

HEALTHY EATING HABITS

NUTRITIOUS WHOLESOME AND BALANCED

LEARNING OBJECTIVE:

Students will learn to make healthy food choices and develop hygienic eating practices.

Our KG1 and KG2 students have been consistently demonstrating healthy eating habits during snack time. It has been heartening to observe our young learners bringing nutritious food items such as fruits, vegetables, sandwiches, and other wholesome snacks to school each day.

Students not only enjoy their healthy meals but also display admirable habits like washing their hands before eating, sitting properly while having their food, and sharing politely with peers. These routines are helping them build a strong foundation for lifelong wellness.

The classroom environment during snack time is calm, positive, and focused on instilling good manners and self-discipline.

LEARNING OUTCOME:

Children showed awareness of healthy eating, practiced table manners, and began making responsible food choices independently.

DATE: 19-June-2025

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