



# Bal Bharati PUBLIC SCHOOL M A N E S A R

**Activity name: FRUITOLOGY**

**Class: I**

**Date: 22<sup>nd</sup> JULY, 2022**

## **Description:**

Fruits are an excellent source of essential vitamins and minerals, and they are high in fibre. To inculcate the value of healthy eating, 'Fruitology' - An activity was conducted for grade 1 students. By doing this activity, children got the strong evidence to show that the nutrients found in fruits can prevent them for chronic diseases and can strengthen their immune system.

