

Report on Healthy Food Day

KG Afternoon { 2017 -18 }

As we all know the importance of a well-balanced diet for good health. But educating children about eating the right food is challenging in our over-processed and fast food world.

Healthy Food Day aims to make the students aware about the importance of healthy food.

It also focuses to encourage children to develop healthy eating habits to promote healthy living.

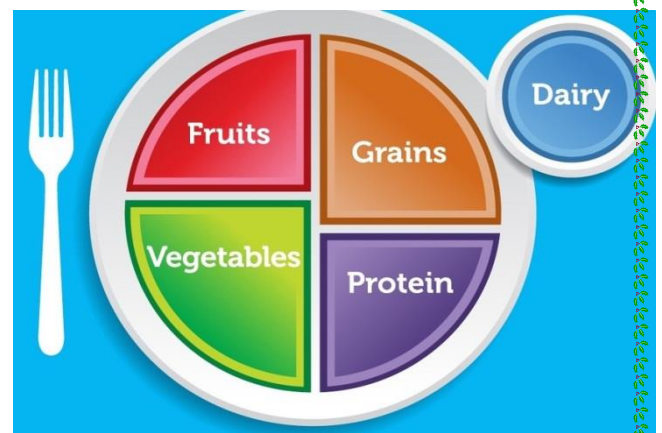
The theme of the day was 'Health is Wealth.'

Because we believe that 'Health is the real wealth and not the pieces of gold and silver', said by the Father of our nation Mahatma Gandhi.

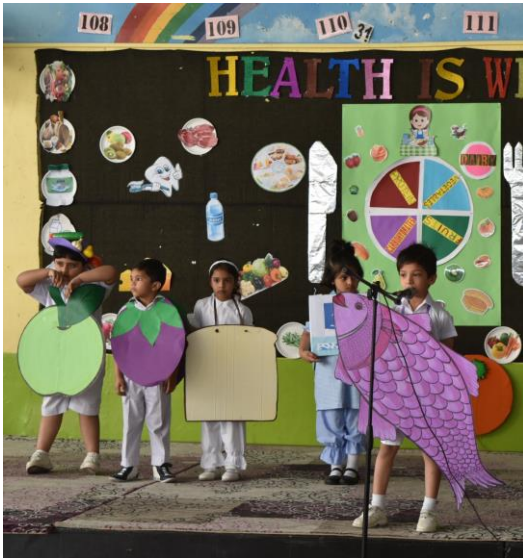


The programme started with Qirat followed by a special assembly conducted with an aim to educate our toddlers of KG about the healthy food plate.

The healthy eating plate provides a detailed guidance, in a simple format to help people make the best eating choices. It can be used as a guide for creating healthy balanced meal served on a plate.



The tiny tots of UKG were dressed up as the different food groups to represent themselves as a part of the healthy food plate sharing the importance of each portion emphasizing on diet quality.



The most inspiring event was a healthy action song by our little toddlers as Super kids organized to make the students aware about how physical activity plays a significant role in the growth and development as well as an expression to encourage kids to make healthy eating choices.



Finally an exciting outdoor activity 'Open Buffet' was conducted to educate the children about the difference between healthy and junk food. The students were asked to select the magnetic healthy food

cutouts and place them on the plate to create a healthy eating plate. The little participants enjoyed the event with great enthusiasm.



To stress the importance of healthy food meals necessary for a balanced diet a class activity 'My healthy lunch box' was also conducted in the block a day prior to the programme.



