



Healthy eating is the key to good health and success in school. Healthy means varied, balanced and regular eating. To be healthy and strong, children need to comply with scientifically sound recommendations for healthy eating. One of the most important is: Do not miss breakfast, eat regularly.

The school's cooking room hosted the HEALTHY LIFE IS HAPPY LIFE workshop. Mr. Iliya Petkov, the Project Coordinator introduced students by “Ivan Vazov” Secondary school with the basic rules of healthy eating. Under the leadership of Mrs. Dessislava Lilova, students prepared breakfast variants, which they practically realized in the cooking room with the help of Mrs. Maria Lourtova. After the tasting, everyone was convinced they had to change their eating habits.