



DELHI PUBLIC SCHOOL, GANDHINAGAR
Academic Session 2023-24
Activity Report

Title: Eat Smart-Have a Healthy Munch Activity	Date: 02-11-23
Venue: Respective Classrooms	Class: I (A to F)

“Nothing tastes as good as healthy, be healthy stay fit.”

About the Event

Creating a salad decoration activity for kids is a fun and engaging way to develop healthy eating habits and enrich their creativity. To encourage our little stars of class 1 Delhi Public School Gandhinagar organised “Eat Smart-Have a Healthy Munch” activity on 2nd November 2023, wherein students actively participated and had showcased vivid talent on decorating their fruit and vegetable salads.

The objectives of the Event

- To promote the importance of nutrients.
- To inculcate healthy eating habits and awareness regarding the choice of food among the children.
- Encouraging creativity in food preparation, making it fun and engaging.
- Foster a sense of togetherness through a shared culinary experience.

The Event and Participation

The activity was organised to encourage participants to incorporate more fruits and vegetables into their daily diets in an enjoyable and creative manner. It is a great way to meet a variety of nutrient requirements, including fibre. It becomes more attractive and tempting to indulge in when its presented well. Students sparked with their innovations they made while decorating their salads. It was an educational and fun way to motivate them to make healthier food choices while having their wonderful edible works of art.

Some Glimpses of the event



