



DELHI PUBLIC SCHOOL, GANDHINAGAR

Academic session 2018-19

Event Report

Title: Vegetable Market at School	Date:01-12-18
Venue: School Atrium	Class:II

'Fat Healthy- Stay Healthy, Fat Right!'

About the Event

The Primary Wing of Delhi Public School, Gandhinagar organized a Vegetable Market at School for the students of Standard II on 30-11-18. The event aimed to help the students understand that Vegetables are an important component of a Healthy Diet.

Objective of the Event

The main objective of this activity was to educate children about 1. The importance and consumption of Vegetables in regular diet 2. Importance of Washing the Vegetables before eating and 3. Benefits of eating Fresh Vegetables.

The Event and Participation

With an objective to create and educate the children about the importance and consumption of Vegetables in regular diet, a Vegetable Market was held in School Atrium. A vegetable vendor came with lots of Vegetables like: Potatoes, Tomatoes, Cucumber, Onion, Carrots, Brinjal etc. The children were told to bring Rs. 10 to buy Vegetable of their choice. They purchased the vegetable of their choice and also did drawing and Colouring of the Vegetable and described it in the Class. The teacher explained the importance of the Vegetables intake in our diet for mental and physical growth. The students learned about the Taste, Smell, Colour, and Texture of each vegetable. They understood the importance of washing the vegetables before eating or cooking and about the benefits of eating fresh vegetables.

All the children were found to be quite thrilled and were positive on the fact that vegetables are better than junk food.

A few glimpse of the event are enclosed as below:

