



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

BAL SABHA ACTIVITY (2024-25)

CLASS ACTIVITY

NUTRITION DETECTIVES

CLASSES: III - V

“Every label tells a unique story about the food we eat. Make sure the story it tells is one of health and wellness.”

DATE: 09.10.2024

DEPARTMENT: PRIMARY

THEME: WORLD FOOD DAY

MATERIAL REQUIRED: Small, clean wrappers from three specific packed food items (i.e. potato chips, biscuits, chocolate bars), EVS/Science notebook, pen, pencil, scale

MEDIUM: English

TIME: Bal Sabha Periods



Rules and Regulations:

- ✚ Participation of all students is compulsory.
- ✚ Students are required to bring small, clean wrappers from three specific packed food items (i.e. potato chips, biscuits, chocolate bars) for the BSA: Nutrition Detectives activity.
- ✚ During the Bal Sabha periods, students will observe and record the following details for each food item per serving: Calories, Sugar content, Vitamins and minerals (e.g., Vitamin C, Calcium etc), Total Fat (including saturated and trans fats) and Serving size.
- ✚ Students will compile their findings into an observation table in their EVS/Science notebook, using the format provided during the BSA periods.
- ✚ Student will analyse the data and identify the healthiest food item based on the following criteria: Lowest sugar content (per serving), Highest levels of essential vitamins and minerals (per serving) and Lowest total fat content (per serving). They will record these conclusions in their EVS/Science notebooks.
- ✚ Participation to be marked on the nominal roll and handed over to the respective D – section teacher.

Convenor:
Ms. Suniti

HM (Primary)
Ms. Vinaya Pujari

Distribution:

- Activity Coordinators
- D- sections Teachers
- Students' notice board