

**BAL SABHA CLASS ACTIVITY**  
**CLASS: I & II**  
**HEALTHY EATING, HEALTHY LIVING- NO FIRE**

**DATE** : 05.04.23  
**VENUE** : Respective classrooms  
**THEME** : Observing World Health Day (Students will prepare healthy meals)  
: SANDWICH/ BHEL PURI / SPROUT, VEGETABLE OR FRUIT SALAD OR CHAAT  
**NATURE** : INDIVIDUAL  
**MATERIAL REQUIRED:** CUT AND CHOPPED VEGGIES/ FRUITS, BREAD, DRY BHEL PURI /PLATE, SALT, BLACK PEPPER, HERBS, NAPKINS ETC  
**TIME** : Bal Sabha periods

**Rules and Regulations:**

- Participation of all students is compulsory.
- Students of classes I - II will show- case their culinary skills by preparing healthy meals of their choice.
- Students are required to carry all the ingredients along with the disposable cutlery-plate and spoon. *(no plastic disposable cutlery is allowed)*
- Students need to be original and creative in presenting their healthy meal.
- The activity will make students aware of healthy diet and its benefit. They will also be motivated to follow healthy eating practices.
- All the records are to be maintained on the nominal roll and handed over to the respective D – section teacher.
- Best three pictures from each class to be shared with the convenors.



**CONVENOR:**  
Ms. Monika Panwar

HM (Primary)

**Distribution:**

- Activity Coordinators
- Respective Class Teachers
- Students' Notice Board