



HEALTHY DIET

Objective:

- To promote awareness about healthy eating habits among young children
- To help students identify nutritious food choices
- To encourage sharing and discussion around healthy lifestyles
- To support the development of communication, planning, and life skills

Activity Overview:

Students explored healthy eating through an engaging PowerPoint presentation on balanced diets and the food pyramid. With teachers leading an interactive talk, they brought nutritious snacks like fruits, veggies, whole-grain sandwiches, and dry fruits, sharing and discussing their choices. Students actively participated by identifying which foods were energy-giving / body building & protective-A fun craft activity reinforced their learning

Outcomes:

- Children learned to differentiate between healthy and unhealthy foods
- The activity enhanced their responsibility toward making healthy food choices
- Students showcased their understanding through discussions and artwork

