


National Nutrition Week (1-7 September'22)

		SDG 3 Good health and well being To promote healthy lifestyles, preventive measures and modern, efficient health care for everyone.
1.	Title of activity	<i>National Nutrition Week</i> <i>Class I-II: Fruit & Veggie Building</i> <i>Class-III-V: My Healthy Plate</i>
2.	Class	I-V
3.	Subjects involved	Science
4.	Facilitator	Members of science department
5.	Brief description of the learning objectives, content of the activity and competencies acquired	<ul style="list-style-type: none"> ➤ <u>Learning Objectives-</u> <ul style="list-style-type: none"> ➤ Cognitive learning objectives- Learners will be able to understand about components of food, importance of nutrients and healthy food. ➤ Socio-emotional objectives- Learners will be able to communicate with peer group regarding the importance of balanced diet. ➤ Behavioral learning objectives- Learners will be able to describe the importance of good health and follow a well-balanced diet for the upkeep of overall health. ➤ <u>Brief description of the activity-</u> Students of Classes I & II created Fruit and Veggie Building by bringing seasonal fruits and vegetables to hone their motor skills. Students of Classes III- V created My Healthy Plate by bringing food items like salads, fruits, sprouts, table mat, decorative tray/plate, wooden fork/ spoon, tissue napkins etc from home and presented a colourful platter, which helped them to hone their creative skills. They also spoke about the importance of nutritious diet. ➤ <u>Competencies acquired-</u> <ul style="list-style-type: none"> • Systems competency, normative competency, strategic competency, critical thinking competency, Integrative Problem solving competency
6.	Time period of this activity	1-7 September'22
7.	Evidences included	