



MAHARAJA AGRASEN MODEL SCHOOL

CD BLOCK, PITAMPURA DELHI-110034

POSHAN MAAH-NUTRITION MONTH

SEPTEMBER 2023



From the Principal's Desk
Dear Parents

It gives me immense pleasure to share the wonderful activities observed by the students of the Pre-primary wing and Primary wing during the enriching Poshan Maah held during September 2023.

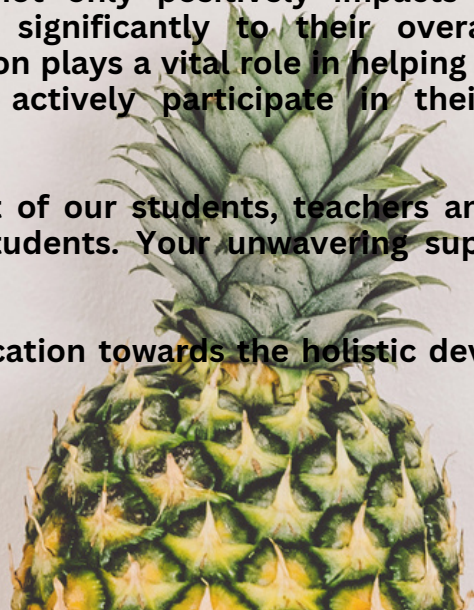
In this crucial month, we emphasized the significance of a healthy diet and proper nutrition, recognizing their pivotal role in the growth and development of our school-going children.

It's important to note that a well-balanced diet not only positively impacts the learning capabilities of our children but also contributes significantly to their overall academic performance. It has been observed that proper nutrition plays a vital role in helping children stay alert in class, retain information effectively and actively participate in their education, consequently enhancing their learning outcomes.

I am thrilled to acknowledge the collaborative effort of our students, teachers and parents in promoting the well-being and good health of our students. Your unwavering support is truly invaluable.

Thank you for your continuous cooperation and dedication towards the holistic development of our students.

Warm regards
Dr. Pratibha Kohli
Principal



Harmony on a Plate: Balancing Nutrition and Taste

Activities by Pre-Primary Students

September is celebrated as Rashtriya Poshan Maah every year under Poshan Abhiyan. The aim of the initiative is to make students aware about the importance of nutritious food. This year the theme was Munch Your Way to Good Health- Eat Right, Bite by Bite. To promote healthy eating and nutrition amongst children, a lot of activities for the students of classes Pre-School and Pre-Primary were initiated.

1. Salad Making:

The school organized a fun cooking session where children prepared different fruits and vegetables salads. They discussed their colours, ingredients, textures and tastes to encourage healthy eating habits.

2. Food Art:

The teachers encouraged creativity by allowing children to create art using fruits and vegetables. This was a playful way to explore healthy foods.

3. Nutritional Game:

The teachers designed a game that taught children about food groups - healthy and unhealthy along with the benefits of eating a nutritious diet.

4. Role Play:

The children enacted as their favourite fruits and vegetables. They dressed up accordingly and talked about their significance.

5. Special Assembly on Poshan Maah:

The teachers and the students talked about the importance of health and well-being during the assembly. A musical ramp walk by children dressed up as healthy food was enjoyed by all. The goal was to instill a lifelong appreciation for nutritious food and good eating habits.







Nourish Your Body, Nourish Your Soul

Class I Activities

Throughout Poshan Maah, the message of holistic nutrition was disseminated through various engaging activities including the introduction of creatively assembled healthy tiffin options and vibrant fruit platters.

The concept of healthy tiffin was embraced through a creative approach, where students actively participated in crafting nutritious and appealing lunchbox meals. Encouraged to incorporate a variety of whole grains, fresh fruits, vegetables, and lean proteins, the students learned the art of preparing well-balanced and wholesome meals that catered to their dietary needs.

Similarly, the notion of vibrant fruit platters involved a hands-on exploration of a diverse array of colourful and seasonal fruits. Students were encouraged to experiment with various fruit combinations, learning about the nutritional benefits of different fruits and how their vibrant colours indicate a rich spectrum of essential vitamins and minerals. Through this activity, students not only developed an appreciation for the visual appeal of a well-prepared fruit platter but also gained valuable knowledge about the importance of including fruits in their daily diet for overall health and well-being.



Class I A

Class Teacher: Ms Upasana Sachdeva



Class I B

Class Teacher: Ms Krishvi Suri



Class I C

Class Teacher: Ms Rishika Sehgal



Class I D

Class Teacher: Ms Aastha



Savour the Flavour of Good Health

Class II Activities

During the fruit break and recess, the teachers emphasized the theme and significance of thorough chewing. Students in class II engaged in various activities such as creating fruit platters, preparing healthy tiffins and making sprout salads. Additionally, they watched educational videos that highlighted the benefits of consuming nutritious food. Through interactive sessions and group discussions, the students comprehended the vital role of healthy eating for their well-being. With the guidance of their parents and teachers, they actively participated in all the activities, leading to an enjoyable and educational experience for them.



Class II A

Class Teacher: Ms Rajni Garg



Class II B

Class Teacher: Ms Manju Garg



Class II D

Class Teacher: Ms Khwaish



Class II D

Class Teacher: Ms Richa



Class II E

Class Teacher: Ms Megha Sehgal



Bite by Bite: Crafting a Healthier You

Class III Activities

Students of class III took part in various activities such as making sprouts salad and preparing healthy tiffin meals as a part of the Poshan Maah celebrations. In sync with the theme of the year, the teachers organized several thoughtful discussions to raise awareness among the students. Through these discussions, the students recognized the significance of chewing food properly, emphasizing its role alongside maintaining a nutritious diet for a healthy lifestyle. The children also comprehended the value of a balanced diet and made a commitment to steer clear of junk food.



Class III A

Class tTeacher: Ms Pallavi Singh



Class III B

Class Teacher: Ms Bela Walia



Class III C

Class Teacher: Ms Shivangi Sharma



Class III D

Class Teacher: Ms Harshi Saini



Class III E

Class Teacher: Ms Mahima Kashyap



19/9/23
Tuesday
A-3E
Teacher - Ms. Harshi
Rashtriya Poshan Mah
Week 1
Activity - Sprouts Salad



