

GOVERNMENT OF INDIA  
MINISTRY OF EDUCATION  
DEPARTMENT OF SCHOOL EDUCATION & LITERACY

**RAJYA SABHA**  
**UNSTARRED QUESTION NO. 1937**  
ANSWERED ON 06.08.2025

**Implementation of CBSE's 'Sugar Boards' initiative**

1937 **Ms. Swati Maliwal:**

Will the Minister of EDUCATION be pleased to state:

- (a) the current status of implementation of CBSE's directive mandating the installation of 'Sugar Boards' in all its affiliated schools;
- (b) whether a monitoring mechanism has been established to ensure effective compliance with this directive, and if so, the details thereof;
- (c) the extent of collaboration between CBSE and State/UT Governments to expand this initiative to schools under State Boards; and
- (d) the steps taken to integrate nutrition education into school curricula as part of this initiative, including timelines and implementation status?

**ANSWER**

MINISTER OF STATE IN THE MINISTRY OF EDUCATION  
(SHRI JAYANT CHAUDHARY)

(a) to (c): As per Central Board of Secondary Education (CBSE) Circular No. Acad-26/2025, all CBSE-affiliated schools are mandated to install 'Sugar Boards' to raise awareness about the risks of excessive sugar intake and promote healthier food choices. These boards are to display key information such as recommended sugar intake, sugar content in commonly consumed foods, and healthier alternatives. Schools are also required to conduct awareness seminars/workshops, and a total of 4373 seminars/workshops have been organized so far, with 6,55,781 students, 47,386 teachers, and 61,696 parents participating.

Hon'ble Education Minister vide D.O. letter dated 23.06.2025 had apprised all Hon'ble Members of Parliament regarding Sugar Boards which is a valuable education tool, providing students with essential information including recommended daily sugar

intake, the sugar content in commonly consumed unhealthy foods (such as junk food and cold drinks), the associated health risks of excessive sugar consumption, and healthier alternatives.

To monitor compliance, schools must upload a report, including photographs of the 'Sugar Boards' and details of the awareness activities. So far 1527 schools uploaded their reports. This monitoring mechanism helps track the progress of the initiative and ensure effective implementation across all affiliated schools.

CBSE through the circular has shared the information with Kendriya Vidyalaya Sangathan (KVS), Navodaya Vidyalaya Samiti (NVS), Sainik Schools Society, Eklavya Model Residential Schools (EMRS), Education Directorates of States/UTs of Delhi, Sikkim, Arunachal Pradesh, Andaman and Nicobar which do not have State Board.

(d): The National Education Policy (NEP) 2020 has given due emphasis on the role of nutrition in the holistic development of children and pointed out that nutrition plays a very significant role in learning, particularly in the early years. Considering the importance of this area, the National Curriculum Framework for School Education, 2023 (NCF-SE 2023) has given practical recommendations to include this in the curriculum of different subjects as well as in grades and also include Health and well-being as one of the aims of school education.

NCERT's new textbooks brought out as follow-up of the NCF-SE 2023 provides space to healthy food and balanced diet in the textbooks –

- The World Around Us –Grade 3 includes a chapter on Food We Eat
- Physical Education and Well-being-Grade 3 includes perspective of Healthy Diet as per Ayurveda.
- Curiosity-Science Textbook-Grade 6 includes a chapter on Mindful eating which discusses –which kinds of foods make us 'Obese'.

Chapters on Foods in textbooks include malnutritional aspects of food including obesity.

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