

EAT RIGHT CREATIVITY CHALLENGE

The Greek physician Hippocrates, preached '*Let food be thy medicine, and thy medicine shall be thy food.*'

FSSAI, Ministry of Health and Family Welfare, Govt. of India had initiated the **Eat Right India Movement** to nudge the citizens of India to **Eat Healthy, Eat Safe** and **Eat Fortified** food. Since, the focus of this movement was to steer the change in dietary habits, **ITL Public School** signed up for the '**Eat Right Creativity Challenge**' that spanned over the month of December 2108 in the school premises.

This challenge encompassed a gamut of activities for different wings of the school to cognize the students and teachers alike, to follow a healthy lifestyle and adopt the 5 principles of eating right: **Eat Healthy, Eat Safe, Eat Fortified, Minimize Wastage and be Physically Active.**

An elaborate circular directing the parents to follow these 5 Principles and ensure, that their wards eat a wholesome breakfast before coming to school was sent. To sensitize the masses, a **Rally** in school and surrounding areas was taken out by the **Primary Wing** students. Catchy slogans like **"YOU ARE WHAT YOU EAT, FROM YOUR HEAD DOWN TO YOUR FEET", "EAT RIGHT, BE BRIGHT" and "EAT HEALTHY, EAT SAFE"** resonated in the school with the displaying placards held by these health brigade ITLeens.

In '**Let's Eat the Rainbow**' activity, students were asked to include fruits of all colours in their diet, by bringing one seasonal fruit to school in tiffin everyday for 21 days. Posters are an effective medium of transmitting messages attractively, hence the middle school children engaged enthusiastically in **Poster Making** to awaken peers on **Eating Light and Right**. Eating a variety of food items from each of the five food groups provide a range of vital nutrients to the body, thus Pre-Primary students were encouraged to try new healthy dishes everyday from the canteen menu. **Food Wastage** was also discouraged by weighing the food wasted in the canteen and gradually taking steps to reduce it.

Vitamin D deficiency is now rampant across all age groups, as vitamin D is mainly chemically processed by the skin when it is exposed to sunlight. **Project Dhoop** activity aimed to expose the students to sunlight, hence the school assemblies were conducted at noon time rather than in the morning.

An Ad Film titled 'Aaj Se Thoda Kam', that urges people to keep a check on their daily calorie intake and reduce their daily fat, was screened for the whole school.

All these activities were fervently enjoyed by the students, were beneficial in broadening their knowledge of food and nutrition, to enable them to make better food choices and definitely eat healthier.