



ITL PUBLIC SCHOOL
Event: WORLD FOOD DAY

Conducted on: 16 October'20

Classes Involved: I-V

Let food be thy medicine, thy medicine shall be thy food.

The United Nation Organisation's Food and Agriculture Association was established on 16th October in 1945. To commemorate this day, World Food Day is celebrated every year.

ITL Public school organized an array of activities involving the students of classes I to V. Unfolding themselves through various activities which not only enabled them to be aware but also their creativity knew no bounds. Kids of class I brought their favourite fruit and spoke about its advantage during online class. They wore matching outfits as well danced and sang jingles in their colourful attires depicting the importance of their favourite food item. Class II children enjoyed expressing themselves doing a PEP Talk on Healthy food Vs junk food which enabled them to create an awareness about healthy food dietary intake in their daily meals.

Sprout Salad making and wall hanging posters on Healthy and Junk food items formed the focal point of class III which carried the message of "Healthy heart dwells in a healthy body". Students prepared sprout salad with chopped onion, cucumber, tomato and spiced up with lemon juice and chaat masala, which added a new flavour to their normal routine classes. The posters enabled the kids to think critically while they sorted and classified healthy and junk food items.

Class IV amalgamated all the subjects very creatively doing Fruity Fraction Fun, Pep Talk on A Better - Fed India, poem recitation on Ann ki khani Uski Jubani, Healthy Recipe demonstration on Granula Bar, and discussion on food nutrients. The activities were interdisciplinary and students participated in these with full zeal and enthusiasm. The students were enlightened and it was an enriching experience for all the students.

Class V students spoke about making the food systems more resilient and robust and deliver healthy and sustainable diet.

CLASS I



CLASS II



CLASS III



*Ways to stay healthy
body*

Healthy Food Vs Junk Food

*Healthy heart dwells in a healthy
body*

CLASS IV



Fruity Fraction Fun

CLASS V



Sustainable Diet for all