



World Health Day (7 April'23)

	 	<p>SDG 3 Good health and well being To promote healthy lifestyles, preventive measures and modern, efficient health care for everyone.</p> <p>SDG 2 Zero Hunger To ensure food availability to all.</p>
1.	Title of activity	<p><i>World Health Day</i> <i>Class III-V: Millet Chefs</i> <i>Class VI: Mighty Minty Millets</i> <i>Class VII: Nutri Health</i> <i>Class VIII: Millet Cuisine</i> <i>Class IX-X: Millet Chefs</i> <i>Class XII: Smart Food Campaign</i></p>
2.	Class	III-XII
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> ➤ Cognitive learning objectives- Learners will be able to understand about importance of healthy food and creating tasteful recipes from ordinary millets. ➤ Socio-emotional objectives- Learners will be able to communicate with peer group regarding the importance of healthy lifestyle. ➤ 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> Class III-V: Students participated in Millet Chef activity based on the theme Revive your health with goodness of Millets. Students brought samples of various millets and displayed them aesthetically in an eco-friendly manner using coconut shells. They also enthusiastically wrote slogans, prepared nutritious salads of boiled millets, innovative delicacies like Ragi appam, Quinoa rice paper wrap salad and relished their flavours sharing with each other. <p>Class VI: Mighty Minty Millets Students watched informative video on Millets - Nutritional Mash up and along with it, students prepared healthy and nutritious salad by using millets as one of the ingredients.</p> <p>Class VII: Nutri Health Students prepared healthy and nutritious Sandwiches by using millets/ Poster making on Health Benefits of Millets.</p> <p>Class VIII: Millet Cuisine Students prepared healthy and nutritious cuisine by using millets / Millet Cuisine Cards (a recipe booklet on millets)</p> <p>Class IX-X: Millet Chefs With an aim to create 'Millet Mindfulness' students tried their hands on a variety of nutritional delicacies like ragi idli, millet nutribars & brownies,</p>

		<p>bajra tacos, foxtail millet chocolates, bajra chocolate pudding and sattu smoothie</p> <p>Class XII: Smart Food Campaign Students watched a video on Millets and its importance. They discussed the potential health benefits of it and presented their views on diversifying the food basket through millets.</p> <p>➤ <u>Competencies acquired-</u></p> <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	7 April '23
7.	Evidences included	     

