

# 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 A (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- A Present-18 Absent-05

**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

General instructions for Pa

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

## Enclosure:

1. Circular



Report by : Mrs. Ritu Singh Shekhawat

