

## **CO CURRICULAR ACTIVITY - 7**

**APRIL 2023-24**

**GRADE – 1 & 2**

**HEALTH & FITNESS**

**SALAD PREPARATION**



# ACTIVITY - 1

**Activity Title: Health and Fitness.**

**Classes: Grade 1 & 2**

**Duration of the activity: 1 Day**

**Teacher Responsible: Class Teachers**

## **BENEFITS OF SALAD MAKING**

**Physical Development:** Fine motor and eye-hand coordination skills are developed by chopping, mixing, squeezing, and spreading.

**Cognitive Development:** It encourages children's thinking, problem-solving, and creativity.

### **AIM OF THE ACTIVITY:**

In order to create awareness among the students about the importance of intake of fruit in their diet, Teachers narrated stories about eating right and encouraged the students to include vegetables and fruits in their meals. The students were conveyed the message that eating fruits is important for the mental as well as physical growth. The students learnt about the taste, smell, colour and texture of various fruits and vegetables in a very fun and interesting way.

### **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

### **KNOWLEDGE**

#### **1. 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.

### **3. Attitudes:**

- 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.
- 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.

### **Subject Integrated:**

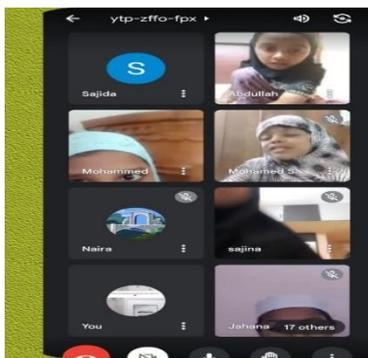
**English:** Communication Skill and Vocabulary Development

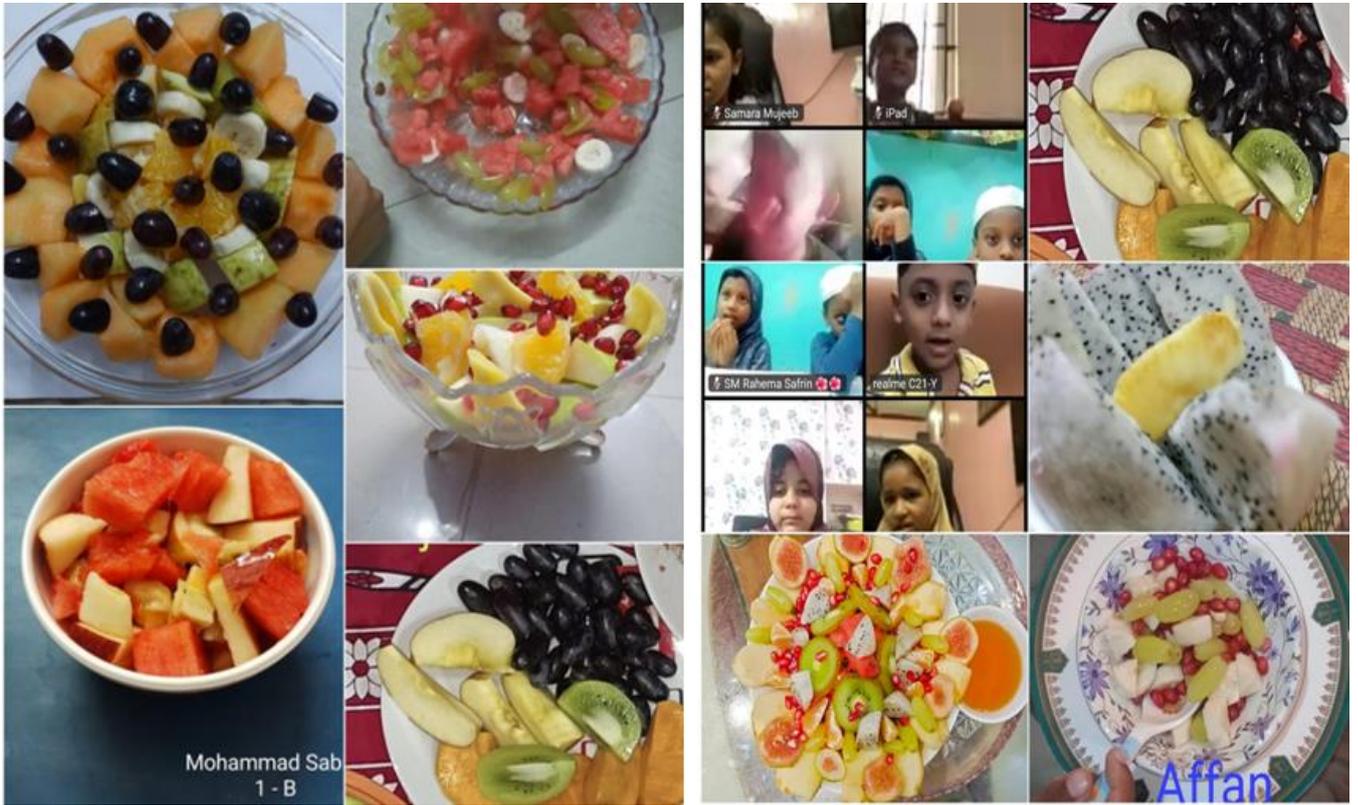
**Math :** Geometrical patterns , Shapes , Measurements, Proportion, Fractions . It develops student spatial understanding and proportional abilities.

**EVS:** Different kinds of fruits and their benefits. It helps the children to try a range of new fruits.

### **EVIDENCE**

# GRADE 1





Mohammad Sab  
1 - B

Affan

1. wash the fruits



2. cut the fruits



**FRUIT SALAD**

3. put it in the bowl



4. add honey



5. mix the fruits



Finally ready 🙌🍷



S Aasiyah I 'B'



# GRADE 2





