

Goodie Foodie Day: A Tasty Treat for Little Tummies!

Pune, Maharashtra | 16th October, 2025



Our school celebrated an occasion dedicated to fun, food, and friendship — Goodie Foodie Day — on Thursday, 16th October, 2025, coinciding with World Food Day. Observed globally on this day, World Food Day highlights the importance of ensuring access to nutritious food for all, preventing food wastage, and promoting healthy eating habits. The theme for this year, “*Right to Food for a Better Life and a Better Future*”, resonated strongly throughout our celebrations.

The classrooms were transformed into vibrant food zones, brimming with colourful treats and cheerful little faces. The event provided an excellent platform for students to appreciate the value of nutritious food, learn about healthy eating habits, and understand the importance of minimising food wastage from an early age.



The Nursery students proudly showcased their homemade dishes, while Junior and Senior KG students brought ingredients from home to prepare corn chaat and fruit chaat, respectively.



Under teachers' guidance, students washed their hands thoroughly, practised proper hygiene, and actively participated in adding and naming ingredients in large communal bowls. These hands-on activities not only nurtured self-esteem and confidence but also helped develop fine motor and hand-eye coordination skills, along with basic math skills such as addition.



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Students from Grades I to V also joined in the celebrations with equally engaging activities. The younger children in Grades I and II prepared and enjoyed healthy snacks like corn bhel, murmura bhel, and sprouts bhel, learning about wholesome ingredients and balanced eating through simple, fireless cooking activities.

Grade III students enthusiastically made corn chaat, focusing on fresh ingredients and fun, healthy recipes, while Grade IV created a healthy sprouts salad, understanding the nutritional benefits of sprouts.



Grade 5 students participated in a bhel puri activity, combining flavours and textures while learning about healthy snacking. The children were thrilled to prepare their own dishes and delighted in tasting the delicious creations, gaining a deeper appreciation for nutritious food and mindful eating.



The day was further enlivened with food-related games and activities such as fruit sorting, decorating chaat, food rhyme time, and pretend play picnics. Through these experiences, the students explored different tastes, textures, and aromas while learning table manners and healthy eating habits in a playful, interactive manner.

Goodie Foodie Day beautifully highlighted how food can bring people together, creating shared moments of joy, laughter, and full tummies.

The celebration not only instilled valuable lessons about nutrition, hygiene, and mindful eating but also created cherished memories for all our little learners.