

CO CURRICULAR ACTIVITY - 1

April 2023-24

LOWER KINDER GARTEN

HEALTH & FITNESS

Salad Decoration



ACTIVITY - 1

Activity Title: HEALTH & FITNESS

Classes: LKG A & B

Teacher Responsible: Class Teachers

BENEFITS OF THE ACTIVITY:

The minds of children are impressionable. They begin taking in information from quiet a young age and that is what makes it important and children are taught at early age, with great care. They learn a great deal from observing the environment and the people closest to them.

Fruit salad is a Great source of essential vitamins .Fruits are the excellent source of vitamins and phytonutrients. Eating a variety of fruits in the form of fruit salad can go a long way in stimulating the energy level and health factor of body.

MEDICATED VALUES OF FRUIT SALAD

Fruit salad is high in vitamin C ,Low in fat ,sodium and calories ,High in essential nutrients such as potassium , dietary fiber and folate.

DESCRIPTION OF THE ACTIVITY

Students were informed prior on which basis they are going to Decorate their plate with fruits Facilitated by their parents .If they wish they can talk about their decoration which fruit they have decorated and what is the pattern of their decoration .It can be a Car, Mouse, Rocket and flower they can add on as many as possible according to their imagination.

KNOWLEDGE

LEARNING OUTCOME

- 1.Decorating fruits helps children to develop their **hand and eye co-ordination** as they try to know about the patterns through which they learn observing skills.
2. **Colourful Decorative pattern is a treat for eyesight.**
3. Through this manipulation, children can express their thoughts and ideas as it takes on the form of their **imagination.**
4. Children can experiment with **Concepts.**
5. They **verbalize** their **thoughts and ideas** and add detail to their work

SKILLS

- ❖ Sensory and motor skills development
- ❖ Focus and calming effect
- ❖ Self-esteem and self-expression
- ❖ Critical thinking and problem solving
- ❖ Discipline and persistence
- ❖ Resiliency and pride
- ❖ Developing cognitive skills
- ❖ Develops eye – hand coordination.
- ❖ Increase their imagination.

ATTITUDE

- Appreciates the similarities and differences between individuals (compares his/her achievements to those of others)
- Pay attention to other people's work, ideas and feelings.
- Identifies with his/her social and cultural environment (sharing experiences with others, talks about his/her background)
- Participates in group activity
- Initiates contact with others
- Communicates and listens (children have conversations about all kinds of things related to the lesson topic or their own experience)
- Learns to compromise (shares with others)
- Self-regulated behaviour
- Collaborates and cooperates with other children (by, e.g., sharing material, creating joint projects); requests and accepts help, offers to help others, shares
- Values others work

SUBJECT INTEGRATED:

English: Communication Skill and Vocabulary Development

Math : Shapes & patterns, size, proportion

EVIDENCE



L K G A

FRUIT SALAD DECORATION ACTIVITY



