



MBS
INTERNATIONAL
SCHOOL

MBS INTERNATIONAL SCHOOL
SECTOR-11, DWARKA, NEW DELHI-110075

Techies Club Activity SESSION 2024-25

Name of the Activity : MS-Word
Topic : Poster Making: Healthy Food Habits
Date : January 29, 2024
Class : IV
Activity In charge : Ms. Nishi Gupta

Glimpse of the Event

Objectives:

- *To develop designing skills.*
- *To foster a positive attitude towards using technology that supports collaboration, learning and productivity.*

“Investing in tomorrow’s technology today is more critical than ever...”— Bill Gates

The Techies Club of MBS International School organised a ‘Poster Making Activity on the Theme of Healthy Food Habits’ in MS Word for Class IV students. They were tasked with creating a poster based on the given theme. The students applied alignment, indentation, and line spacing commands to organise the text, and inserted various images to enhance the design of their posters.

Judgment Criteria

- Originality of work
- Clarity
- Use of tools

Result

S.No.	Student Name	Class	Position
1.	Laksh Sharma	IV Margosa	I
2.	Chhavi Vishwakarma	IV Ashoka	II
3.	Amayra Vashishtaa Bhavya Shokeen	IV Palm IV Magnolia	III



BASIC TIPS

DRINK 1 GLASS WATER AFTER WAKEUP
Do Light Exercise
Eat a Protein-Rich Breakfast
Stay Hydrated

USE LESS OIL KEEP YOUR HEART

Benefits of Healthy Eating

Keeps skin, teeth, and eyes healthy.
Supports muscles.
Helps achieve and maintain a healthy weight.
Strengthens bones.
Supports brain development.
Supports healthy growth.
Boosts immunity.
Helps the digestive system function.

LAKSH SHARMA (4TH MARGOSA)

Tips for healthy Eating

1. Wash your hands before eating
2. Do not eat with your hands use spoon.
3. Close your Mouth while chewing the food.
4. Do not talk while eating food
5. Take the right amount of food, do not overeat

Healthy Food Habits

• PROTEIN RICH FOOD

• DRINK LOTS OF WATER

• EAT FRUITS

EAT VEGETABLES.

Food is fuel.

a colorful plate is a beautiful thing.

Healthy inside Happy outside!

Healthy Food Habits

Benefits of Healthy Eating Improved Physical Health:

- Weight Management: Eating a balanced diet helps maintain a healthy weight and reduces the risk of obesity.
- Reduced Risk of Chronic Diseases: A diet rich in fruits, vegetables, whole grains, and lean proteins can lower the risk of heart disease, diabetes, and certain cancers.

WHOLE GRAINS

Whole grains like brown rice, quinoa, and whole wheat bread instead of refined grains. whole grains are higher in fiber and nutrients.

"Eat Right, Live Bright!"

"Healthy Food, Happy Mood!"

"Fuel Your Body, Feed Your Mind!"

