



# 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

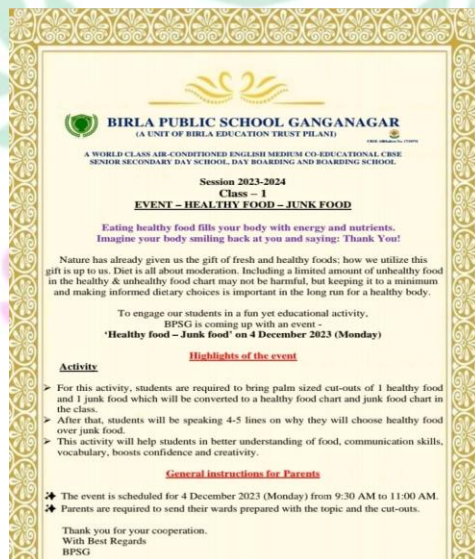
**Brief note about the activity:** Students got the opportunity to learn how to be more creative and think. Encompassed discussions on healthy versus junk food, the advantages of a nutritious diet, and the significance of meals like breakfast, lunch, and dinner. Additionally, the importance of consuming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

**Enclosure:**

**1. Circular**



## 2. Poster



## 3. Activities done by students



**Report by :**  
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**ESTD. 2019**