

**CLASS 4 –
"GRAIN GALAXY: EXPLORING THE NUTRITIONAL COSMOS"**

On April 15, 2024, the "Grain Galaxy: Exploring the Nutritional Cosmos" activity invited 4th-grade students on a creative journey through the world of whole grains. The activity combined art and nutrition, where students used whole grains like barley, millets, quinoa, brown rice, and oats to create Rangoli designs. This hands-on experience allowed students to showcase their creativity while learning about the shapes, textures, and nutritional benefits of each grain. They also became nutrition ambassadors by sharing the health benefits of whole grains through explanations accompanying their Rangoli creations. "Grain Galaxy" provided a dynamic platform for holistic learning, integrating art, science, and nutrition to foster a deeper understanding and appreciation of whole grains.







