

LITTLE ANGELS SCHOOL

Sector - 9,Ukkunagaram, Visakhapatnam -12

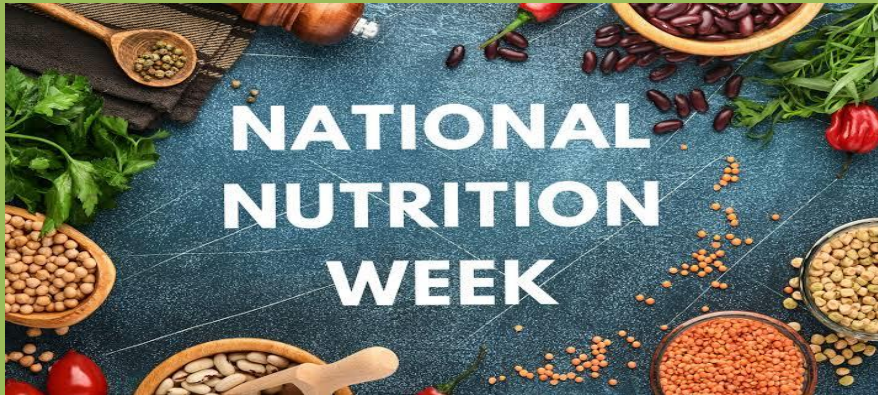
GREEN NEWS

EVENTS UPDATE 2022-23

MONTH : SEPTEMBER

Give Nutritious Feast to Taste Buds

National Nutrition Week celebrations



National Nutrition Week celebrations :

Highlights :

- **Day -1:**
Decoration of Nutrition plate for students of classes 1 - 5
Using Diet chart For classes 6 - 8.
- **Day - 2:**
students of classes 1-10 brought protein rich food for their lunch.

- **Day - 3:**
students of classes 1-10 brought food rich in vitamins, minerals and fibre rich food for their snack break.

 - **Day- 4:**
'My Sprouting Jar ' activity for classes 1-3.
Collage making competition for students of classes 4 & 5.

 - **Day - 5:**
Video making by the students of classes 9&10 on the importance of a balanced diet.
- a) An article was read by the students in the school assembly to create awareness regarding the importance of eating a nutritious diet.
- b) Awareness programme were conducted in respective science periods
- **Decorating Nutrition plate.**

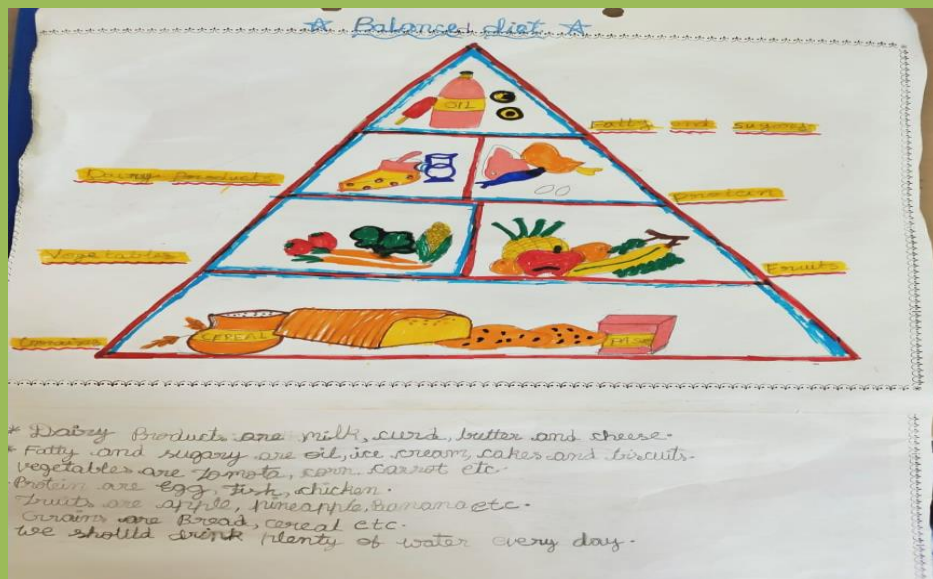


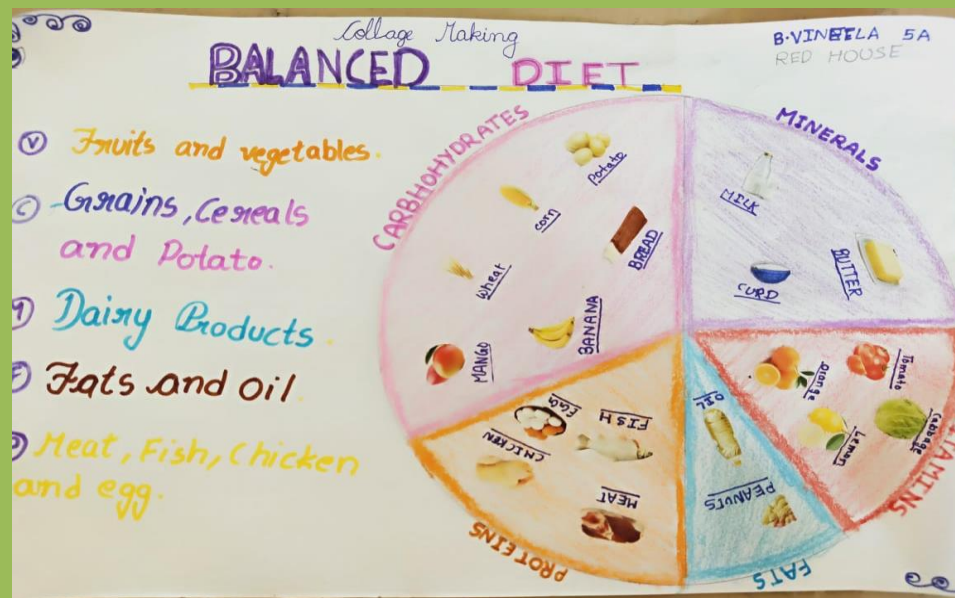




- Using diet chart

Students of classes 6-8 prepared a diet chart containing all the nutrients for a balanced diet and explained the importance of preparation of the chart and made other students aware of the importance of taking a balanced diet.





Day 2

- Students of classes 1 to 10 brought protein rich food for their lunch.





Day 3

- Students of classes 1-10 brought food rich in Vitamins,minerals,Fibre (salads, nuts & fruits) for their snack break.





Day 4

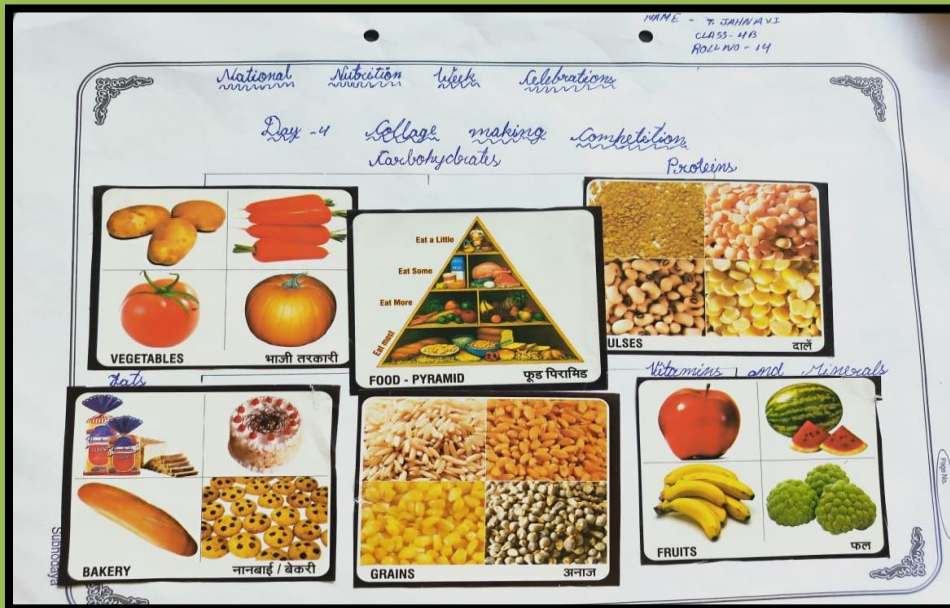
- My Sprouting jar activity was conducted for classes 1,2 and 3.







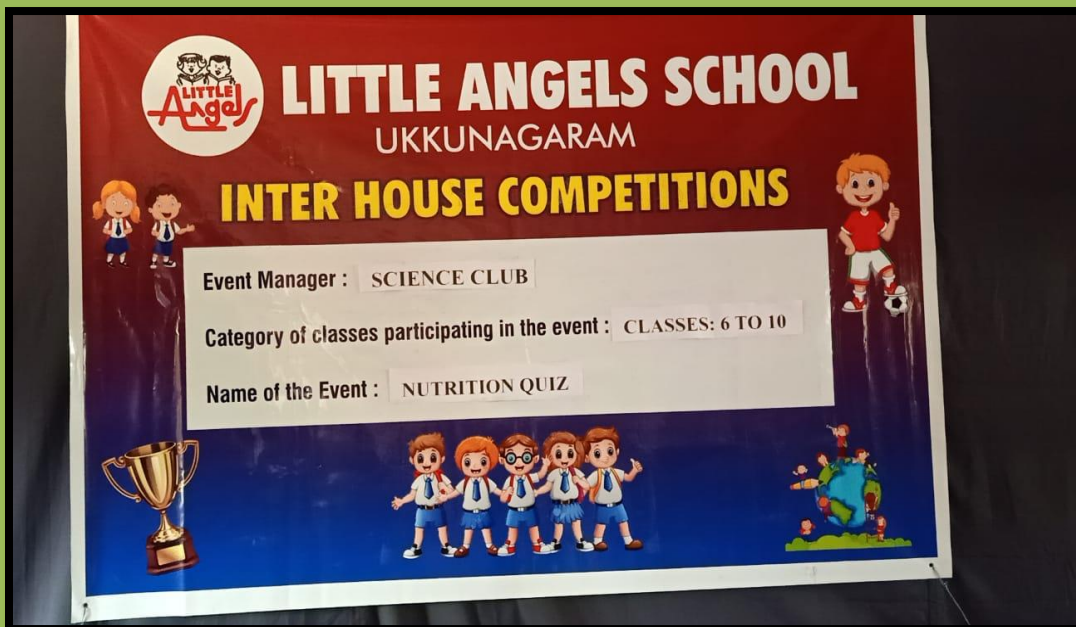
- **Food magazine collage making**
 Food collage making competition was conducted for the students of classes 4 and 5.





- **Nutrition Quiz**

A quiz on nutrition was conducted for the students of classes 6-10 ,to give them the opportunity to test their knowledge on Nutrition. This quiz is to determine how much they have learned about basic nutrition.







Day 5

A video on importance of balanced diet was prepared by the students of class 9 & 10.

Importance of eating healthy food and how a balanced diet provides the human body with essential nutrients was explained in the video with appropriate images. The video was shared with all students through class whatsapp groups.

"NOURISH TO FLOURISH"