

# **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.

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BPSG is coming up with an event -Healthy food - Junk food' on 4 December 2023 (Me

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d for 4 December 2023 (Monday) from 9:30 AM to 11:00 AM a send their wards prepared with the topic and the cut-outs.

## Enclosure:

1. Circular



**Report by : Ms. Pankhi Garg** (CT – 1B)