
Committed to Eradicate Hunger: Celebrating Goodie Foodie Day

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Food tastes better if its healthy and shared with others.



World Food Day is celebrated annually on October 16th. It is a day when people come together to take action against hunger, to declare their commitment to eradicate starvation, and imbibe the habit of healthy eating.

Both the pre-primary and primary sections partook in celebrating World Food Day. As millions of people in the world do not have enough food to lead a healthy active life, the students were taught the importance of having healthy food sans wastage through the Goodie Foodie Day activity,

The tiny tots of S.B. Patil Public School celebrated the Goody Foody Day in their own creative manner under the guidance of the teachers. They made fruit custard using finely chopped fruits and dry fruits mixed in vanilla custard, and Monaco biscuits topped with a slices of tomatoes, corn and cucumber. They even made vegetable salad which the little ones delightfully decorated with attractive designs and patterns.



Students of Grades I to V celebrated the day with Grade I and II students bringing different coloured healthy food such as fruits and vegetables. Grade III students brought homemade traditional Indian food and spoke about it in a few lines. Students of Grade IV brought various chopped and boiled vegetables, and made healthy vegetable salads in school. Finally, students of Grade V brought various boiled sprouts to make sprouts bhel in class.

The students were motivated not to waste food as wasted food means wastage of money and effort which is never good for anyone. They were taught the importance of eating a variety of fresh fruits and vegetables that are loaded with significant nutritional value and health benefits.

The teachers even encouraged them to adopt healthy eating habits as eating well is fundamental to good health and wellbeing: "Healthy eating helps us to maintain a healthy weight and reduces the risk of many diseases." All students learned the value of good nutrition as an important part of leading a healthy lifestyle combined with physical activities.