

Eating Healthy, Simply and Wisely: The Goodie Foodie Day Activity

Pune, Maharashtra | 16th October, 2024



World Food Day is celebrated every year on 16th October. The theme this year for World food day is "Right to foods for a better life and a better future". We all have a role to play to realize the vision of a world without hunger and malnutrition, importantly when food is one of the basic necessities of life.

To imbibe early in life the importance of having healthy food with minimum wastage a 'Goodie Foodie Day Activity' was organised for our little ones of pre-primary section on Wednesday, 16th October, 2024.



The Nursery students participated by getting homemade creatively prepared dishes in green colour. Students were excited to show their friends and teachers their dishes and enjoyed eating together with their friends, teachers spoke about the importance of making healthy choices while eating food and not to waste their food.

Our students of Junior and Senior KG brought ingredients from home to make corn chat and matki bhel respectively. Students were encouraged to wash their hands thoroughly before cooking and were explained the importance of following hygiene while cooking.



Students of Grade I and II brought homemade Indian traditional food in their short break tiffin. They briefly explanation about the food they have brought. Grade III students brought one small tiffin fine-chopped fruits and made a healthy fruit salad.

Grade IV students brought tiffins filled with finely chopped vegetables and made a healthy salad; and Grade V students brought boiled sprouts in their small break tiffins and participated in a bhel-making activity.



Teachers laid out large bowls and students came and added their ingredients in the bowl and were asked to name them and the teacher kept explaining the importance of the food they were adding, students were also asked to stir them and add

some salt and spices.



Involving children in cooking gives them the freedom which nurtures a sense of self-esteem and confidence. Stirring, measuring and squeezing are just a few of the kitchen tasks that allow young children to develop their fine motor and hand-eye coordination skills and also help build math skills such as addition.

The motive behind the Goodie Foodie Day activity was well achieved where students through fun filled activity learned an important lesson of choosing healthy over junk food for leading a healthy life and also not to waste food. We would like to thank parents for their support in making this event a success and an enriching experience for our students.