



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

REPORT

BAL SABHA ACTIVITY (2023-24)

“HEALTHY EATING,HEALTHY LIVING-NO FIRE COOKING”

Date: 05.04.2023

Classes: I & II

Theme: HEALTHY EATING HABITS (Celebrating World Health Day)

“No one is born a great cook, one learns by doing”

World Health Day is celebrated every year on 7th April to commemorate the foundation of WHO (World Health Organization). The theme for World Health Day this year was 'Health for All'.

Based on the theme, the Bal Sabha Activity "Healthy Eating, Healthy Living-No Fire Cooking" was organized for the students of classes I and II on 5th April 2023. Students created healthy meals like fruit salads, sandwiches, bhelpuri etc. themselves. They also presented their healthy meals beautifully in innovative ways.



“Little Chef at work”

Students were sensitized to remain healthy by eating nutritious food, fruits and vegetables. The activity kept the students engaged and brought creativity to the fore.



Eat healthy stay healthy”

The activity not only sharpened their culinary skills but also helped to develop healthy eating habits among young learners. Students enthusiastically participated in the class activity and enjoyed preparing healthy meals for themselves.



We are making our healthy meals”

Report submitted by:

Ms Monika Panwar

Supervision: Mrs.Vinaya Pujari

(Headmistress Primary)

