

CO CURRICULAR ACTIVITY - 1

APRIL 2023-24

GRADE – 3,4 & 5

HEALTH & FITNESS

Healthy Iftar



ACTIVITY - 1

Activity Title: Health and Fitness

Classes: Grade 3,4 & 5

Duration of the activity: 1 Day

Teacher Responsible: Class Teachers

AIM OF THE ACTIVITY:

The objective behind this activity was to inculcate healthy eating habits and awareness regarding the choice of food among the children. The kids were encouraged to cut fruits and vegetables along with their parents and relish the yummy salad & milk shakes and recipes of their interest.

BENEFITS OF FASTING

Fasting helps to **cleanse the soul**, teaches self-discipline and empathy for those less fortunate, and encourages **acts of generosity**.

Iftar is the daily meal at sunset during the holy month of Ramadan. Having a nutritious iftar meal is important to replenish the energy stores as well as sustaining fasting on the following day. It should be a balanced meal that provides our body with its needs without adding unnecessary calories.

HEALTH BENEFITS OF FASTING

There are amazing mental health benefits that come from this month-long ritual of sacrifice and self-discipline. Oftentimes people find they can think more clearly, they're more productive, and they have better concentration, which can lead to moments of clarity in specific areas of one's life that might be blocked during the rest of the year.

The physical benefits of fasting are numerous as well. When the body isn't constantly digesting food, it can go into a deep cleansing mode. This detoxifies the liver, kidneys, and other organs in the body. All of which helps improve our overall health and well-being.

GENERAL GUIDELINES:

- It is highly recommended to have water, dates and a bowl of soup, take a short break before starting with your salad and main dish
- Avoid heavy meals, salty foods as well as simple sugars

- When preparing your meals, use stewing, baking, roasting or grilling instead of deep frying
- Add herbs instead of salt for flavouring your meals
- Avoid consuming heavy desserts like kunafa or baklava and have instead healthy homemade desserts
- Do not be in a hurry to finish your food since overloading will lead to indigestion and gastric problems
- Drink one cup of water hourly after iftar
- Have two portions of fruit or one cup of fresh fruit salad, limit juices
- Remember that your meal should not exceed the amount that you would eat at a typical lunch or dinner meal

DESCRIPTION OF THE ACTIVITY:

- ☐ The food pyramid was used to teach kids about various food types while also helping them learn how to arrange a nutritious plate.
- ☐ The value of exercise was stressed to the students.
- ☐ Various suggestions for healthy diet were discussed.
- ☐ Students were instructed on the do's and don'ts of eating during Ramadan.
- ☐ The task of making nutritious milkshakes using dates and almonds was given to the students, along with instructions to research the nutritional content of the ingredients.

LEARNING OUTCOME:

1. KNOWLEDGE

- ☐ The ultimate goal of health education is to promote, maintain and improve individuals' and community health.
- ☐ Students understood how to achieve and maintain a health-enhancing level of physical fitness.
- ☐ The students were conveyed the message that eating healthy food is important for the mental as well as physical growth.
- ☐ Students were able to identify the fruits & vegetables and gained a basic understanding of the nutrient value and their taste. Such activities go a long way in encouraging the children to eat healthy and nutritious food.

2. 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
- ☐ Decision Making.
- ☐ Goal Setting.
- ☐ Practicing Health-Enhancing Behaviours.
- ☐ Balance and coordination.

3. Attitudes:

- Appreciates the similarities and differences between individuals
- Pays attention to other people's work, ideas and feelings.
- Participates in group activity.
- Initiates contact with others.
- Learns to compromise (shares with others)
- Self-regulated behaviour
- Collaborates and cooperates with other children ,requests and accepts help, offers to help others, shares
- Focus on strength instead of weaknesses.
- Incorporate fitness and nutrition in our daily routines.
- Staying healthy improves self-esteem.
- Increase the probability of optimum and consistent performance.

Subject Integrated:

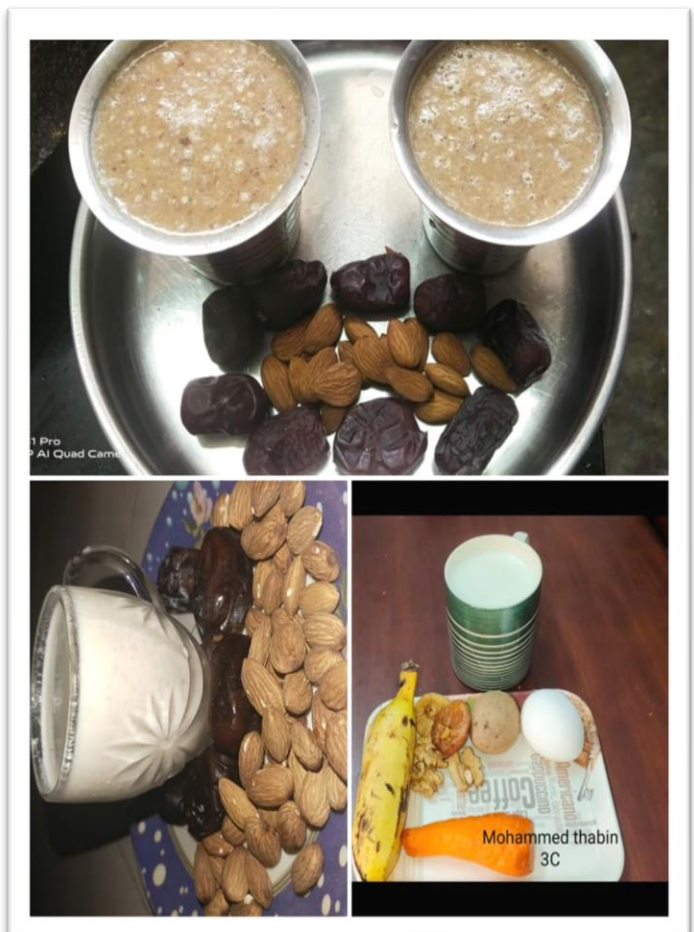
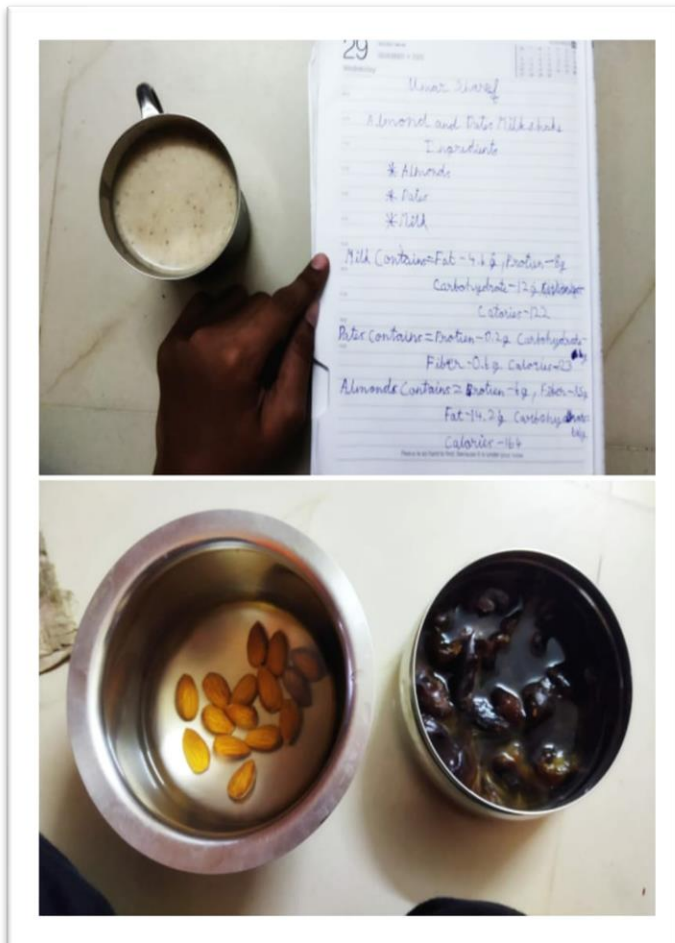
English: Communication Skill and Vocabulary Development

Math : Measurements, Proportion, Fractions .

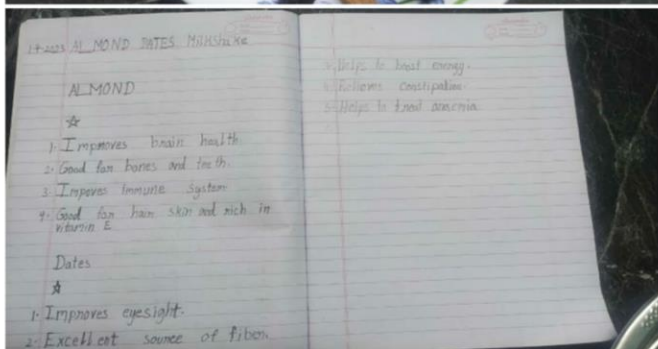
EVS: Health & Nutrition

EVIDENCE:

GRADE 3:



DATES AND BADAM MILKSHAKE



* PUFA - 3.5g
* VITAMIN E - 7mg
* MAGNESIUM - 76mg
* DIETARY FIBER - 4g

2. DATES (100g)

* ENERGY - 282 Kcal.
* PROTEIN - 2.45g
* SUGARS - 63.35g
* POTASSIUM - 696mg





GRADE 4:





GRADE 5:









