

# DAYANAND ANGLO VEDIC PUBLIC SCHOOL, AIROLI

## Report on – PADHAI BHI POSHAN BHI (FOOD WITHOUT FIRE)

### YEAR - 2023-24

#### Nursery

‘Poshan Bhi, Padhai Bhi’ activity aims to target the development of children in every domain that is mentioned in the National Curriculum Framework, which includes-physical and mental development, socio-emotional-ethical development, among others.

With respect to this, we conducted an activity “Food without fire” on October 16<sup>th</sup> for Nursery section. Children were explained about importance of healthy food. They were also asked to take a pledge with their parents and teachers. On October 16<sup>th</sup> children brought sandwiches in their tiffin and enjoyed sharing with their peer group. They were happy and enjoyed the activity a lot.



## Jr.Kg.

Dry Bhel Activity was conducted on 16<sup>th</sup> October'23 for the students of Std JR.KG under the guidance of our beloved principal Ms. Suman Pradhan with an aim 'Padhai bhi Poshan bhi!'

This activity aimed at raising awareness about the healthy food – food without fire, which included lot of ingredients in it for the children to eat. (Puffed rice, boiled potatoes, sev, roasted peanuts, chana, pomegranate, papdi).

The students were very happy to eat the dry bhel and they also had a blast with frooti. This activity encouraged them to have the same kind of food in the tiffin and they also learnt new vocabulary.





## Sr.Kg.

Padhai bhi Poshan Bhi (food without fire) was celebrated on 16<sup>th</sup> October, 23 for the students of Std. Sr.Kg. Fruit salad making and sharing activity was conducted in school. This activity aimed at raising awareness about 'Eat Healthy Stay Healthy'. Hence importance on eating healthy food and avoiding Junk food.

Information was given about categories of fruits like – seasonal fruits, colour of fruits, their shape, size, number of seeds it contains.

Children were explained about fruits and its nutritional value. How eating fruits helps us in not only staying healthy but also in recovery from illness.

Children brought fruits to school wherein salad was prepared by teacher with the help of students and was distributed in the class.

Children relished and enjoyed eating the fruit salad.



**‘A PEARL OF HEALTH HIDDEN IN A FRUIT’**