



**DELHI PUBLIC SCHOOL, GANDHINAGAR**  
**Academic session 2018-19**  
**Activity Report**

<b>Title: Healthy Food Week</b>	<b>Date: 04/02/19 to 08/02/19</b>
<b>Venue: Classrooms</b>	<b>Class: I (A to G)</b>

*'Eat Healthy, Say no to junk! Be hygienic, Say no to dirt!'*

**About the Event**

The Primary Wing of Delhi Public School Gandhinagar organized 'Healthy Food Week' for the students of Std.-I from 4 to 8 February 2019. Good health and a healthy body are directly related to what food we eat. It is essential to inculcate healthy food eating habits in all students from a young age.

**Objective of the Event**

- To improve the health and wellness of the students
- To help students understand the link between nutrition, physical activity and overall well being.
- To help students adopt a healthy lifestyle with good food habits.

**The Event and participation**

All the students of Std.-I participated in this activity. Numerous studies have shown that healthier students tend to do better in school as they have higher attendance and are able to concentrate better. Studies show that healthy kids get better grades, attend school regularly and are more disciplined and well behaved.

Each day of the week was dedicated to a specific activity related to the theme such as watching health food videos, preparing collage of different healthy food items, bringing healthy food for their lunch etc. On the last day students were encouraged to share their healthy food habit experiences and learning during the week. All the students actively participated in this activity and learnt the benefits of healthy living.

Few Glimpses of 'Healthy Food Week'

