

CO CURRICULAR ACTIVITY - 1

April 2023-24

UPPER KINDER GARTEN

HEALTH & FITNESS

FRUIT SALAD



ACTIVITY - 1

Activity Title: FRUIT SALAD DECORATION

Classes: UKG 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.

DESCRIPTION OF THE ACTIVITY

Water is the best source of hydration for people across ages. However, you need something more than water to keep your children nourished and hydrated. So, we bring you a list of healthy drinks for kids that will keep your child optimally hydrated. Besides, these drinks provide them with essential nutrients that will help them stay energized and active. So, explore the different nutritious drinks and snacks to try out .

- Banana Milkshake,
- Dates Milkshake
- Stuffed Dry Fruit
- Dates Lollipop

KNOWLEDGE

LEARNING OUTCOME

1.Decorating & mixing 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 **More or less** concepts.

5. They **verbalize** their **thoughts and ideas** and add detail to their work.

SKILLS

- ❖ 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

- Encourages sensory development in children.
- Extends attention span.
- Build imagination.
- Boost self -esteem
- Its therapeutic as it gives refreshment to their mind, body.
- Improves abstract thinking.

SUBJECT INTEGRATED:

English: Communication Skill and Vocabulary Development

Math : Shapes & patterns, size, proportion

EVIDENCE





