

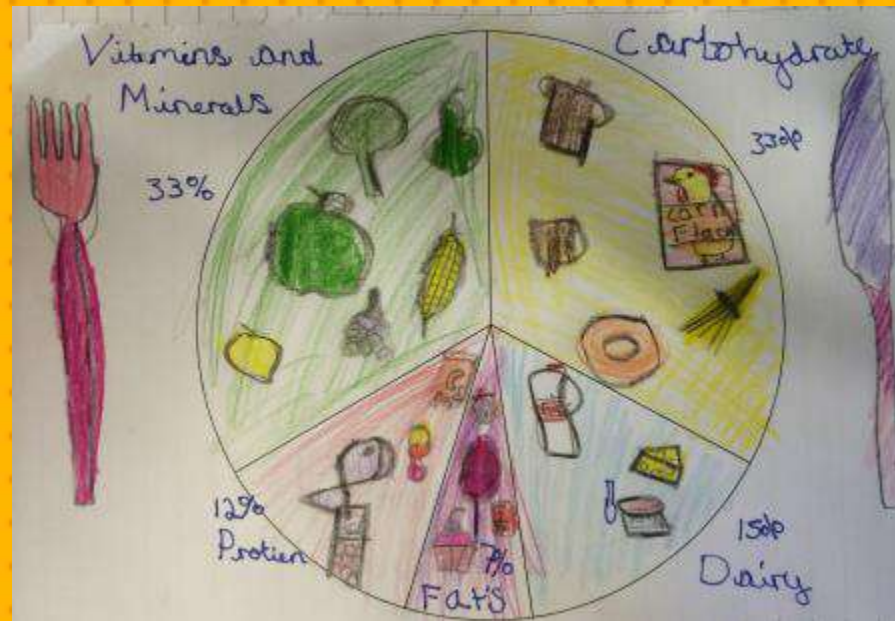
Activity: A Healthy Eating Plate

Resources:

Prints from the food module, pencil, scale, rubber, blank sheets

How to perform:

After showing one example of balanced plate, teacher to ask children to draw a well-balanced plate on their own in order to make them aware about the wholesome meal



Learning outcome: Plan wholesome meals.

Activity: Centimeters & Kilos

Resources:

Stadiometre (Non-stretchable measuring tape) and weighing machine

How to perform:

Teacher/ expert to ask children to take off their shoes and join their legs while standing straight against a wall to measure height

Student's weight to be checked with a weighing machine

Note down the height and weight of the child. This may help to check the growth of the child



Learning outcome: Record height and weight of each student to check the growth of the child

Activity: Circle Time

Resources:

Paper, pencil, eraser and food module

How to perform:

Ask students to write or discuss the food they ate for dinner the night before. The same thing can be done for breakfast. Evaluate how balanced each student's dinner or breakfast was.

What did you eat for breakfast or dinner. Was it healthy?



Learning outcome: To encourage children to eat balanced meals

Activity: GLITTERY GERMS

Resources : Glitter

How to perform:

Ask children to rub glitter on hands & shake everyone's hands.

Check the glitter left on people's hands

Left over glitter on hands signifies germs



Look I'll
show you...



Learning outcome: Germs are everywhere & travel fast

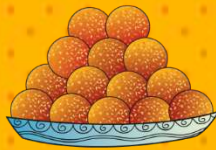
Activity: Name Food

Resources used:

Pictures of foods from different food groups

How to perform:

Teachers will ask students about the different food groups and can further ask them to identify the foods from each food group



LADDU
(SWEET)



SPINACH



APPLE



BUTTER



YOGURT/
CURD

Which 2 foods
belong to the milk
and dairy foods
group?

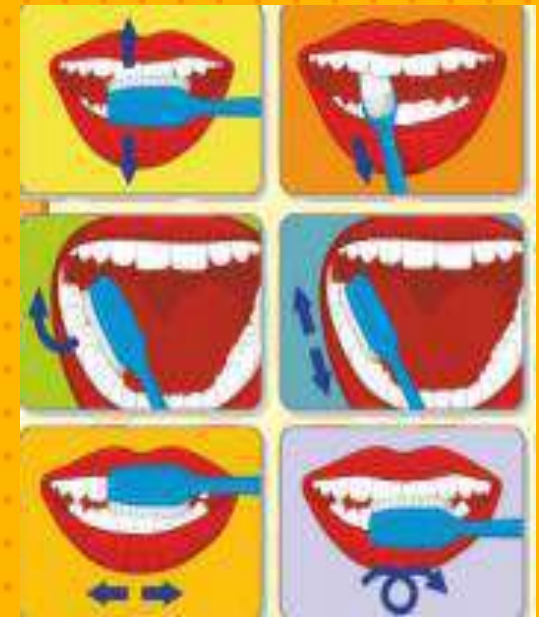
Learning outcome: Identify foods from each food group

Activity: SMILE PLEASE!

Resources : Empty carton of egg, tooth brush, paint.

How to perform:

Ask children to put paint on the toothbrush & brush all over the carton. Space left will show that each place has to be cleaned



Learning outcome: Dental hygiene

Activity: Smiley & Saddy

Resources:

Pictures of Healthy and Unhealthy Lunch boxes (with hollow calorie food)

How to perform:

Ask children to put a sticker of smiley or saddy on each food item Teachers to take a print of the sheets and ask children while showing which one is the healthy lunch box for them



CHOOSE WHOLE WHEAT SANDWICH INSTEAD OF WHITE BREAD SANDWICH!



CHOOSE WHOLE FRUIT INSTEAD OF ITS JUICE!



SALAD STICKS IN TIFFIN TASTE YUMMY!



CARRY FRUIT IN THE TIFFIN INSTEAD OF CANDIES!



Learning outcome: To see the difference between healthy and unhealthy food

Activity: This is the Way We Wash Our Hands (Poem)

Resources : Print of poem

Children's Song Lyrics

This Is The Way We Wash Our Hands Lyrics

This is the way we wash our face,
Wash our face, wash our face,
This is the way we wash our face,
On a cold and frosty morning.

This is the way we clean our hands,
Clean our hands, clean our hands,
This is the way we clean our hands,
On a cold and frosty morning.

This is the way we brush our teeth,
Brush our teeth, brush our teeth,
This is the way we brush our teeth
On a cold and frosty morning.

This is the way we comb our hair,
Comb our hair, comb our hair,
This is the way we comb our hair,
On a cold and frosty morning.



Learning outcome: Personal hygiene

Activity: Varun's body

Resources used:

Food module

How to perform:

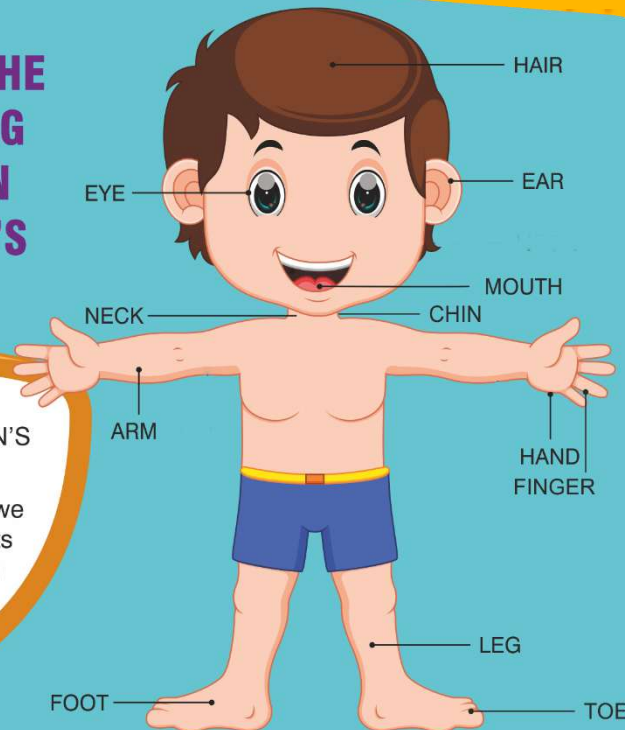
Teacher to ask children to spot the missing part in Varun's body to teach the right growth of the child



**SPOT THE
MISSING
PART IN
VARUN'S
BODY**

**CORRECT! IT'S VARUN'S
NOSE & KNEE!**

We are healthy when we
grow well and all parts
of our body function
properly.



Learning outcome: Nutritional deficiencies can affect the human body

Activity: Water in a glass jar

Resources : 1 glass jar with water

How to perform:

Ask children to soak hands in water

Check the colour of the water (muddy & grey)



How clean are my hands?

Even clean looking hands are dirty. Just dip your hands in a jar of clean water and see how soon it changes colour.

BEFORE



AFTER



Learning outcome: Handle food after washing hands

Activity: Where Do I Come From

Resources:

Print of the activity from the Yellow Book, pencil & scale

How to perform:

Teachers to distribute the prints of the activity

Ask children to match the foods to its source

WHERE DID I COME FROM ?

Match the food to its source



Learning outcome: Source of food