



NATIONAL PUBLIC SCHOOL, KENGERI, BENGALURU

ACADEMIC YEAR - 2023-2024

SMART GOAL ACTIVITY ON HEALTHY DIET

“TO EAT IS A NECESSITY, BUT TO EAT INTELLIGENTLY IS AN ART”

As we know, children of young age are at a crucial stage of growth and development. They need a balanced diet that provides them with the nutrients they need to learn, grow, and stay healthy.

Hence, we have conducted the ‘**SUBJECT ENRICHMENT ACTIVITY**’ with the topic ‘**HEALTHY DIET**’.

Title: Healthy Diet Activity for Grade 3 Children

Introduction: This report details a 4-week program aimed at promoting healthy eating habits among grade 3 children. The program included activities such as creating a healthy diet plate, nutritionist talk, exploring Healthy snacks, cooking workshop and other engaging initiatives to educate and encourage a balanced diet.

Week 1: Introduction to Healthy Eating

- In the first week, children were introduced to the concept of a balanced diet.
- Activity: The children learned about the food groups (e.g., fruits, vegetables, proteins, grains, and dairy) and created a "Healthy Diet Plate" using paper, images of different foods along with real food items.
- Discussion: The importance of each food group in maintaining good health was explained.

Week 2: Nutritionist Talk

- A licensed nutritionist was invited to speak to the children.
- Activity: The nutritionist talked about the significance of vitamins and minerals in different foods.
- Discussion: The children had the opportunity to ask questions and learn about the role of nutrition in their daily lives.

Week 3: Exploring Healthy Snacks

- This week focused on choosing healthy snacks.
- Activity: Children participated in a "Snack Show and Tell" where they brought in and shared their favourite healthy snacks.
- Discussion: The children learned how to identify nutritious snacks and reduce the consumption of sugary and processed snacks.

Week 4: Cooking Workshop

- A hands-on cooking activity was organized to encourage healthy food preparation.
- Activity: Children prepared a simple, nutritious recipe (e.g., a fruit salad or vegetable wraps) under supervision.
- Discussion: They discussed the importance of cooking fresh meals and avoiding excessive use of oils and sugars.

Conclusion: The 4-week healthy diet activity for grade 3 children proved to be informative and engaging. It helped the children understand the importance of a balanced diet, make healthier food choices, and appreciate the role of nutrition in their lives. This program laid the foundation for better eating habits and a healthier lifestyle.



