

Step towards healthy diet

The pre-primary section of DAV Public School, Nerul conducted Vegetable Salad Day. Children showed their anxiety in learning about, what they could see around them, like, beautiful charts that depicted the importance of eating nutritive raw vegetables and fruits. This day was held to inculcate healthy eating habits among children and also educate them about the nutritional benefits of eating a diet which includes a lot of fresh vegetables. As part of the event, teachers introduced to children many vegetables like carrot, cucumber, cabbage, tomato, capsicum, beetroot, radish and onion. Teachers showed them each vegetable and students recognised them by describing their shapes, sizes, textures and colours.

Students were enthusiastic to see various display of salad carvings. The students learnt that vegetables contain essential vita-



Snapshot of the activity in school

sing rhymes, songs related to vegetables. They also enjoyed drawing and colouring five vegetables, that, they promised their teacher they would eat every day.

Along with this activity by the Sr KG and the Jr.K.G. sections, the tiny tots of nursery section celebrated their Yellow Day. Teachers decorated classrooms and the boards on the corridors with charts, cutouts of yellow-coloured vegetables, fruits and many more.

vegetables contain essential vitamins, minerals and fibres that keep our body healthy. The event came to an end by students

vegetables, fruits and many more. Children learnt the importance of yellow colour and enjoyed the Yellow Colour Day.