



Bal Bharati
PUBLIC SCHOOL
Sector-21, Noida, G.B. Nagar

BAL SABHA ACTIVITY (2023-24)

HEALTHIFY ME

CLASSES: IV-V

*“It is health that is real wealth and not pieces of gold and silver.”
– Mahatma Gandhi*

DATE : 05/04/2023
DEPARTMENT : Primary Department
THEME : Observing World Health Day
MEDIUM : English
TIME : 1:10 pm – 2:20 pm



Rules and Regulations:

- ✚ Participation is compulsory for all students.
- ✚ The learners will be shown a video on healthy eating and the food pyramid (<https://youtu.be/tsgyWIsYvxs>).
- ✚ Based on their observations of the video, they will create a healthy weekly eating planner including balanced meals for breakfast, lunch, dinner and a snack.
- ✚ They will then create a grocery list based on their meal plan.
- ✚ The meal plan can act as a guide for preparing meals throughout the week. Put it somewhere visible, like on your fridge or in your kitchen, so you can easily refer to it throughout the week.
- ✚ Finally, remember to have fun and enjoy your meals!

Convenor:

Ms. Yasha Sharma

HM (Primary)

Distribution:

- Activity Coordinators
- D- sections Teachers
- Students notice board