



SDG NO 3 – GOOD HEALTH AND WELLBEING

CLASS PS

ACTIVITY 1:- Familiarization

OBJECTIVE:

The students will be able:

- to understand the difference between organic farming and chemical farming.

Brief Description:

Identify and name the Plant and Dairy Products.

Report:



CLASS PP

ACTIVITY: Healthy Tiffin/ What's in my Lunchbox?

(PREPARED AND PERISHABLE FOOD RESCUE PROGRAM)

OBJECTIVE

The students will be able:

- to create awareness about zero waste.
- to achieve food security
- to end malnutrition

Brief Description:

- Students will bring healthy lunch box and tell the ingredients used to prepare it.

Report



CLASS IV

ACTIVITY: Comic Strips

OBJECTIVE:-

Students will able

1. to understand the value of healthy and sustainable life style.
2. to develop creative skills.

Brief Description:

Students will make a comic strip showing comparison between two kids, Families, Countries.(Healthy vs Unhealthy)

REPORT:

“Eat Healthy to stay healthy”

Life today is not like it was earlier. A long time ago people ate healthy food that was really safe and good for their wellness.

But now we are living in an age of Macdonald, KFC and Star Bucks where they only serve junk food. Today’s generation mostly getting attracted towards junk.

We all know that junk food is unhealthy and with poor nutritional value. Keeping this in mind the students of Class IV had organized an activity on ”Healthy/Unhealthy”. The students prepared comic strips and discussed with their peer groups.

Each child spoke about the benefits of eating different fruits and vegetables. It was followed by the depicting their comic strip on ‘Junk food/healthy food’.

