

CRID: CRAX RESPONSIBLE INDULGENCE DRIVE

Report

Class: I-V

Date: January 2022

Theme: Eat Right Mission

Arney's Fitkids-A unit of Adaavi Enterprises- lead and implementation partner- FSSAI (Food Safety and Standards Authority of India) in collaboration with CRAX- DFM Foods Pvt. Ltd. initiated **CRAX RESPONSIBLE INDULGENCE DRIVE** a part of FSSAI's EAT RIGHT SCHOOL MISSION. Students of class I-V became active participants in this initiative. The activities suggested in the school kit provided to the school by DFM foods were undertaken enthusiastically.

Following activities were undertaken under CRID:

Class	Name of the Activity	Date	Teacher In-charge
I-II	Class Worksheets (My Grocery bag)	18/01/2023	Ms Monika P and Ms Dhanya
	Students of classes I and II made a grocery bag and put vegetables in their grocery bags as per the instructions given by the educator. Through the activity, students were able to identify various vegetables and their benefits. Following this, a brief discussion on healthy and clean eating habits was initiated.		



Class I and II- My Grocery Bag

Class	Name of the Activity	Date	Teacher In-charge
III	Bulletin Board (Let's rediscover Nature's sweetness- Artificial Vs Natural sugar)	20/01/2023	Class Teachers
	Students of class III studied <i>natural vs artificial sugar</i> . The Bulletin board activity focused on allowing students to study various items and what kind of sugar is used in the items. Students were able to understand the source of the two types of sugar and how much sugar of each kind we consume.		



Class III- Bulletin Board: Artificial vs Natural Sugar

Class	Name of the Activity	Date	Teacher In-charge
IV	School Project (My plastic Pledge)	18/01/2023	Ms Meenakshi Joshi
	Students of class IV took a pledge where they promised to replace plastic with environment friendly products.		



Class IV: My Plastic Pledge

Class	Name of the Activity	Date	Teacher In-charge
V	Track your Food Intake (My Ideal Lunch Thali Tracker)	20/01/2023	Ms Yasha Sharma
	Students of class V tracked their food intake for a week and discussed their food tracker with their classmates. Through the activity, students were able to understand how balanced their diet is and what are the required changes in their meal routine.		



Class V: Track Your Food Intake

The activities focused on creating awareness about food safety, nutrition, and hygiene among school children and through them among the community at large. The activities proved to be enlightening and educational for students.

Report Submitted by:

Ms Dhanya P

Supervision

Ms Vinaya Pujari
(Headmistress Primary)