



PRE PRIMARY DEPARTMENT
THEME BASED ACTIVITY REPORT (2019-2020)
"HEALTHY ME" (COLLAGE MAKING)
THEME OF THE MONTH: THE GROWING ME

DATE: 08.07.19

CLASS: Pre School- I

VENUE: Respective Classrooms

'Healthy Me'-Collage Making was a group activity in which all the children of Pre Primary I had participated. To begin with the class teacher discussed with the children about the food items we eat, with the help of smart boards and pictures. The children were provided with the images of the food items of both healthy and junk food. They coloured the pictures of healthy food and crossed the images of junk food. The class teacher pasted two big cutouts of a happy child and another of an unhappy child on the classroom wall. The children pasted the cutouts of healthy food in the outline of a happy child and cutouts of junk food in the outline of an unhappy child. While pasting the cutouts the children understood that in order to stay healthy we should eat healthy food and 'Say No' to junk food.



LEARNING OBJECTIVES:

1. This activity helped the children to understand the difference between healthy and junk food.
2. The children were able to identify and learn the names all of the food items and their nutritional value.

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