



INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF ENVIRONMENTAL STUDIES

2022-2023

CLASS III

A healthy outside starts from the inside.

Nutrition is “the process of providing or obtaining the food necessary for health and growth”. We remember our mother’s statement “An apple a day keeps the doctor away” to encourage us to eat more fruit. It is a well-known fact that eating a well-balanced diet of fruits, vegetables, and whole grains provides proper nutrition to lead a healthy lifestyle.

In order to promote a well-balanced diet, The Department of Environmental Studies, organized ‘Yummy Tummy Nutrition Week’ from 1st to 7th September 2022, for the students of Class III, to inculcate and promote good eating habits among the students.

“Adequate nutrition, is a fundamental cornerstone of any individual’s health, especially critical for children. The main objective was to educate students to adopt a healthy balanced diet, create awareness on good nutritional practices and to reduce malnutrition among students. The week-long activity was observed to enable students at large, to better understand the importance of nutritional and adaptive eating habits to maintain a lifestyle free from illness.

1st September: Eat a rainbow - VIBGYOR

2nd and 3rd September: Am I fed smart, right from the start?

4th September: Blind Taste Test

5th September: A Quiz on Food and Nutrition

6th September: Poster making on a healthy diet

7th September: Video message by students

Each activity prompted the children to think about their eating habits and its influence on their lives. The children had an enjoyable week and it was indeed a pleasure to witness the little ones participate with energy and enthusiasm.

Lastly, good nutrition promotes not only better physical health and prevents diseases, but also contributes to cognitive development and academic success. It is also essential to spread awareness on the importance of the various nutrients for the body.



