

Activity: Food Group



Resources:

Pictures of foods from different food groups

How to perform:

Teachers to ask students about the different food groups

Ask students to identify the foods from each food group with the help of the pictures



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(SWEET)



SPINACH



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

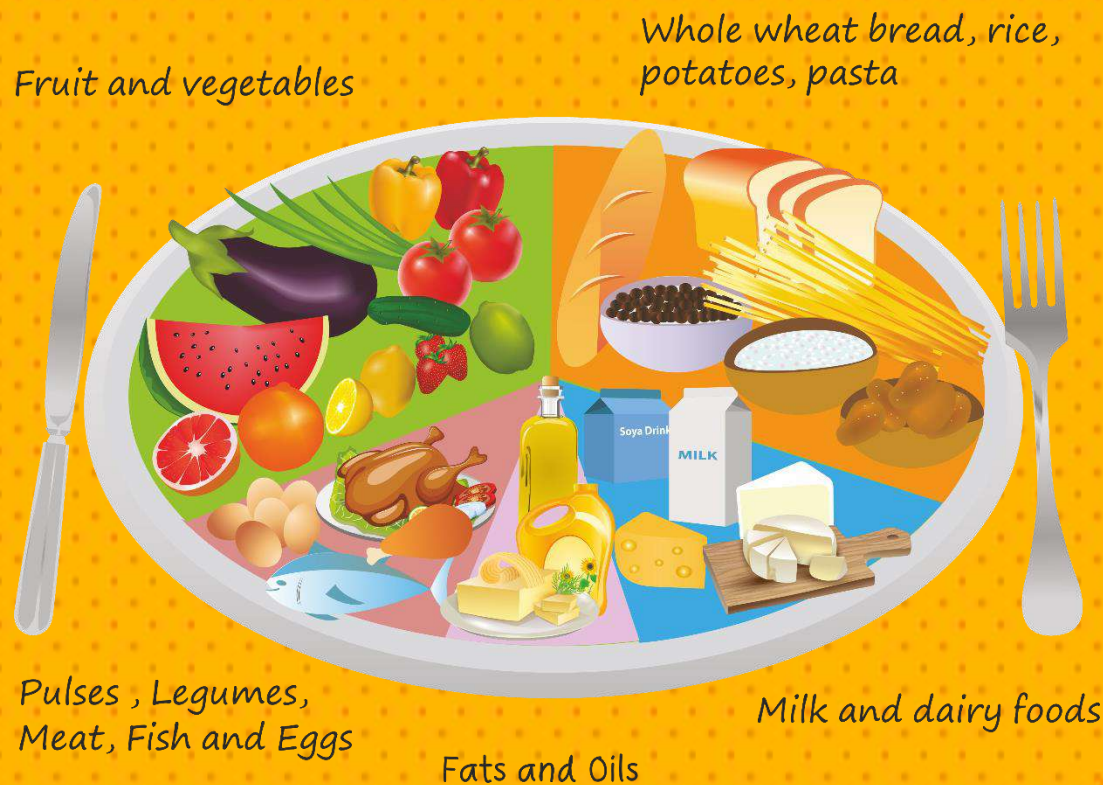
Learning outcome: Identify foods from each food group

Activity: Food Quiz

Resources: Quiz questions

How to perform:

Teachers may conduct a quiz by dividing students into 4 groups. Ask questions related to food plate using The Yellow Book/ other food modules



Learning outcome: Importance of nutrition and wholesome meals

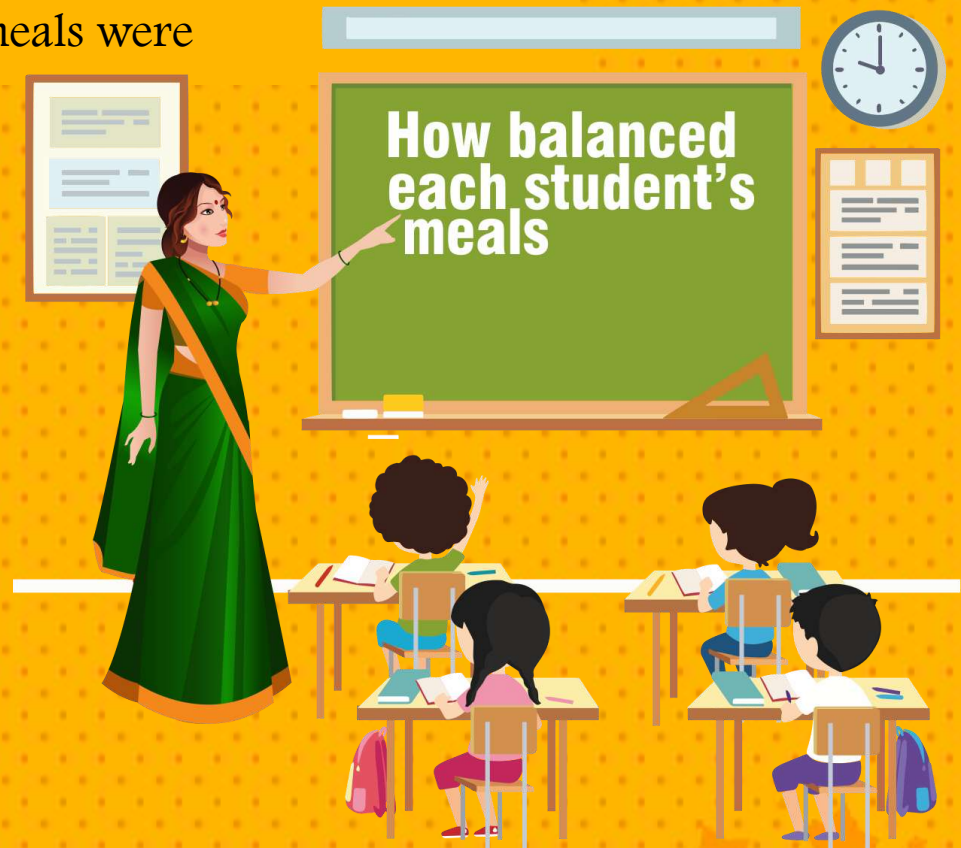
Activity: Food Recall

Resources:

Paper, pencil, eraser and food module

How to perform:

Teacher to ask students to think, write and discuss the kind of food they ate the day before. Evaluate how balanced each student's meals were



Learning outcome: Importance of balanced diet.

Activity: “Glug Glug”

Resources:

Print sheets showing glasses of water

How to perform:

Teachers/ Parents will ask children to mark/ colour one drop blue each time you drink a glass of water (150 ml) the glasses of water they consume on the given sheet everyday



INSTRUCTIONS

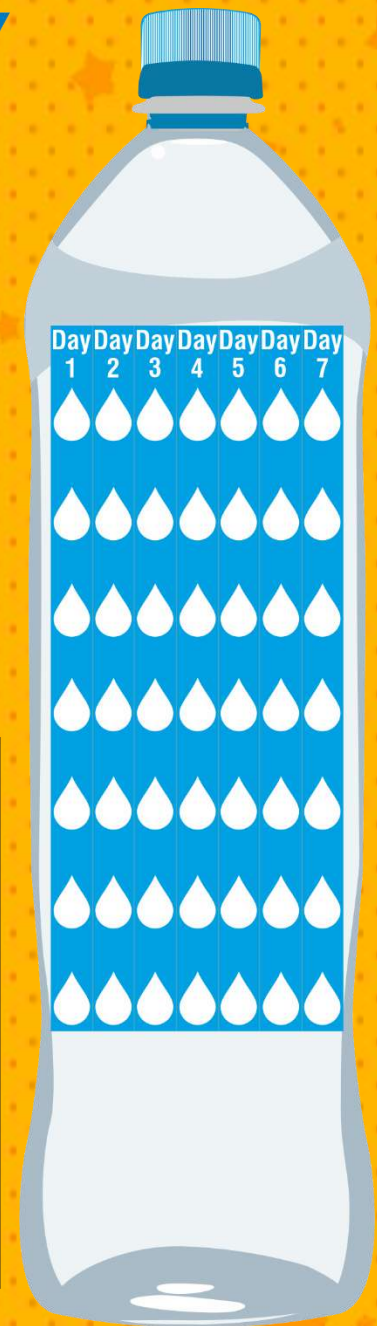
Track your water intake over a week by colouring one drop blue each time you drink a cup of water. (1 cup = 150 ml)

Recommended Daily Amount of total water intake (including other beverages)

5-6 cups for 4 to 8 years

7-8 cups for 9 to 12 years

8 to 10 cups for 13+ years



Learning outcome: Importance of water consumption

Activity: Grocery Bag

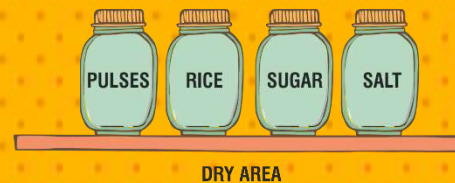
Resources:

Stored food, refrigerator, list of food items from the Yellow Book

How to perform:

Ask children to check the stored food items in the refrigerator at home or at school

Check the right storage of food items



MILK



ICE CREAM



ONION



POTATOES



DAAL



BISCUITS



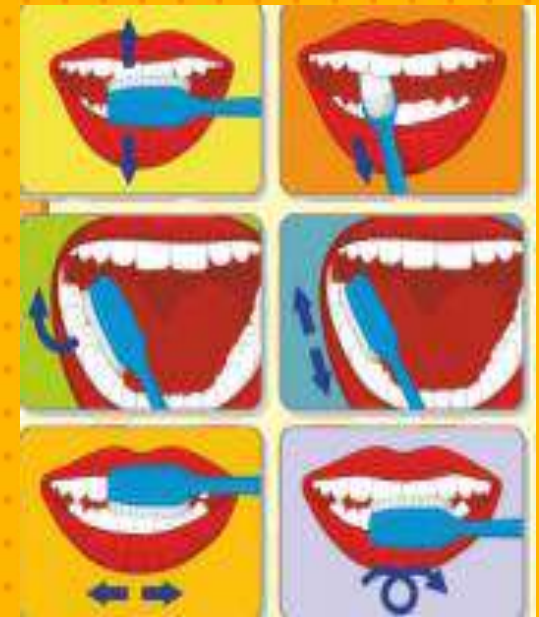
Learning outcome: Food Storage

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: Let's Wash Our Hands

Resources:

Chart displaying hand washing steps

How to perform:

PPT with animation to be played



Wet your hands & apply soap



Rub palms together to create a lather



Palms over the back of hands



Rub between fingers



Thumbs & wrists



Fingertips onto palms



Wash hands with Clean Wash



Dry your hands with clean towel

Learning outcome: Personal hygiene.

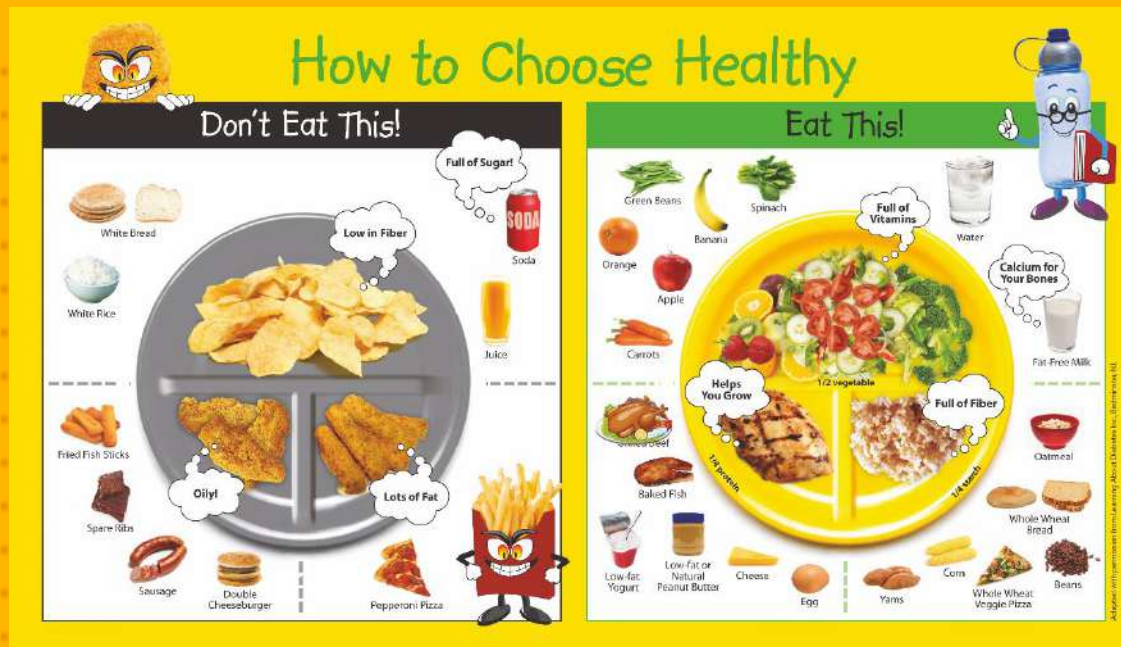
Activity: What You Eat?

Resources:

Prints on healthy and unhealthy food items, paper, pencil and eraser

How to perform:

Ask a class representative/ monitor to coordinate the activity. Ask students to write on a sheet of paper whether they eat those food items (healthy/ unhealthy from the list) in a given time limit. Evaluate the frequency of eating healthy and unhealthy foods



Learning outcome: Healthy or unhealthy foods

Activity: Where Do I Come From









Resource:

Print of the activity from the Yellow Book , pencil, eraser and scale

How to perform:

Teachers to distribute the prints of the activity sheets

Ask children to match the foods to its source

Learning outcome: Source of food