C. (விட்டமின் சி நிறைந்தது)
- ❖ BOOSTS IMMUNITY. (நோய் எதிர்ப்புச் சக்தியை அதிகரிக்கும்)
- ❖ HEART HEALTH. (இதய ஆரோக்கியம்)
- ❖ AIDS DIGESTION. (செரிமானத்தை மேம்படுத்தும்)
- ❖ PREVENTS KIDNEY STONES. (சிறுநீரக கற்களைத் தடுக்கும்)
- ❖ PROMOTS HEALTHY SKIN. (சரும ஆரோக்கியம்).
- ❖ WEIGHT MANAGEMENT. (எடை மேலாண்மை).

Do's and Don'ts of consuming citrus fruits:

Do's (செய்ய வேண்டியவை)

- ❖ EAT WHOLE FRUITS. (முழு பழங்களை சாப்பிடுங்கள்).
- ❖ PAIR WITH IRON-RICH FOODS. (இரும்புச்சத்து நிறைந்த உணவுகளுடன் சேர்க்கவும்).
- ❖ RINSE MOUTH AFTER EATING. (சாப்பிட்ட பிறகு வாய் கொப்பளிக்கவும்).

Don'ts (செய்யக் கூடாதவை)

- ❖ DON'T BRUSH IMMEDIATELY. (உடனே பல் துலக்காதீர்கள்).
- ❖ AVOID OVER CONSUMPTION. (அதிகமாக உண்பதைத் தவிர்க்கவும்).
- ❖ DON'T PAIR WITH DAIRY PRODUCTS. (பால் பொருட்களுடன் சேர்க்க வேண்டாம்).
- ❖ AVOID AN EMPTY STOMACH. (வெறும் வயிற்றில் தவிர்ப்பது நல்லது).

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Date: 21.04.2026

Fruit Name: Mango



- Best way to eat:

Fresh slices or cut pieces (not too much juice)

- Best vitamins:

Vitamin A, Vitamin C, and Vitamin E

- Best benefits:

- * Good for eyesight
- * Boosts immunity
- * Gives instant energy
- * Helps skin glow

Date: 22.04.2026

Fruit Name: Papaya



*** Best vitamins:**

Vitamin A, C and E

*** Best Nutrients:**

Fibre, Antioxidants and potassium.

*** Health Benefits:**

- * Good for heart function.
- * Improves digestion.
- * Boosts immunity.
- * Improves eye health.
- * Promotes skin health.



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Date: 23.04.2026

Fruit Name: Cucumber



Rich in potassium, magnesium , Antioxidants and Vitamin K.

Health Benefits:

- ✓ Improves digestion.
- ✓ Reduce inflammation.
- ✓ Supports heart Health.
- ✓ Promotes skin health.
- ✓ Manages blood sugar.
- ✓ Enhances skin and eye health.

Date: 24.04.2026

Fruit name: Sapota (Chikoo)



1. Eat in moderate quantities.
 - ✿ Sapota is naturally sweet.
 - ✿ Avoid overeating to prevent excess sugar intake.
2. Good energy fruit.
 - ✿ Provides quick energy.
 - ✿ Suitable for children and active people.

3. Health benefits.

✿ Rich in:

- ◉ Vitamin C &
- ◉ Potassium.
- ✿ Supports overall growth.



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Date: 25.04.2026

Fruit name: Banana



Health benefits:

- Bananas give quick energy.
- They are good for heart health.
- Support muscle function and reduce cramps.

Vitamins and Nutrients:

- Vitamin C - boosts immunity.
- Vitamin B6 - helps brain function.
- Potassium - good for heart and blood pressure.
- Magnesium - Supports muscles and bones.
- Fiber - helps digestion.

Date: 28.04.2026

Vegetable Name: CARROT

BOTANICAL NAME: DAUCUS CAROTA



 Good for your eyes

- ❖ Support overall eye health.
- ❖ Reduce risk of night blindness

 Boosts immunity

- ❖ Reduce inflammation .
- ❖ Help your body fight infection.

 Supports heart health

- ❖ Help lower cholesterol levels.
- ❖ Reduce risk of heart disease.

 Aids digestion

- ❖ Improve digestion.
- ❖ Support gut health.
- ❖ Promotes Healthy skin.
- ❖ May improve skin glow.



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❖ Support skin repair.

SIMPLE TIPS:

Eating CARROT raw, cooked or juices all has benefits, but cooking them slightly can actually make BETA CAROTENE easier for your body to absorb.

Date: 29.4.2026

Fruit Name: Jackfruit

Botanical Name: Artocarpus heterophyllous.



- It has a little protein and fat.
- Yields carbohydrates and energy.
- Rich in Vitamin C , fibre , calcium , Potassium.
- Seeds of Jackfruit also nutritious.

Date: 30.04.2026

Fruit Name: Muskmelon



- Good for Eye sight.
- Boosts Immunity.
- Beneficial for kidney Health.
- Rich in vitamin A, C & Betacarotene.
- Promotes Eye health.
- Good for Heart Health.
- Supports skin hydration and glow.

Date: 01.05.2026

Fruit Name: Ice Apple



- ❖ An excellent natural coolant.
- ❖ Improves liver Health.
- ❖ Helps to cure many skin issues.
- ❖ Improves the digestive system.

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- ❖ Strengthens the Immune system.
- ❖ Prevents Heat stroke.
- ❖ Rich in nutrients and Antioxidants.

Date: 02.05.2026

Fruit Name: Amla

Botanical Name:

Emblica officinalis/Phyllanthus emblica.



- ❁ Amla grows wild or can be cultivated.
- ❁ Amla is grown in Sri Lanka, China, Malaysia and in the most part of India.
- ❁ Amla is a rich source of Vitamin C in the fresh as well as the dry condition.
- ❁ Amla fruit has been held in high esteem in indigenous medicine.
- ❁ It is claimed that the dried fruit is useful in haemorrhage, diarrhoea and dysentery.

Date: 04.05.2026

Fruit Name: Apple

Botanical Name: Malus sylvestris



- ✚ The apple can be called an exotic fruit.
- ✚ Apple is a fair source of fibre.
- ✚ Fibre is a term used to refer to the indigestible carbohydrates in our diet .
- ✚ Apples can be preserved by slicing and drying in the sun.
- ✚ Apples have very small amounts of mineral nutrients to their credit.
- ✚ Fresh apple juice is considered as good for diarrhoea and peptic ulcer.
- ✚ When apple pieces are exposed to the air, certain chemical substances such as tannins in the fruit.



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- ✚ This reaction causes the brown colouring of exposed apple pieces.
- ✚ When apple pieces turn brown, Vitamin C in the fruit is destroyed.
- ✚ Browning can be avoided if pieces are soaked in a salt solution.

Date: 05.05.2026

Fruit Name: Grapes

Botanical Name: Vitis Vinifera



- ❖ Grapes originated near the Caspian Sea of Russia.
- ❖ Grapes came to India along with Muslim conquerors through Persia and Afghanistan.
- ❖ They grow grapes for their flourishing wine and liquor industries.
- ❖ Grapes are unique among food items because they have large amounts of tartaric acid.
- ❖ Grapes have large amounts of pectin. It is easy to make jams and marmalades out of them.
- ❖ Raisins or dried grapes are good energy gives.
- ❖ 100g of the fruit contains 70 calories and 1mg of Vitamin C.
- ❖ The Red and Purple colouring matter in grapes is known as oenin.

Date : 06.05.2026

Fruit Name : PAPAYA

Botanical Name : CARCIA PAPAYA



- ◆ In India , about 17,000 hectares are under papaya cultivation.
- ◆ The fruit is known by various name Papeeta, Bappadi, Pappali .
- ◆ The fruits can be harvested within a year.
- ◆ The trees bear fruits throughout the year for about five years.
- ◆ Papaya grows best in sunny places and requires minimum irrigation.
- ◆ Fruits contains large quantities of CAROTENE
- ◆ Regular consumption will ensure good supply of vitamin A and C .
- ◆ Eating papaya helps prevent blindness caused by vitamin A .

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Date: 07.06.2026

Fruit Name: Guava

Botanical Name : Psidium guajava.



- # Rich in vitamin c and other mineral nutrients.
- # It contains very little vitamin A or carotene.
- # It contains large amount of Phosphorus and calcium.
- # Guava leaves powder used for dressing wounds and sores.

Guava juice, Guava candy , Guava cheese make good snacks for children.

Date: 08.05.2026

Fruit Name: Jamun

Botanical Name: Syzygium cumini



1. Jamun is known by several local names such as jambas, jamun, rajaman, kala jamun, neredu, naval, nerale, jamali, black plum and black berry.
2. The fruit has been appreciated for its unusual taste, flavour and colour.
3. Children are fond of the fruit and its property of colouring the tongue purple when sucked.

4. Others appreciate the fruit for its medical qualities especially its value in treatment of diabetes .
5. The jamun fruit is generally of an attractive purple colour.
6. It is sub-acid to sweet, in taste. It is available in plenty is cheap and very common in both villages and city markets.
7. Nutritive Value Per 100g of fruit Calories, Calcium, Vitamin C and Fibre.
8. Experiments carried out at Central Drug Research Institute, Lucknow, showed that oral administration of dried alcoholic extracts of the seeds to diabetic patients reduces the level of blood sugar and glycosuria.
9. A decoction of the bark and powdered seeds is considered useful in the treatment of diarrhoea and dysentery.



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Date: 09.05.2026

Fruit Name: Pomegranate

Botanical Name: Punica granatum



- The Pomegranate is a fruit of great antiquity.
- Pomegranate were well known in Harappan times of 2000 B.C.
- These fruits were also believed to be relished by the Indian royalty of 1000 A.D.

- Jain and Buddhist monks consumed fresh juice of pomegranate as refreshing drink.
- In India, it is found growing wild in the warm valleys and outer hills of the Himalayas.
- The fruits are round, oblate or obovate in shape and vary in diameter from 8 to 12 cm.
- The seed pulp in superior varieties is thick, fleshy and very *juicy, while in inferior ones it is thin.
- It ranges in colour from white and transparent in some to pale and blood red in others.
- The pulp taste also varies from sweet and aromatic to sour and insipid.
- The seed coat varies in hardness, some of the softer seeded types being known as seedless or Bedana.
- The Bedana and Kandahari varieties are considered to be the best.
- The fruits are harvested when the skin turns slightly yellow and fruit gives out a metallic sound when tapped.
- Each tree bears about 100 fruits. Trees bearing upto 200 fruits have also been recorded.
- Sixty per cent of the fruit is edible.
- Nutritive Value of pomegranate calories, VitaminC, Pottasium, Magnesium.
- The rind of pomegranate is also the source of a dye which gives yellowish brown to khaki shades and has been used for dyeing wool and silk.
- The flower also yield a light red said to have been used in India for dyeing cloth.
- The dried bark of both the root and stem has long been used in the treatment of tapeworms.
- The rind is valued as astringent in cases of diarrhoea and dysentery.



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- The sweet types of pomegranate are believed to be mildly laxative . The powdered buds are used in treatment of bronchitis.

Date : 11.05.2026

Fruit Name: TOMATO

Botanical Name: LYCOPERSICON ESCULENTUM



- !! Tomato is well known and very popular vegetable grown throughout India.
- !! The origin of tomato is traced to the Peruvian and Mexican regions.
- !! A fleshy berry, taking 5-7 weeks from blooming to ripening.
- !! Tomato is essentially a warm season crop and cannot withstand severe degrees of cold.

!! Immature green, mature green, turning half- ripe or red ripe are the different stages when the fruit is picked.

!! The tomato fruit varies much in shape.

!! Tomato is a rich source of Vitamins, particularly Vitamin C.

!! Tomato contains less purines and less oxalic acid.

!! Purine and oxalic acid are substances generally known to be associated with bladder stone formation.

Date: 12.05.2026

Fruit Name: Pine Apple

Botanical Name: Ananas Comosus



- Hawaii, and Malaysia are the leading pineapple growers in the world.
- Pineapple from the Australia is famous all over the world .
- The pineapple shrub thrives best in a mild tropical humid climate.
- The flesh is juicy and fibrous with a light yellow orange colour.
- The fruit has an attractive,crunchy, acidic taste.

, Pineapple

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- Out of 60 variety, only 2 varieties are grown in our country
- Only 60% of pineapple is edible.
- The pineapple is a good source of thiamine (Vitamin B1).
- The fruit is very rich in Vitamin C.
- Fresh pineapple juice contains an enzyme which aids digestion .