



BIRLA PUBLIC SCHOOL GANGANAGAR

(A UNIT OF BIRLA EDUCATION TRUST PILANI)

Session 2023-24

EVENT REPORT

EVENT NAME- Healthy and junk food

CLASS, DATE AND DAY- I B (04/12//23 and Monday)

Objective:

- Ways of keeping their body fit and healthy.
- Impact of food on their body and mental health
- Balanced diet to improve right weight

Participants:

- Students of class I- B Present-18 Absent-04

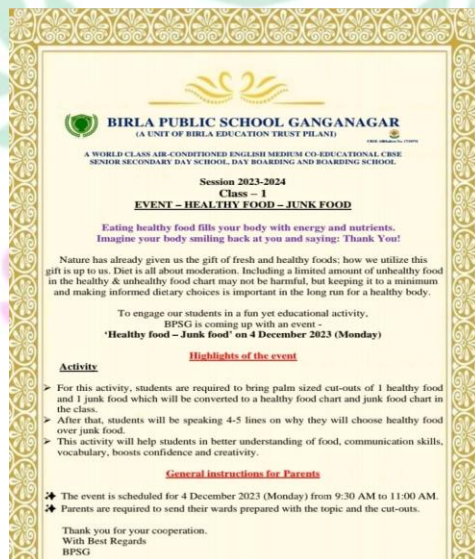
Brief note about the activity: Students got the opportunity to learn how to be more creative and think. Encompassed discussions on healthy versus junk food, the advantages of a nutritious diet, and the significance of meals like breakfast, lunch, and dinner. Additionally, the importance of consuming vegetables and fruits was emphasized.

Learning Outcomes:

- healthy food can improve your immune system, maintain the right weight balance, keep your energy levels high and ensure good physical, mental and emotional health.

Enclosure:

1. Circular



2. Poster



3. Activities done by students



Report by :
Ms. Pankhi Garg (CT – 1B)