

Fun before food

Let schoolkids play first, eat later

HOLDING RECESS BEFORE lunch increases fruit and vegetable consumption by up to 54 per cent and decreases waste among schoolchildren, finds a study.

“Recess is often held after lunch so children hurry to ‘finish’ so that they can go play - this results in wasted fruits and vegetables,” said co-author David Just from Cornell University. “We found that if recess is held before lunch, students come to lunch with healthy appetites and less urgency and are more likely to finish their fruits and vegetables,” he added.

Many schools in the US have reported that fruits and vegetables are feeding trash cans rather than students.

Lead author Joseph Price from Brigham Young University and Just conducted the study in a school district in Orem, Utah.

Seven schools within the district (grades one-six) participated in the study, three of which switched recess to before lunch and



four continued to hold recess after lunch.

The researchers measured fruit and vegetable waste by standing next to the trash cans and recording the number of servings of fruits and vegetables that each student consumed or threw away.

They also measured

whether or not each student ate at least one serving of fruits or vegetables.

After analysing a total of 22,939 observations, the researchers concluded that in the schools that switched recess to before lunch, children ate 54 per cent more fruits and vegetables. There was also a

45 per cent increase in those eating at least one serving of fruits and vegetables. An increased fruit and vegetable consumption in young children can have positive long term health effects, the researchers noted in the study published in the journal *Preventive Medicine*. IANS

Winter warmers

Jazz up your abode in a smart way

IT'S CHILLY AND gloomy outside, but you can make your house warm and cosy with a little bit of makeover. Pooja Sharma, design head and director, Studio 13 Design Pvt. Ltd., shares how:

• **Home fragrance:** It can help to create a warm atmosphere. Try choosing a woody aroma for diffusers. Scented candles can help in warming a room. Scented sticks in fragrances of cinnamon, rosewood and sandalwood are soothing and the best inviting aromas.

• **Twinkling lights:** Try adding some string lights around a preferred corner of your house.

• **Proper use of rugs, blankets:** Place all heavy rugs

and blankets in living and bedrooms. Try covering a bare floor with a thick rug so as to make that space look warmer and comfortable.

• **Dark tones:** Swap all those pastel shades with darker tones, as bright and dark colours are full of warmth. For winters, pick fabrics such as velvet, cashmere, wool or faux with brighter shades, floral or strip prints, oversized geometric designs for rugs and cushions. Cosy up your couch with a plush throw or wrap the seat cushion with faux fur.

• **Electric fireplace:** Go for an electric fireplace as it is easy to maintain and install. IANS



ALIGN YOUR LIFE

Role Of Feng Shui

WORK WITH many clients who feel that implementing Feng Shui will change their lives overnight. They will win a lottery, find a great job and live in a palace for the rest of their lives. Some even hire multiple inexperienced consultants, who will give them contradictory information. They end up implementing all these contradictory changes and as a result they create more confusion and chaos in their lives. One client in India was so desperate to become rich that he bought hundreds of books on Feng Shui and started implementing everything by himself. Needless to say he went bankrupt within a few months and remained depressed for years to come.

Many people ask me if Feng Shui really works. And if it does then how come it brings great results for some, while some see no significant change in their lives?

To understand how Feng Shui works, you first must understand your destiny. Don't get me wrong, I don't believe in good luck and superstitions. By your destiny, I mean your life path.

Every person is born with a life and a destiny that has been specially chalked out for him or her. The first one third of your destiny is fixed. By that I mean it will be deciding who your family will be - your parents, sisters, brothers, children. This part is constant and can't be altered at all.

The second third is your environment. Who you associate yourself with, where you live, what your environment consists of. For example, in one office there are two cabins. One cabin has air-conditioning and one has only a fan. During the hot summer months, it would be easier for the person working in air-conditioned office to work long hours. While the person working in the office with a fan will struggle to cope. However if he remains focused and dedicated then he will be able to get through the summer months. This is a classic example of how some of us have supportive surroundings while some don't. Feng Shui falls into this one third - your environment or surroundings. Some choose to implement it and some don't.

The last third of your destiny is karma or your actions. How hard you work and how motivated you are will decide how far you will go.

Continuing to work hard and balancing your environment through Feng Shui helps in tapping into bigger and better opportunities. But remember Feng Shui alone can never turn your life around. To do that, you need to continue walking towards your goals and let Feng Shui remove all speed breakers to make your ride smoother.

Shivani Adalja is a Dubai-based wellbeing expert. She runs the Alignment Insitute which offers effective solutions that focus on stress management and overall wellbeing. Email align@shivaniadalja.com.

