



BIRLA PUBLIC SCHOOL GANGANAGAR

(A UNIT OF BIRLA EDUCATION TRUST PILANI)



CBSE Affiliation No. 1730974

A WORLD CLASS AIR-CONDITIONED ENGLISH MEDIUM CO-EDUCATIONAL CBSE
SENIOR SECONDARY DAY SCHOOL, DAY BOARDING AND BOARDING SCHOOL

Session 2023-2024

Class – 1

EVENT – HEALTHY FOOD – JUNK FOOD

**Eating healthy food fills your body with energy and nutrients.
Imagine your body smiling back at you and saying: Thank You!**

Nature has already given us the gift of fresh and healthy foods; how we utilize this gift is up to us. Diet is all about moderation. Including a limited amount of unhealthy food in the healthy & unhealthy food chart may not be harmful, but keeping it to a minimum and making informed dietary choices is important in the long run for a healthy body.

To engage our students in a fun yet educational activity,
BPSG is coming up with an event -
‘Healthy food – Junk food’ on 4 December 2023 (Monday)

Highlights of the event

Activity

- For this activity, students are required to bring palm sized cut-outs of 1 healthy food and 1 junk food which will be converted to a healthy food chart and junk food chart in the class.
- After that, students will be speaking 4-5 lines on why they will choose healthy food over junk food.
- This activity will help students in better understanding of food, communication skills, vocabulary, boosts confidence and creativity.

General instructions for Parents

- ❖ The event is scheduled for 4 December 2023 (Monday) from 9:30 AM to 11:00 AM.
- ❖ Parents are required to send their wards prepared with the topic and the cut-outs.

Thank you for your cooperation.
With Best Regards
BPSG