



Bal Bharati
PUBLIC SCHOOL

Sector-21, Noida, G.B. Nagar

DATE: 16.10.24

CLASS: Pre School & Pre Primary

VENUE: Respective Classrooms

LEARNING OBJECTIVES:

The child will be able to:-

- enhance speaking and presentation skills.
- understand the importance of healthy food choices.
- relate food habits to their own lifestyle and learn about nutritious foods.

RULES AND REGULATIONS:

- It will be an individual activity.
- The facilitator will discuss the significance of World Food Day and the importance of healthy eating habits.
- Each child will choose their favorite food item and wear a headgear or hold a placard showcasing that food item.
- Children will take turns to speak a few lines about the chosen food item, including its benefits or why do they like to eat it.
- The facilitator will encourage the children to talk about their favourite fruits, vegetables, or healthy snacks and how they make them feel strong and healthy.
- The facilitator will play a video on healthy eating habits on the senses panel and discuss the importance of eating a balanced diet.
- The record of the activity will be maintained by the class teacher.

Convenors: Ms. Nitika Bhatia
Ms. Neha Srivastava

Bal Sabha Coordinators:

Ms. Kuldeep Sood
Ms. Swati Chordia

Ms. Sarika Passi
(HM Pre Primary)