



## SANGHAMITRA SCHOOL

**NUTRITION WEEK – September 7<sup>th</sup>-14<sup>th</sup> 2020**



*“Take care of your body. It’s the only place you have to live.”*

National Nutrition Week was observed from 1<sup>st</sup> September to 7<sup>th</sup> September. The theme for National Nutrition Week 2020 is ‘**Eat Right, Bite by Bite**’. This is a national event which highlights the importance and role of the right nutrition for the human body and why it is important to have a balanced diet with a combination of essential nutrients. There are many people today in India and around the world who are malnourished and require a proper diet to improve their body growth.

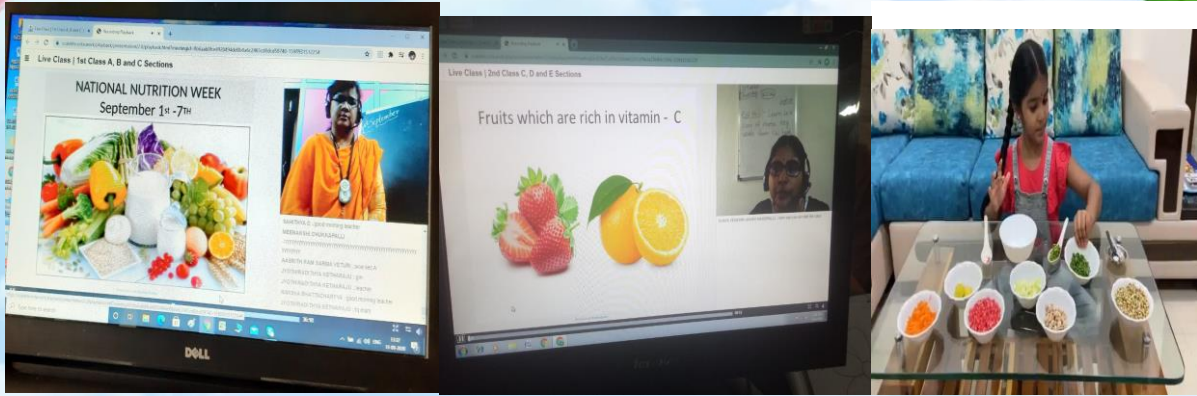
Science department out did itself by conducting various activities. Activities were conducted for students **from LKG to Class X** and centred around nutrition. Awareness was created among the students and their families on the importance of nutrition, balanced diet, having a healthy mind, body and maintaining a healthy lifestyle. **UKG AND LKG** students learnt through power point presentations, and demonstration by teachers the journey of food, role of the farmer, creative and tasty salads, with sprouts, healthy sandwiches, importance of dry fruits , peanuts and jiggery.

### **Class I and II.**

Students learnt the nutrients in fruits and the importance in our daily diet. They watched teachers’ demo salad recipes, and followed a healthy chart of eating different fruits every day. Students shared in the class the fruit they ate and its nutrients. This was a wonderful form of experiential learning.







### Class III and IV

Students learnt nutritional benefits of eating healthy combination of food, maintaining timings and the appropriate portions to be eaten. Food portions with the right amount of carbs, fats and proteins was shown through 'My Plate'. Awareness on Golden Food habits, amount of water intake, importance of including salads and sprouts, avoiding wastage and the need to differentiate good food and junk food was also emphasized. Students also learnt about the role of the farmer, importance of nutrition. Teachers demonstrated healthy recipes while students posted videos explaining healthy recipes.



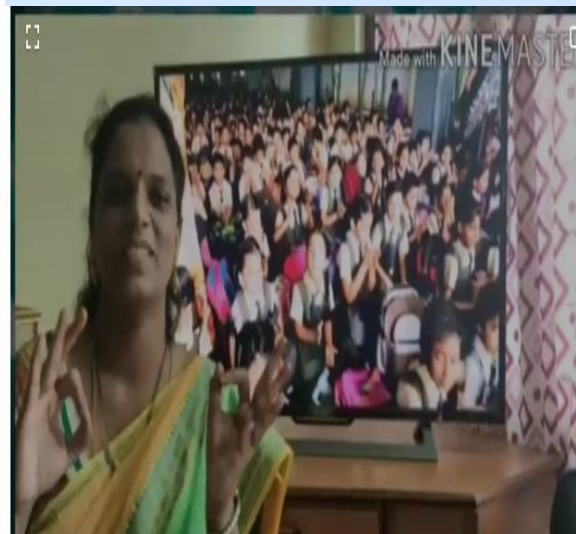
**Class V and VI;** Students watched videos and power point presentations on the importance of nutrition, the various food sources that gives us our vitamins and minerals., tips to follow to boost our immunity. Students presented recipes filled with vitamins and minerals through videos and presented them in the class. Emphasis was laid on immunity boosting recipes that can be had during this pandemic. Students presented speeches on the importance of nutrition and the need for everyone to follow it.







Class VII&VIII A highly appreciated activity was the ‘Immunity in a glass’ in which students learnt and prepared a Kashayam, a water decoction made with a group of herbs an ancient form of medicine that can be used for ailments like indigestion, cough and common cold etc. They also performed a skit to show the importance of healthy eating habits and hygiene that we need to follow.



### **Class IX and X**

Students gave speeches on the importance of nutrition and shared the nutrient values of various fruits, vegetable and healthy foods. Teachers and students demonstrated healthy recipes. Immunity boosting recipes of food, vegetables, were shared. A debate with a difference, Healthy food vs Junk food was also held with good participation by all the students.





**It was a highly eventful nutritive week. The purpose of the Nutrition week was to create awareness. Students could recognize the importance of including various fruits and vegetables and healthy foods to build up their immunity in dealing with any kind of virus. Students pledged to follow, healthy habits and eat nutritive food to keep themselves healthy. This is a mindset that we need to develop from the young age and we request all the Parents to emphasize and lead the children in developing good and healthy habits. Like the saying goes “Prevention is better than Cure”**

