

TUTORIAL – 5: IMMUNITY GUIDE & FOOD HYGIENE, SAFETY AND NUTRITION GUIDELINES

Dear Parents / Students

Warm Greetings!

The following attachments are enclosed for the knowledge of the students.

Attachment 1: 27 ways to boost Immunity and Safe-guard your health.

Click the link below to open the attachment.

[Immunity Guide](#)

Attachment 2: Food Hygiene, Safety & Nutrition Guidelines for consumers to prevent the spread of COVID-19.

Click the link below to open the attachment.

[Food Hygiene, Safety & Nutrition Guidelines](#)