



CBSE AFFILIATION NO. 2133857

# G.D. GOENKA SCHOOL

(Under the Aegis of G. D. Goenka Group, New Delhi)

## VARANASI

(Under the Aegis of G. D. Goenka Group, New Delhi)

**REPORT:** Healthy Eating Activity Session

**DATE:** 5th July 2024

**CONDUCTED BY:** G.D Goenka Varanasi

**ATTENDED BY:** Nursery and KG Classes

A fun and educational activity session for our Nursery and KG students, focusing on the importance of good eating habits. Through various engaging activities, our young learners discovered the benefits of eating healthy foods and the drawbacks of consuming junk food.

The session included interactive games, storytelling, and hands-on activities that made learning about nutrition both enjoyable and memorable. The children learned about different fruits, vegetables, and other nutritious foods that help them grow strong and stay healthy.

To cap off the session, we had a delightful ice cream and mango party! 🍦 🍌 🍉 🍊 🍋



## Food WE EAT

"Heavier breakfast, lighter dinner."



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"Heavier breakfast, lighter dinner."



## Food WE EAT

"Start every day with something fresh and tasty!"



## Food WE EAT

"Don't try to eat less. Try to eat right."



Regards:

GD Goenka Varanasi