

**REPORT**  
**BAL SABHA ACTIVITY (2024-25)**  
**NUTRITION DETECTIVES**

**Date of the activity: 09.10.2024**

**Venue: Respective Classrooms**

**In-charges: Class teachers of class III-V**

**Purpose:**

The Nutrition Detectives activity was conducted to enhance students' awareness of the importance of making healthy food choices. By analyzing the nutritional content of commonly consumed packaged foods, students developed a more informed perspective on what they eat. The activity aligns with the theme of World Food Day and promotes health, well-being, and nutrition literacy among children.

**Highlights of the activity:**

- **Introduction to Food Labels:**

Students were tasked with bringing clean wrappers from three specific food items (potato chips, biscuits, and chocolate bars). They were introduced to the concept of reading food labels and identifying key nutritional components such as calories, sugar content, vitamins, and total fat. The goal was to empower students to understand how food labels tell a story about health and nutrition.

- **Building Analytical Skills:**

The students compiled their findings into an observation table and compared nutritional information to determine the healthiest choice. They analyzed various factors such as sugar levels, vitamins, and fat content. This process helped them build critical thinking and analytical skills, encouraging a deeper understanding of food choices.



- **Individual Learning in Action:**

Each student independently analyzed food labels, uncovering details such as calories, sugar, vitamins, and fat content. By filling out their own observation tables in their EVS/Science notebooks, they developed critical thinking skills and took personal responsibility for identifying healthier food options. This hands-on activity encouraged independent learning while making nutrition education engaging and practical.

- **Real-Life Application:**

The students were encouraged to apply this knowledge at home by reading food labels with their families and making healthier choices. This real-life application ensured that the learning extended beyond the classroom, making it relevant to their everyday lives.



By the end of the activity, students effectively read and interpreted food labels, identifying key nutritional components like calories, sugar, vitamins, and fat. They analysed and compared different food items to make informed, healthier choices. Working individually fostered personal responsibility and critical thinking to identify healthier food items, and they applied their learning to real-life food habits. The hands-on nature of the activity kept them engaged, and their enthusiasm was clear in their active participation and completion of observation tables.

Report submitted by:  
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