



**Eat Right  
India**

Healthy. Safe. Fortified.



# SNF@School ACTIVITY BOOK

led by *fssai* under  
Ministry of Health & Family Welfare,  
Government of India





## About the Activity Book

This activity book has been developed to assist schools to nudge school children towards awareness and adoption of safe and healthy eating habits. This book presents key themes and messages on eating right, which schools may disseminate among the parent and student communities through various engagement methods. Indicative games and activities based on these themes and messages are provided in this book. They have been designed to engage and educate school children in an interesting and interactive manner. Schools are recommended to conduct these activities and encouraged to devise their own. A scoring matrix has been created for schools for these activities on which they would be rated and recognized.

**This book is organized into five main sections:**



The first section sets the context in which this book has been designed, which is the 'Eat Right India' movement. Further, this section explains The Eat Right Creativity Challenge and the SNF@School Engagement programme.

The second section elaborates on the key themes and messages of the Eat Right India movement- Eat Healthy, Eat Safe, Eat Fortified, No Food Waste and Physical Exercise.

The third section provides recommended activities to be adopted by schools to bring about behavioural change among schoolchildren.

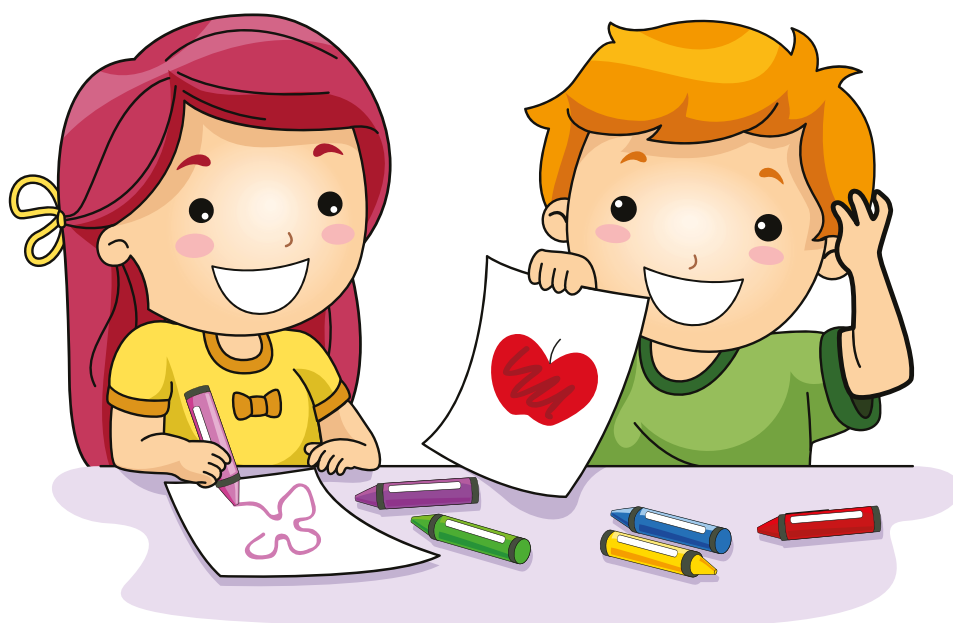
In the fourth section, games under each theme are illustrated that are both engaging and educational. These would help children understand the basic concepts of eating right and remember the key messages.

The fifth section explains how schools would be scored based on the activities they conduct and be recognized for their efforts.

All registered schools that demonstrate a high level of activities above a certain benchmark and fulfill additional criteria will be duly recognized and declared as an 'Eat Right Champion School'. These schools will then become a part of the National Network of Eat Right Champion Schools (NNERCS). Through this Activity Book, the Eat Right India movement aims to reach out to schools and school children and inculcate safe and healthy eating habits for a better and brighter future for the next generation.

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# INTRODUCTION

Our health is very precious. It allows us to enjoy our life to the fullest. Therefore it becomes very important to take good care of our health. Unsafe food, poor diets and unhealthy habits lead to all kinds of deficiencies and diseases such as obesity, high blood pressure, diabetes, heart diseases for the majority of people. In fact, according to a study, 6 out of 10 risk factors for the burden of diseases in India are related to food. Thus, safe food and healthy diets are critical for good health and wellbeing.

## The Eat Right India Movement

Awareness is the first step towards change. The Food Safety and Standards Authority of India (FSSAI) has launched the 'Eat Right India' movement that aims to promote safe food and healthy diets. This movement is the collective effort of the Government, citizens, food companies and various other players to create a culture of safe and healthy eating.

The focus of 'Eat Right India' is on young people. Given that food habits are formed early in life and difficult to change thereafter, a school is an obvious place where healthy eating habits can be inculcated. Food can even be used as an effective pedagogical tool. More importantly, young children are agents of change and their influence on the entire family could be leveraged to change the way people eat.

In September 2017, the FSSAI had launched the SNF (Safe and Nutritious Food) @School initiative. Over 2800 schools are currently registered under this initiative. Such schools have trained and certified Health and Wellness Coordinators to promote healthier eating habits amongst school children. The 'Eat Right India' movement is vehicle to take the SNF@School programme to the national level.



## The Eat Right Creativity Challenge

As part of celebrations of the 150th birth anniversary of Mahatma Gandhi, several activities are planned under Eat Right India. One of them is the 'Eat Right Creativity Challenge' through which we aim to unleash the creative talent of our young people to change the way India eats. This challenge consists of a poster, wall-art and digital creatives competition to spread the key messages of 'Eat Right India'. This challenge is aligned with Gandhiji's thoughts on food and nutrition that are now recognised to be based on robust science of nutrition. In addition, it also includes the SNF@ School engagement programme through which 'Eat Right Champion Schools' would be created. This would create a platform for long-term engagement with many more schools across the country under the SNF@School initiative. The Eat Right Activity Book has therefore been created to be used as a tool to deepen the engagement with schools and schoolchildren to change their attitudes and habits with respect to food.



*“It is health that is real wealth and not pieces of gold or silver.”*

- Mahatma Gandhi

# EAT RIGHT THEMES




# 1. Eat Healthy

Eating healthy is important for getting our daily requirement of nutrients that help us maintain our health. We can learn how to eat healthy by understanding what to eat and what not to eat.

## What to Eat: A Balanced Diet

Eating a balanced diet means eating a variety of foods in the right proportion or quantity every single day. This ensures that we get all the nutrients we need such as carbohydrates, proteins, fats, vitamins and minerals that are required for the basic functions, growth and development of our body. It also protects us from diseases.


A balanced diet includes eating-



Enough whole grains and pulses (eg. Roti, Chawal, Dal, Idli etc.)



Plenty of colourful and varied seasonal fruits and vegetables.



Moderate amount of milk and milk products (eg. Milk, Paneer, curd, egg, fish etc.) and other nutrient rich foods such as meat (chicken, fish), nuts and seeds (e.g. almonds, walnuts, flaxseed).



Drinking plenty of water every day.

## What not to Eat: Foods High In Fat, Sugar And Salt

Foods high in fat, sugar and salt - HFSS Foods - are unhealthy foods with little or no proteins, vitamins or minerals. Consuming these foods regularly increases the risk of non-communicable diseases such as obesity, high blood pressure, diabetes and heart diseases. Therefore, foods such as potato chips, french fries, namkeen, samosa, pakode, soft drinks, sweetened beverages, chocolates, candies, pickles, sauces, papad etc. should be consumed only occasionally.

Trans-fats are produced during the industrial manufacturing of Vanaspati and refined edible oils and causes adverse effects on the health. Trans-fats are also formed as a result of repeated frying. High intake of trans fatty acids may increase the risk of heart disease. Therefore, trans-fatty rich foods such as vanaspati, bakery products and sweets or foods that are fried repeatedly in the same oil, should be avoided.





## 2. Eat Safe

Eating safe is essential for preventing water and food-borne illnesses such as diarrhoea, typhoid, dysentery, gastroenteritis etc. This means maintaining personal hygiene, following safe food practices and combating adulteration. It also includes hygienic and sanitary practices in general and in relation to food.

### Personal and surrounding hygiene

It is important to follow practices that maintain personal and surrounding hygiene. These practices help to prevent the spreading of germs and contaminants that cause diseases. These include washing hands thoroughly with clean water and antiseptic soap before and after eating, touching or handling food, keeping nails, hair, clothes etc. clean, ensuring that surroundings, especially the kitchen, are free from dust, pests, flies etc. and disposing off garbage properly.



### Safe food practices

Habits and behaviours that ensure that food does not spoil and remains free from contaminants and germs are essential to prevent foodborne diseases. These include washing fruits, vegetables and grains thoroughly with clean drinking water; separating raw and cooked food, refrigerating food within two hours of cooking; storing food at the right temperature, covered, in a dry, well-ventilated place, away from sunlight; cooking and heating food thoroughly, keeping meat and non-meat products separately and so on. It is also important to check whether food is spoiled or not by visual inspection or smelling it before eating. Checking the FSSAI logo on food packets and the expiry date is equally important.



### Combating food adulteration

Unwanted elements such as chemicals, dust, metals, insects, pests etc. or even other unwanted food items in food that lower its quality, make it adulterated and thus unfit for consumption. Eating adulterated foods can be hazardous to health. Detecting adulterants in food and taking appropriate action is thus imperative in ensuring safety of food. For example, honey may be adulterated with sugar syrup, milk with chalk, apples with wax, red chilli powder with brick powder. Many of these adulterants can be detected at home with simple tests using the DART Book (Detect Adulterants with Rapid Tests) by FSSAI.



### Repurposing of Used Cooking Oil (RUCO)

Cooking oil should ideally be used for frying only once, otherwise harmful particles may be formed that are hazardous to health. This oil can, instead, be repurposed and used as biodiesel.



### 3. Eat Fortified

When we do not get our daily requirement of micronutrients such as vitamins and minerals, it leads to micronutrient deficiencies such as anaemia, goiter, night blindness etc. These deficiencies affect physical health, result in low physical capacity, reduced IQ and lower resistance to infection as well. These also lead to an unacceptably high burden of death and disease in the country because micronutrient deficiencies affect many people of all sections of the society. Thus, elimination of these deficiencies is essential not only to improve health but also to sustain economic growth and national development.

Micronutrient deficiencies can be prevented and even eliminated if adequate quantities of the micronutrients are consumed by people on a regular basis. There are three simple ways to do this:

The first is through eating a variety of food to meet the daily requirement of vitamins and minerals since no one particular type of diet can meet all the nutrient needs.

The second involves taking tablets or supplements of essential vitamins and minerals in some form.

The third is fortification of food, where commonly consumed food items have added vitamins and minerals to improve their nutritional content. Such foods are called fortified foods. In India, five staple fortified foods are available-wheat flour, rice, oil, milk and salt.

These can be easily identified by a +F logo on the pack label.

The health benefits of fortified foods are as follows:



## 4. No Food Waste

All wastage is bad, especially food wastage when a huge number of people are undernourished and go to sleep hungry every night because they do not get enough food to eat. India is the second largest producer of food, yet it also has the second largest population of undernourished people.

It is a personal responsibility to prevent food wastage, and share leftover food among those in need. If we stop wasting food and start sharing surplus food, chronic hunger can get completely wiped out.

To begin with, we must first reduce food wastage. This means, buying only as much as you need, checking the use by date of packaged food to see if it has enough shelf life, taking smaller portions of food rather than large ones as per your need, repurposing leftover food, storing food properly at the right place and temperature to avoid food spoilage and so on.

Next, we can share surplus food by collecting and distributing it to beneficiaries in a timely manner to help fight hunger. Connecting with food sharing agencies that facilitate sharing and distribution of food to those in need is an important step we can take.

## 5. Physical Exercise

Regular physical exercise not only has numerous physical health benefits that can reduce the risk of developing health conditions like heart disease, diabetes etc. later in life but can also reduce symptoms of anxiety and depression. It enables us to enjoy our life to the fullest. It can help balance the pressure of studies, extra curricular activities and play.

Exercise can be in the form of simply walking, cycling, running, swimming, playing outdoor sports, etc. Physical activity for at least 60 minutes everyday is recommended. During school hours, sports and exercise as well as free and recreational play, walking and gardening should be a part of the curriculum.

Exercising or playing in fresh air helps to:



## EAT RIGHT ACTIVITIES

The following activities are recommended for schools and schoolchildren to help them adopt basic healthy food habits that would have a huge impact on their health. Schools are requested to record and maintain a database of evidence of the activities being undertaken. The evidence should be uploaded on the Eat Right Creativity Challenge website [www.fssai.gov.in/CreativityChallenge](http://www.fssai.gov.in/CreativityChallenge).

Activities and examples of evidence that can be used are as follows:

### 1). Eat a Healthy Breakfast

As schools starts early, children often end up skipping breakfast. It is scientifically proven that breakfast is the most important meal of the day and increases productivity if children eat healthy breakfasts.

**Activity 1:** Add small break or 'zero period' for children to eat food as soon as they reach school.

**Sample Evidence :** Upload time table; photo of children eating breakfast.

**Activity 2 :** Issue directions to parents to ensure that the children eat a healthy meal before they reach school. Parents should use the hashtag #EatRightIndia and upload their action taken for ensuring this task on.

**Sample Evidence :** Upload photo of children eating breakfast.

### 2). Eat Safe and Healthy Diets, show Food Courage

Diet diversity is the best way to ensure you are eating right. Often we miss out on important nutrients when we restrict our diets to certain foods. There is evidence to suggest that variety in food develops cognitive abilities. Let's be courageous and try a new healthy dish every day.

**Activity 1:** The School Health & Wellness Coordinator can upload their canteen / tiffin menus on the school website or share copies of these menus with them and ensure that children get to try a new variety every day.

**Sample evidence:** Upload menu; photo of children eating healthy tiffins.

**Activity 2:** Conduct 'I cook healthy' day in schools, where students get recipes for healthy food.

**Sample Evidence:** Upload recipes with children's photo.

### 3). Practice the 21-day Challenge

By following a practice for 21 days, it becomes a habit. Bring a fruit to school in tiffin every day for 21 days. Let's eat the rainbow!

**Activity 1:** Ask students to tag their picture with their fruit using the #21DayChallenge with the name and registration number of your school.

**Sample Evidence:** Share pictures and videos where possible and upload on the website.

**Activity 2:** Ask students to eat breakfast everyday and tag their picture with their breakfast using the #21DayChallenge with the name and registration number of the school.

**Sample Evidence:** Share pictures and videos where possible and upload on the website.

#### 4). Eat fortified food

Essential micronutrients and vitamins play an important role in keeping us healthy. They are like magic wands that do their trick even in very small quantities. It is for this reason that dietary diversification is promoted or people take supplements of essential vitamins and minerals. There is also an easy way to add small quantities of these essential vitamins and minerals to food that we usually take. This is referred to as food fortification. Such food is identified by the +F logo.

**Activity 1:** Schools can create awareness among children about fortified food. Download and play Sakshi Tanwar's short film available on [www.fssai.gov.in/EatRightIndia](http://www.fssai.gov.in/EatRightIndia) in the classroom and encourage children to join the #EatRightEatFortified campaign.

**Sample Evidence:** Upload children's photo while watching the video on the website.

**Activity 2:** Hold awareness sessions for parents on the benefits of Fortified foods during Parent Teacher meetings etc.

**Sample Evidence:** Upload pictures of grocery bags/ fortified food on the website.

#### 5). Conduct Noon Assembly

Growing children require adequate calcium for development & strengthening of bones. Vitamin D is essential for the absorption of calcium. The best source of which is exposure to sunlight. The best time for the body to create vitamin D is from 10.00 am to 1:00 p.m. The initiative "Project Dhoop" aims at changing the assembly time from morning to noon.

**Activity:** Alter the assembly timings.

**Sample Evidence 1:** Share pictures and videos where possible on #ProjectDhoop and upload on the website.

**Sample Evidence 2:** Share timetable on website and share the story on #ProjectDhoop on the website.

#### 6). Follow Aaj Se Thoda Kum

A major challenge for all of us is to overcome our craving for food with high in fat, sugar and salt content such as sugary drinks, cakes, pastries, fried food, namkeens etc. Diets high in fat, sugar and salt may be delicious but can lead to lifestyle disorders like diabetes, obesity etc. later in life. We need to address and bring about a change in our eating habits early on.

**Activity 1:** Share tips on how to reduce the consumption of foods high in fat, sugar and salt with parents and children through parent teacher meetings or by uploading on the school website. These tips are available on the website [www.fssai.gov.in/EatRightIndia](http://www.fssai.gov.in/EatRightIndia)

**Sample Evidence 1:** Give school website links with the tips uploaded or share photos of the parent-teacher meetings.

**Activity 2:** Encourage parents & children to maintain a tracker of consumption of oil, sugar & salt.

**Sample Evidence:** Upload trackers on the website filled in by parents/students.

**Activity 3:** Maintain a tracker of consumption of oil, sugar & salt in the school canteen.

**Sample Evidence:** Upload link of the tracker on the school website and upload canteen menus with low salt, sugar and fat content.

**Activity 4:** Suggest healthy tiffin menus to children and parents.

**Sample Evidence:** Upload sample tiffin menus on the website.

**Activity 5:** Download Raj Kumar Rao's film [www.fssai.gov.in/EatRightIndia](http://www.fssai.gov.in/EatRightIndia) and play it in classroom and encourage children to join the #AajSeThodaKam campaign.

**Sample Evidence 1:** Upload a photo showing children watching the video.

**Sample Evidence 2:** Add a selfie with the "thoda kum" symbol and #Aajsethodakum hashtag and upload on the website.

## 7). Avoid Food Waste

It is estimated that one third of food is wasted and yet about one-tenth of the global population are undernourished and sleep hungry. Arithmetic is simple, if we are able to prevent even one third of the food from getting wasted, we would ensure that no one goes hungry. Schools can play an important role in prevent food waste and fighting chronic hunger.

**Activity 1:** Weigh food that is wasted in your canteen and cafeteria every day and gradually reduce it over time.

**Sample Evidence:** Upload link of the tracker on the school website.

**Activity 2:** Encourage children to make posters on how to save food and put them up in relevant areas.

**Sample Evidence:** Share your story in not more 200 words with pictures and videos where possible and upload on the website.

**Activity 3:** Assign responsibility to a group of students and teachers on a rotating basis to connect with the Indian Food Sharing Alliance at [www.sharefood.fssai.gov.in](http://www.sharefood.fssai.gov.in) to share surplus food with beneficiaries.

**Sample Evidence:** Upload pictures and tracker of the food shared (by weight) by the school on the website.

## 8). 'Eat Right India' Display Boards/Poster Wall/Poster Exhibition

An awareness campaign on 'Eat Right India' through various channels as per the school's choice.

**Activity 1:** Display the best posters from the Eat Right Poster Competition on classroom/school display boards and create a collage on the 'Eat Right India' movement. Organize an exhibition open for parents and the community for 2–3 days to display these works of art.

**Sample Evidence:** Share pictures and videos where possible and upload on the website.

**Activity 2:** The students can join or conduct walks or join Prabhats in the surrounding areas to disseminate messages in the community.

**Sample Evidence:** Share pictures and videos where possible and upload on the website.

## 9). Make Food a Pedagogical Tool

Food and nutrition is central to our lives and can be integrated in interesting manner with curricula of different subjects in an interesting manner.

**Activity 1:** Create games and activities using food as pedagogical tools.

**Sample Evidence 1:** Share the games or activities on the website.

**Sample Evidence 2:** Share success stories in not more 200 words with pictures and videos where possible and upload on the website.

## 10). Integrate Yellow Books with the School Curriculum

Under the Safe and Nutritious Food at School initiative, FSSAI has developed The Yellow Books.

**Activity 1:** Integrate The Yellow Books with the school's curricular and extra-curricular activities.

**Sample Evidence :** Upload the activity timetable, pictures and videos where possible and upload on the website.



## EAT RIGHT GAMES

The following games are recommended to be conducted by schools for schoolchildren to help them understand the basic concepts of eating right. A few games are suggested for each theme of Eat Right- 1. Eat Healthy, 2. Eat Safe, 3. Eat Fortified, 4. No Food Waste and 5. Physical Exercise. This would allow students to think about these concepts deeply, internalize and remember them so that they eventually become a part of their daily habits and lifestyle. Schools are requested to record and maintain a database of evidence of the games being organized. The evidence should be uploaded on the Eat Right Creativity Challenge website - [www.fssai.gov.in/CreativityChallenge](http://www.fssai.gov.in/CreativityChallenge).

## 1. Eat Healthy

### GAME 1...

#### Healthy Plate

**Material Required :** Chalk, paper cut outs of food items such as fruits, vegetable, roti, bread, butter etc. They could be drawn by the students.

**How to play :**

- Draw the healthy plate (shown here) on the floor.
- Give a paper cut out of the food item to each child.
- The child should go and stand in the correct section on the healthy plate on the floor.

**Learning outcome :** Learn about balanced diet.



### GAME 2...

#### Snakes & Ladders with Healthy Food

**Material Required:** Print out of the image, Dice and Token (goti)

**How to play:** Children can play like the regular snakes and ladders game.

**Learning outcome:** Learn about pros & cons of healthy and unhealthy food.



## GAME 3...

### Colour Healthy Foods

**Material Required:** Print out of the image, colours

**How to play:** Children have to cross the unhealthy food and colour the healthy food.

**Learning outcome:** Learn about differentiation among healthy and unhealthy foods.

Name \_\_\_\_\_

## Healthy or Not Healthy?

Cross out the unhealthy foods. Colour the healthy foods.



## GAME 4...

### Passing the Parcel

**Material Required:** Football with images of food containing trans-fat e.g. bakery products, vanaspati, fried foods, bell.

**How to play:** First the teacher will explain the concept of trans-fats and its sources to children.

Then children will pass the football while the bell rings.

When the bell stops ringing, the child with the ball will be out.

The game will continue in the same way.

**Learning outcome:** Trans-fat are bad for health and should be eliminated from the diet.



## 2. Eat Safe

### GAME 5 ...

#### When in Doubt, Throw it Out!

Material Required: Print out of the image, pencil

How to play: Unscramble the words.

Learning outcome: You have the power to fight bad bacteria and keep your food safe!

Kids, unscramble each of the four ways to keep food safe.



nalec

\_\_\_\_\_



ckoo

\_\_\_\_\_



liclh

\_\_\_\_\_



apretase

\_\_\_\_\_



## GAME 6...

### Colour the picture !

**Material Required:** Print out of the image, colours

**How to play:** Colour the picture.

**Learning outcome:** Put foods like milk, curd, meat and eggs back in the refrigerator right away. Don't leave them out on the counter!



## GAME 7...

### Check your food !

**Material Required:** Glasses, Water, sample of Black pepper and powdered turmeric.

**How to check:** As per the instructions given in the images.

**Learning outcome:** To identify whether the food item as genuine or adulterated.

### Detection of artificial colour in turmeric powder

#### Testing method:

- 1 Add a teaspoon of turmeric powder in a glass of water.
- 2 Natural turmeric powder leaves light yellow colour while settling down.
- 3 Adulterated turmeric powder will leave a strong yellow colour in water while settling down.



Pure



Adulterated

### Detection of papaya seeds in black pepper

#### Testing method - 1:

- 1 Add some amount of black pepper to a glass of water.
- 2 Pure black pepper settles at the bottom.
- 3 In the adulterated black pepper, papaya seeds float on the surface of water.



Black pepper



Papaya seeds

(More tests may be seen in DART Book: <https://fssai.gov.in/home/capacity-building/FSSAI-Books.html>)

### 3. Eat Fortified

#### GAME 8...

### Bowling Game

#### Material Required:

- Empty bottles.
- Small Balls.
- Marker

Write the name of deficiency and disease associated with the minerals and vitamins (Anemia, Iodine Deficiency disorders, night blindness, weak bones) one on each bottle.

Write [Wheat flour ( iron, vit B12, folic acid)]

[Rice( iron, vit B12, folic acid)]

Salt (iodine and iron),

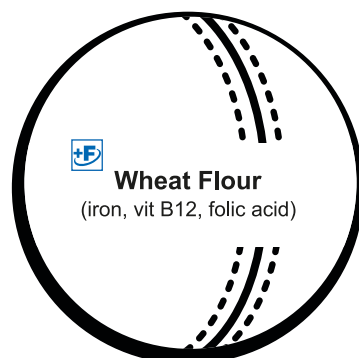
Milk (vitamin A and D)

Oil (Vitamin A and D) on different balls as shown below with the +F logo.

**How to play:** Teacher to explain the significance of vitamins and minerals and their fortified food sources and +F logo.

- Arrange the bottles in a line.
- Tell the kids to pick any ball.
- Hit the bottle with the right ball. (eg. Bottle of Night blindness by ball of milk or wheat flour).
- The one who hits correct bottle with the correct ball wins.

**Learning outcome:** Children will understand the importance of vitamins and minerals and the benefits of fortified foods.





## GAME 9...

### Vish-Amrit

**Material Required:** A-4 sheets (different colours) and safety pins.

**How to play:** First the teacher will explain the significance of vitamins and minerals to the students and also tell them about their fortified food sources and the +F logo.

**Disease/Deficiency:** Red Sheet with the name of Disease/Deficiency

**Fortified Food:** Green sheet with the name of fortified food and mineral and vitamin

Stick the sheets on some kids' shirt by safety pins.

Tell them to run.

When a kid with the red sheet touches another kid then he/she will sit down. This kid will then be considered to have the 'deficiency' mentioned on the red sheet. Only when a kid with a green sheet containing the corresponding fortified food source that addresses the 'deficiency' of the kid, touches that kid, he/she will stand up and be allowed to run around again.

**Learning outcome:** Children will understand the importance of vitamin and minerals, which deficiencies are associated with each and the benefits of having fortified food.

Weak bones



Milk (Vitamin D)

## GAME 10...

### Matching Game

#### Material required:

- **Card 1 type:** Minerals and Vitamins (Vit. B12, Folic acid, iron, Vitamin A, Vitamin D, Iodine) [with picture]
- **Card 2 type:** Disease associated with the deficiency of the above said mineral and vitamin (weak bone, anemia etc.) [with picture]
- **Card 3 type:** benefit of the above said vitamin (Strong Bones, good health and stamina, prevent anemia, development etc.) [With picture]
- **Card 4 type:** source of these mineral and vitamin (Salt, wheat flour, rice, milk and oil having +F logo). [with picture]

These cards should be created by the students or teachers.

Hardboard, Gum and scissors. Print these card and stick on hard cardboard.

**How to play:** First the teacher will explain the significance of vitamins and minerals to the students and also tell them about their fortified source and +F logo.

- Then mix the all cards and keep them in a big box.
- Tell the each kid to pick one card.
- Tell the kids to then complete the group of 4-5 kids (as required).

Each group should have one card of the disease/deficiency followed by the corresponding fortified food staple and the relevant vitamin/mineral and finally the card that mentioned the correct health benefits of the same.

**Learning outcome:** Understand the importance of vitamins and minerals and benefits of eating fortified food.

Folic Acid,  
Iron & Iodine



Card - 01



Card - 02



Card - 03



Card - 04

## 4. No Food Waste

### GAME 11...

#### Party Scene

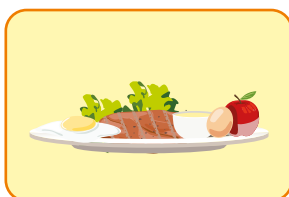
**Party scene play competition** (Duration- 30 Min Max) (Groups of 6-10 students)

Half of the students of a group will be hosts (on one side of a table) and the other half will be the guests (Other side of the table). Guests will come to the hosts, who will serve food to the guests. (lunch boxes of the participants can be used in the game). Both chat and eat together. The game is over after that.

The group can be judged on basic criteria like:

- What food they serve in the party (healthy, HFSS food etc.)
- Pattern of taking food in the plate (small portion/large portions)
- Management of leftover food, if any.
- Food wastage in plates or otherwise/hygiene
- Content of their conversation etc.

**Learning outcome:** Children will learn etiquettes, about healthy and unhealthy foods, develop habits of finishing food completely, managing left over foods, and sharing & caring.



## GAME 12 ...

21 days (All /Working days) challenge- School/Group-wise activity

- Students will give their leftover food to one nodal person so that such food could be collected at one point. Then such food should be distributed daily among beneficiaries/needly persons.
- Students of the group (without any burden) will bring 1 extra fulka/chapati and that collective food should be distributed daily among beneficiaries/needly persons.

**Learning outcome:** Children will develop habits managing left over foods, and sharing and caring.

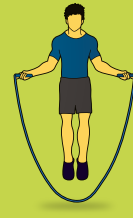


## 5. Physical Exercise

**Spot jog:** 1 hr. (Max.) - One who performs non-stop for 1 hr. or for longest duration will be the winner.



**Skipping:** 1 hr. (Max.) - One who performs non-stop for 1 hr. or for longest duration will be the winner.



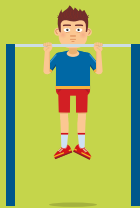
**Dips/Push-ups:** 50 Nos. (Max.) - One who completes 50 dips in a single go or who performs for longest duration will be the winner.



**Brisk walk:** 5 Rounds of the playground of the school. One who completes the task in shortest time will be the winner.



**Pull-ups:** 20 Nos. (Max.) - One who completes 20 Pull-ups in a single go or who performs for longest duration will be the winner.



**Surya-namaskar:** 10 set (Max.) - One who completes 10 set in a single go or who performs maximum no. of sets will be the winner.



**C-Dips:** 75 Nos. (Max.) - One who completes 75 C-dips in a single go or who performs for longest duration will be the winner.



**Frog Race:** 100 m/200 m (For primary classes). - One who completes the task in shortest time will be the winner.



**Sit-ups:** 100 Nos. (Max.) - One who completes 100 Sit-ups in a single go or who performs for longest duration will be the winner.



**Hanging Bar:** 5 min. (For primary classes). - One who performs non-stop for 5 min or for longest duration will be the winner.



**To identify the healthy food cum race:** 100 m/200 m (For primary classes).



On one side some food items viz. fruits, vegetables, chocolate, patty, packet of fortified food and unfortified or normal food (e.g. Milk, oil etc), curd, cold drink, packed fruit juice, chhach, chips etc. may be kept. Then students on the other side should be asked to collect max. number of healthy food items and return. One who performs in shortest duration will be the winner.

# EVALUATION

All registered schools that demonstrate a high level of activities above a certain benchmark in addition to other criteria will be duly recognized and declared as an 'Eat Right Champion School'. These schools will then become a part of the National Network of Eat Right Champion Schools (NNERCS).

It is important for schools to document and upload the evidence of the activities on the Eat Right Creativity Challenge website – [www.fssai.gov.in/CreativityChallenge](http://www.fssai.gov.in/CreativityChallenge)

Schools will be scored on the basis of the activities and games conducted. These points will be then added to the total score of the school that includes points awarded for the number of Health and Wellness Coordinators certified in the school. The total score will help qualify the school as an 'Eat Right Champion School'. This score will then be given weightage in the Eat Right Poster Competition for schools.

The steps to get your school evaluated are as follows-

1 Register your school on <https://fssai.gov.in/CreativityChallenge/registerSchoolInput>

2 Conduct activities around the themes of Eat Right India such as Eat Healthy, Eating Safe, No Food Waste suggested in this Activity Book.

3 Upload the activities on: [www.fssai.gov.in/CreativityChallenge](http://www.fssai.gov.in/CreativityChallenge).

4 The school will be awarded points for uploading the evidence (photo/ document/ video) for each activity conducted.

5 Points will also be awarded for each Health and Wellness Coordinator certificate uploaded. As per the SNF@School initiative of FSSAI, certified Health and Wellness Coordinators are recommended for each school. For more information visit [www.snfportal.in/jsp/school](http://www.snfportal.in/jsp/school).

6 This score will help the school qualify as an 'Eat Right Champion School'. Additionally this score will be given weightage in the Eat Right Poster Competition.

*fssai*



FOOD SAFETY AND STANDARDS  
AUTHORITY OF INDIA

*Inspiring Trust, Assuring Safe & Nutritious Food*  
Ministry of Health and Family Welfare, Government of India

For details and registration, visit :

[fssai.gov.in/creativitychallenge](https://fssai.gov.in/creativitychallenge)

Email - [creativity-challenge@fssai.gov.in](mailto:creativity-challenge@fssai.gov.in)

Call - +91 9868218159