

WELLBEING SESSION – TABLE MANNERS AND HEALTHY EATING HABITS

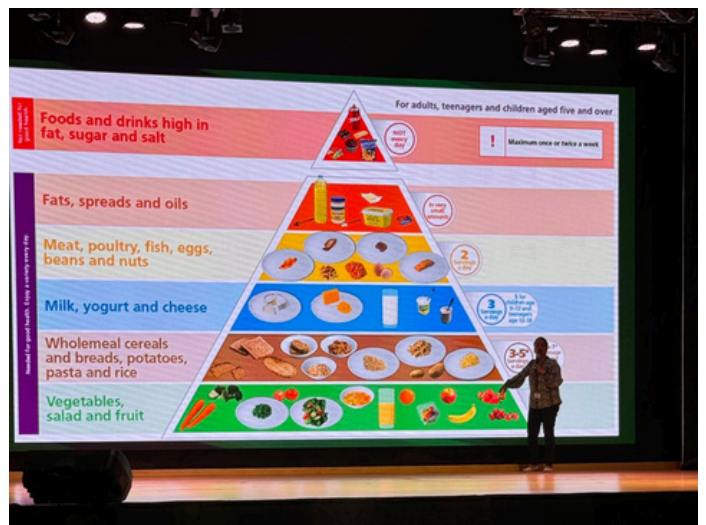


Grades: 2 and 3

Day & Date: Wednesday, 6th November 2024

INTENT:

The purpose of the wellbeing session was to educate children on table etiquettes and create awareness on healthy food choices. The objective was also to orient them on consumption of balanced meals including a variety of foods and portion control.



EXPERIENCE:

Tips like chewing slowly or including a variety of colors in one's meals were shared. They were encouraged to make nutritious food choices that benefit their physical and mental well-being. This included tips on balanced diet, portion control and the value of consuming a variety of foods (fruits, vegetables, dairy products, whole grains, etc.) Table etiquettes like sitting erect, not talking with your mouth full, chewing food slowly and taking small bites were conveyed. An online activity on making healthy food choices was also done with students.

INSIGHT:

It was an engaging session. It gave students the confidence to follow basic etiquettes at table and eating mindfully.