

**REPORT**  
**BAL SABHA ACTIVITY (2023-24)**  
**HEALTHIFY ME**  
**CLASS ACTIVITY**

**Date:** 05/04/2023

**Classes:** IV-V

**Theme:** Observing World Health Day

***"Let food be thy medicine, thy medicine shall be thy food."***

***– Hippocrates***

On the 5th of April 2023, the activity "Healthify Me" was held at Bal Bharati Public School, Noida, for students of class IV and V. The main objective of the activity was to encourage students to adopt healthy eating habits by creating a weekly meal plan with healthy meals and a weekly shopping list.

The activity began with a brief introduction on the importance of healthy eating habits for overall well-being and a video screening about the food pyramid. On the basis of their observations, the students were then asked to create a meal plan that included breakfast, lunch, dinner, and snacks for the entire week.



Once the meal plan was created, the students were then asked to create a weekly shopping list for the ingredients needed to prepare the meals. They were instructed to consider the nutritional value of each item while creating the list. The students showed great enthusiasm while creating their meal plans and shopping lists.

The "Healthify Me" activity was successful in raising awareness among students about the importance of healthy eating habits. The students learned how a balanced diet rich in essential nutrients can help them stay healthy and prevent diseases.



It helped the students develop organizational skills and encourage them to think critically about their dietary habits. By educating children at an early age about healthy eating habits, we can help them lead a healthy and happy life.



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