



ITL's Family Summer Engagement Programme on

Mindful Eating

Based on CBSE's Initiative on Low Sugar Diet

The carefree joy of childhood should ideally be filled with active play, nutritious meals, and the excitement of learning. However, a growing concern casts a shadow on this idyllic picture: the increasing risk of type 2 diabetes in children. While genetics and other factors play a role, lifestyle choices, particularly diet and physical activity, have a significant impact. The alarming trend is increasing due to easy availability of sugary treats, beverages, processed foods and sedentary entertainment, which often gets amplified during school holidays.

Holidays, meant for relaxation and family bonding, can ironically become a period of heightened risk. Routines often fall by the wayside, leading to irregular meal times, an abundance of sugary snacks and drinks, and a decrease in physical activity. This combination can lead to weight gain, insulin resistance, and ultimately, an increased likelihood of developing type 2 diabetes, a condition once considered an adult-onset disease.

However, holidays also present a unique opportunity. With more time spent together, parents and students can collaboratively focus on building healthier habits in a relaxed and engaging manner. Together we can adopt sustainable ways to manage sugar intake, increase physical activity, and cultivate a lifestyle that significantly reduces this risk. By turning holiday downtime into a proactive period of health awareness and positive change, families can safeguard the well-being of their children and lay the foundation for a healthier future.

Keeping this in mind, this year we have planned our holiday homework to encourage students and their families to make healthy choices and reduce sugar intake during this break. It focuses on the sugar challenge, low sugar meals with low glycemic index and thus fighting obesity and diabetes.

Here are some ideas for parents and students to manage sugar levels, avoid the risk of diabetes, and create sugar boards:

Guiding Principles for Parents:

- **Lead by Example:** Children learn by observing. Make healthy choices yourself and involve them in the process.
- **Education is Key:** Explain in an age-appropriate way why managing sugar intake is important for their health and energy levels.
- **Make it Fun and Engaging:** Avoid making it feel like a punishment. Turn it into a game or a family project.
- **Focus on Balance, Not Restriction:** Emphasize enjoying a variety of foods in moderation rather than completely banning sugary treats (unless medically necessary).
- **Be Patient and Supportive:** Changing habits takes time and effort. Offer encouragement and celebrate small successes.
- **Involve Them in Meal Planning and Preparation:** This helps them understand what goes into their food and makes them more invested in healthy choices.



Activities for Parents and Students

1. **Sugar Smart challenge for 2 weeks:** The key is to focus on delicious and satisfying alternatives rather than feeling deprived. Below are some of the options instead of sugary items:

Naturally Sweet & Satisfying Alternatives:

- **Fresh Fruits (in moderation):** While fruits contain natural sugars, they also offer fiber, vitamins, and antioxidants. Focus on berries, apples, pears, citrus fruits, and stone fruits. Be mindful of portion sizes, especially with higher-sugar fruits like mangoes and bananas.
- **Dried Fruits (sparingly):** Dates, raisins, and apricots can satisfy a sweet craving, but they are concentrated in sugar, so consume them in small amounts. Look for unsweetened varieties.
- **Homemade "Nice" Cream:** Blend bananas (and other fruits like berries or mangoes) in a food processor until creamy for a healthy, naturally sweet, ice cream-like treat. You can add a touch of unsweetened cocoa powder for flavor.
- **Fruit Salads:** Combine a variety of your favorite lower-sugar fruits for a refreshing and naturally sweet snack or dessert.

Savory & Filling Alternatives to Prevent Cravings: Often, sugar cravings are triggered by hunger or a lack of satisfaction from meals. Focus on these:

- **Lean Proteins:** Chicken, fish, eggs, tofu, lentils, and chickpeas help you feel full and stabilize blood sugar levels.
- **Healthy Fats:** Avocados, nuts, seeds, and olive oil provide satiety and essential nutrients.
- **High-Fiber Foods:** Vegetables (especially leafy greens, broccoli, cauliflower), whole grains (oats, quinoa, brown rice), and legumes help regulate blood sugar and keep you feeling full.
- **Plain Yogurt (Greek or regular):** Opt for unsweetened varieties and add your own natural sweetness with a few berries or a sprinkle of cinnamon.
- **Nut Butters (natural, no added sugar):** Enjoy in moderation with apple slices, celery sticks, or on whole-wheat toast.
- **Focus on Low Glycemic Index (GI) Foods:** Choose foods with a GI of 55 or less, which means they release glucose slowly into the bloodstream.

Glycemic Index

Low GI (<55), Medium GI (56-69) and High GI (70>)

Grains / Starches	Vegetables	Fruits	Dairy	Proteins
Rice Bran 27	Asparagus 15	Grapefruit 25	Low-Fat Yogurt 14	Peanuts 21
Bran Cereal 42	Broccoli 15	Apple 38	Plain Yogurt 14	Beans, Dried 40
Spaghetti 42	Celery 15	Peach 42	Whole Milk 27	Lentils 41
Corn, sweet 54	Cucumber 15	Orange 44	Soy Milk 30	Kidney Beans 41
Wild Rice 57	Lettuce 15	Grape 46	Fat-Free Milk 32	Split Peas 45
Sweet Potatoes 61	Peppers 15	Banana 54	Skim Milk 32	Lima Beans 46
White Rice 64	Spinach 15	Mango 56	Chocolate Milk 35	Chickpeas 47
Cous Cous 65	Tomatoes 33	Pineapple 66	Fruit Yogurt 36	Pinto Beans 55
Whole Wheat Bread 71	Cooked Carrots 39	Watermelon 72	Ice Cream 61	Black-Eyed Beans 59
Muesli 80				
Baked Potatoes 85				
Oatmeal 87				
Taco Shells 97				
White Bread 100				
Bagel, White 103				





- **Prioritize Complex Carbohydrates:** Opt for complex carbs like whole grains, starchy vegetables, and legumes (beans, lentils).
- **Moderate Portion Sizes:** Even healthy carbs should be consumed in moderation to manage blood sugar levels.
- **Combine with Protein and Healthy Fats:** Adding protein and healthy fats to meals helps slow digestion and prevent blood sugar spikes

Beverage Swaps:

- **Detox Water:** Infuse it with cucumber, lemon, lime, or mint for added flavor.
- **Unsweetened Herbal Teas:** Chamomile, peppermint, green tea, and hibiscus tea are great options.
- **Unsweetened Plant-Based Milk:** Almond, soy, or oat milk (check labels for no added sugar).
- **Homemade Smoothies (focus on vegetables and lower-sugar fruits):** Use unsweetened milk or yogurt as a base and add greens, a small amount of berries, and healthy fats like avocado or nut butter.

A sample of 2 week SUGAR SMART CHALLENGE PLAN is given below:

WEEK 1- Focus on Elimination and Savory Options

DAYS	EARLY MORNING	BREAKFAST	MID MORNING	LUNCH	SNACKS	DINNER
MONDAY	Detox water with cinnamon, fresh turmeric, ginger, black pepper , lemon and honey	Millet Veg. Upma/ Upma /Fermented Jowar and Ragi dosa with garlic tomato chutney	Nuts, seeds and berries available at home (almonds, walnuts, fig, berries, nuts, raisins, pumpkin seeds, sesame seeds, flax seeds ,sunflower seeds)	2 Whole wheat rotis (chapati) with mixed vegetable sabzi (dry curry - avoid potatoes initially) and a bowl of dal.	Sprouted moong (green gram) salad with chopped onions, tomatoes, and cucumber seasoned with lemon juice and spices.	Vegetable and lentil khichdi & Chamomile Tea
TUESDAY	Detox water with beetroot, ginger, mint,	Moong dal cheela made with vegetables	seasonal fruit/butter	2 Whole wheat rotis with paneer	Poha and oat cutlet with hung	Clear Vegetable



	amla, cinnamon, pinch of rock salt and lemon	(onion, capsicum) and spices, served with hummus/ green chutney (mint and coriander)/ porridge of dalia /ragi/ poha with almonds, banana and mango	milk (chaach)	curry - and cucumber raita.	curd and paneer dip	soup and grilled paneer
WEDNESDAY	Detox water with fennel, cardamom, ginger, ajwain, jeera	Beetroot paneer parantha with homemade curd/ Dal parantha/ onion parantha with curd	mango/ ABC Juice (apple, beetroot, carrot)	Moong dal and Bhindi with roti, raita and Salad	Beetroot cutlets with hummus	Stir fry vegetables/ Chicken/ Fish with lemon
THURSDAY	Detox water with lemon, cucumber, ginger, mint leaves	Vegetable millet Upma/Ragi dosa with garlic tomato chutney	Bowl of watermelon/ butter milk	Masoor dal, mixed vegetable, bowl of rice, roti, curd and salad	Black Chana cutlets with hummus	Grilled Tofu / Paneer with fried rice & Chamomile Tea
FRIDAY	Detox water with cinnamon, fresh turmeric, ginger, black pepper, lemon and honey	Multigrain bread with Egg Bhurji (scrambled eggs) with vegetables.	Bowl of musk melon	Rajma (kidney beans) curry, bhindi, bowl of rice, roti, cucumber raita	Hard-boiled eggs	Clear Vegetable soup / Clear Chicken Soup and corn Chaat
SATURDAY	Detox water with apple, cinnamon/1 glass of Jeera (cumin) water / Green Tea / Herbal Tea	Bread toast with peanut butter and boiled egg/Ragi porridge with banana and mangoes	Nimbu Pani with Gond Katira and Chia seeds	Vegetable pulao/Biryani with vegetable raita	Black roasted chana	Millet khichdi & Chamomile Tea
SUNDAY	Detox water with lemon, cucumber, ginger, mint leaves	Vegetable poha /Pesarattu (green moong and rice dosa) with tomato chutney	Shikanji with gond katira and basil seeds	Chana Masala curry with cauliflower and pea's vegetable, rice, roti and curd.	popcorns	Chicken /Fish/paneer with roti/rice



Week 2: Introducing More Fruits and Focusing on Sustainability

- Continue following the guidelines from Week 1.
- You can now be slightly more liberal with lower-sugar fruits like berries, green apples, as a mid-morning snack.
- Explore more complex carbohydrate options like quinoa and buckwheat.
- Continue to prioritize savory meals and ensure no added sugar in any preparations.

DAYS	EARLY MORNING	BREAKFAST	MID MORNIN G	LUNCH	SNACKS	DINNER
MONDAY	Detox water with lemon,mint ,cucumber	Quinoa Upma with vegetables & Glass of Fresh juice	Nuts,seeds and berries available at home (almonds,walnuts,figs,berries,nuts,raisins,pumpkin seeds, sesame seeds,flax seeds ,sunflower seeds)	2 whole wheat rotis with dal tadka and a mixed vegetable salad with a lemon-based dressing.	Turmeric milk/ banana shake/mango shake	Buckwheat (kuttu) roti with aloo gobi (potato and cauliflower curry - use minimal potatoes) and plain yogurt.
TUESDAY	Detox water with cinnamon ,fresh turmeric, ginger and lemon	Idlis sambhar with chutney	Nimbu Pani with gond katira and chia seeds	2 whole wheat rotis with arhar dal and a mixed vegetable salad with a lemon-based dressing	Sweet potatoes chaat and coconut water	Whole wheat rotis with a simple vegetable lauki(bottle gourd)
WEDNESDAY	Warm water with cinnamon,fresh ginger ,turmeric lemon	Vegetable Poha/overnight soaked oats with fruits,nuts ,seeds and yogurt	Any seasonal fruit/ ABC Juice(apple, beetroot,carrot)	2 whole wheat rotis with dal and a mixed vegetable salad with a lemon-based dressing	Peanut chaat and Nimbu Pani	Millet rotis with a seasonal vegetable
THURSDAY	1 glass of fenugreek (methi) water(overnight soaked)	Sandwich- Avocado and boiled eggs with multigrain bread	Shikanji with gond katira and basil seeds	Rajma rice, salad curd, bhindi	Roasted Makhana and Almond	Whole wheat rotis with a seasonal vegetable like



					Milk/Turmeric milk	Tinda(apple gourd)
FRIDAY	Detox water with lemon, cucumber, ginger, mint leaves	Tadka Ragi Idli	Any one seasonal fruit	Dosa and Sambar with coconut chutney	Grilled paneer and coconut water	Vegetable soup and sorted green vegetables like beans, carrots, corns
SATURDAY	1 glass of fenugreek (methi) water(overnight soaked)	Sweet potato parantha/ porridge of dalia,ragi/poha with banana and mango	Shikanji with gond katira and basil seeds	Paneer Tikka Wrap	Chana Chaat and Nimbu Pani	Whole wheat rotis with a simple vegetable ladyfinger and dal
SUNDAY	Detox water with lemon, cucumber, ginger, mint leaves	Soya nutrichunks with kulcha	Any one seasonal fruit/ ABC Juice(apple, beetroot, carrot)	Mexican rice , yogurt	Bhel puri	Multigrain rotis with a paneer gravy/chicken curry/Fish curry

Tips for Success of 2 week challenge:

- **Plan Ahead:** Prepare your meals and snacks to avoid reaching for sugary convenience foods when hunger strikes.
- **Read Labels Carefully:** Sugar hides in many unexpected places (sauces, dressings, processed foods). Look for words ending in "-ose" (sucrose, fructose, glucose), corn syrup, and other added sugars.
- **Don't Rely on Artificial Sweeteners:** While they provide sweetness without calories, some studies suggest they can still trigger cravings and may have other health implications. Focus on natural, whole food alternatives.
- **Get Enough Sleep:** Lack of sleep can disrupt hormones that regulate appetite, leading to increased cravings for sugary foods.
- **Manage your Stress:** Stress can also trigger emotional eating and sugar cravings. Find healthy ways to manage stress, such as exercise, meditation, or spending time in nature.
- **Spice it Up:** Use spices like cinnamon, nutmeg, and vanilla to add natural sweetness and flavor to your food and drinks.
- **Focus on Whole Foods:** Build your meals around unprocessed foods that are naturally nutrient-rich and satisfying.
- **Cooking Methods:** Opt for steaming, grilling, baking, and stir-frying with minimal oil.
- **Readymade Foods:** Avoid processed and packaged foods as they often contain hidden sugars. Cook fresh meals at home.
- **Sweet Cravings:** If you experience strong sugar cravings, try having a small portion of fruit, a handful of nuts, or a cup of unsweetened herbal tea. Distract yourself with activities.
- **Listen to Your Body:** If you feel overly restricted or unwell, make adjustments to the plan and consult a healthcare professional or a registered dietitian

By focusing on these delicious and healthy alternatives, you can successfully complete your 2-week no-sugar challenge and discover new ways to enjoy food without relying on added sugars. You might even find that



your taste buds adjust, and you start to appreciate the natural sweetness of whole foods more! Be prepared for some initial cravings as your body adjusts, but stay consistent, and you'll likely feel more energized and balanced.

2. Creating the Sugar Board:

Create a sugar board which can be a physical poster board on A4 sheets or a digital presentation. You may have following sections on sugar board:

- **Our Family's Sugar Goals:** A space to write down shared goals for reducing sugar intake.
- **Sugar Sleuth Findings:** Food labels with highlighted sugar content.
- **Sweet Swaps:** Pictures or descriptions of sugary items and their healthier alternatives.
- **Portion Power:** Visual aids for recommended serving sizes.
- **Sugar in Disguise Dictionary:** A list of different names for sugar.
- **Hydration Heroes:** A tracker for water intake and examples of healthy drinks.
- **Healthy Recipes (Optional):** Simple, low-sugar recipes the family can try together.
- **Progress Tracker:** A chart or visual way to track the family's progress towards their sugar goals.
- **"Sweet Treat in Moderation" Corner:** A designated spot to acknowledge that occasional treats are okay, emphasizing moderation and mindful eating.

Points to keep in mind while making a Sugar Board :

- **Keep it Positive:** Focus on the benefits of reducing sugar (more energy, better sleep, healthier skin, etc.).
- **Involve the Children in Designing the Board:** This makes them feel ownership of the project.
- **Regularly Review and Update the Board:** Make it an ongoing conversation and celebrate achievements.
- **Connect it to Real-Life:** Discuss how these learnings can be applied during outings, parties, and everyday food choices.

Description of pointers on Sugar board

1. Sugar Detective Challenge: (Sugar Sleuth Findings)

- **Activity:** Together, read food labels of common household items (cereals, juices, sauces, snacks, etc.). Identify the amount of added sugar per serving.
- **Learning Outcome:** Understanding where sugar hides in everyday foods and recognizing different names for sugar (e.g., high-fructose corn syrup, sucrose, dextrose).
- **Sugar Board Element:** Create a section on the board showcasing "Sugar Sleuth Findings" with examples of food labels and the amount of sugar identified.

2. Sweet Swap Station:

- **Activity:** Brainstorm and try healthier alternatives to sugary snacks and drinks. For example, swap sugary soda for water infused with fruits, candy for a small portion of fruit or nuts, processed snacks for homemade yogurt with berries.



- **Learning Outcome:** Discovering delicious and nutritious alternatives that satisfy sweet cravings without the added sugar.
- **Sugar Board Element:** Dedicate a section titled "Sweet Swaps" with pictures or descriptions of the sugary item and its healthier alternative. You could even include simple recipes.

3. Portion Power Quest:

- **Activity:** Learn about appropriate portion sizes for different foods, especially those that might contain natural sugars (like fruits). Use measuring cups and spoons to visualize serving sizes.
- **Learning Outcome:** Understanding that even healthy foods should be consumed in moderation.
- **Sugar Board Element:** Include a "Portion Power" section with visual aids (drawings or actual measuring tools) showing recommended serving sizes for common foods.

4. "Sugar in Disguise" Game:

- **Activity:** Play a game where you list different names for sugar and try to identify them. You can find a comprehensive list online.
- **Learning Outcome:** Recognizing the various terms used for added sugars on food labels.
- **Sugar Board Element:** Create a "Sugar in Disguise Dictionary" on the board with different names for sugar and their common food sources.

5. Healthy Beverage Bonanza:

- **Activity:** Focus specifically on drinks. Track the types and amounts of beverages consumed over a few days. Identify sugary drinks and explore healthier options like water, unsweetened tea, or diluted natural juices.
- **Learning Outcome:** Understanding the high sugar content in many popular beverages and the benefits of choosing sugar-free alternatives.
- **Sugar Board Element:** Have a "Hydration Heroes" section showcasing healthy drink options and a visual tracker of daily water intake.

By working together, students and parents can develop healthy habits and make healthier choices and understand the importance of managing sugar intake for long-term well-being and diabetes prevention. Have fun with it!

Best Wishes

Dr. Sudha Acharya

(Principal)



ITL Candyfloss



“Healthy Eating Habits- Say YES to Health and NO to Sugar!”

Dear Parents,

We are pleased to share with you an important initiative by CBSE focused on developing healthy eating habits among our young learners. With the rising cases of Type 2 Diabetes among children, it's more important than ever to raise awareness and take preventive steps through education and mindful habits.



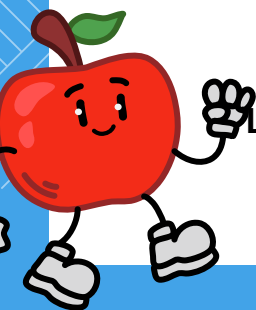
As part of our "No Sugar – Healthy Living" theme, for this summer engagement program the children will engage in fun, colourful charts, worksheets and stories that introduce the concept of smart food choices in an age-appropriate way.

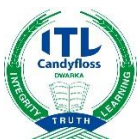
A Glycemic Index (GI) chart, tailored to include common Indian foods, will help families understand which foods offer sustained energy and which ones cause sugar spikes. Foods are categorized into low, medium, and high GI, helping both children and parents make more informed choices.



These interactive activities aim to make nutrition both fun and educational. We encourage parents to join this journey by involving children in meal planning, grocery shopping, and preparing simple, healthy dishes together.

Let's work hand in hand to nurture smart, strong, and sugar-aware citizens of tomorrow!
































GLYCEMIC INDEX (GI)

Low GI (< 55), Medium GI (56-69) and High GI (>70)

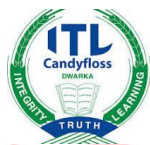
“Say YES to health, NO to sugar”

GRAINS/ STARCHES	VEGETABLES	FRUITS (No added sugar)	PROTEINS/ PULSES
Broken Wheat (Dalia)  41	Bottle Gourd (Lauki)  15	Guava  31	Plain Curd (homemade)  27
Brown Rice  50-56	Round Gourd (Tinda)  10	Papaya  60	Milk (Cow's Full Cream)  41
Chapati  52	Cabbage  44	Apple  38	Buttermilk (Chaas)  38
Idli  65-70	Carrot (Raw)  16-41	Orange  44	Paneer (Homemade)  38
Dosa  52-87	Peas (Fresh)  22-51	Banana (Ripe)  62	Tofu  15
White Rice  70	Potatoes (Boiled)  78-82	Watermelon  72	Sprouts (Moong)  25
White Bread  70-100		Mango (Ripe)  56	Masoor Dal (Red Lentil)  30

- ❖ The Glycemic Index (GI) is a number from 0 to 100 that indicates how quickly a food containing carbohydrates causes blood sugar levels to rise. A food with a high GI releases glucose rapidly, while a food with a low GI releases glucose slowly. Foods are categorized as low (55 or less), medium (56-69), or high (70 or higher) GI.



SUGAR FREE



'NO SUGAR' DIET CHART

WEEK 1

(Theme : Tasty Without Sugar)



TIME	MEAL	FOOD OPTIONS (100% NO SUGAR)	KIDS' ENGAGEMENT/ACTIVITY
7:00 AM	Wake-Up Drink	Warm Water with 2 soaked Raisins OR Coconut Water	"Sticker" for Drinking Water
8:00 AM	Breakfast	Ragi Porridge with Mashed Banana/Vegetable Poha/ Idli with Chutney	"Name the ingredients" Game
10:30 AM	Mid-Morning Snack	Apple slices with Unsweetened Peanut Butter/ Watermelon sticks	"Decorate your Fruit Plate"
12:30 AM	Lunch	Moong Dal, Rice & Ghee, Sauteed Spinach/ Vegetable khichdi	"3 Colours on My Plate" Challenge
4:30 AM	Evening Snack	Roasted Makhana/ Boiled Sweet Potato with Chaat Masala	"Guess the Taste" Game
7:00 PM	Dinner	Soft Chapati (Roti) with Dal & Ladyfinger (Bhindi)/ Vegetable Dalia	"Garnish your own plate"
8:30 PM	Bedtime Drink	Warm Turmeric Milk (No Jaggery/Honey)	"Milk Mustache' Photo Fun





WEEK 2

(Theme : Tasty Without Sugar)

TIME	MEAL	FOOD OPTIONS (100% NO SUGAR)	KIDS' ENGAGEMENT/ACTIVITY
7:00 AM	Wake-Up Drink	Lemon Water with Mint/ Soaked Dates Water	"Smiley Sticker" for completing the task
8:00 AM	Breakfast	Besan Chilla with Tomato Chutney/ Rice Flakes with Coconut & Banana	Make your own 'Mini Chilla Roll'
10:30 AM	Mid-Morning Snack	Fruit Kebabs (Banana, Chikoo, Papaya)/ Cucumber Sticks	"Which one's sweet?" Tasting Game
12:30 AM	Lunch	Rice, Tur Dal, Carrot-Beet Salad/ Roti, Mixed Veg, Curd	"Arranging food colours according to rainbow"
4:30 AM	Evening Snack	Boiled Corn with Lemon/ Sprouted Moong Salad	"Rainbow Corn Faces" Craft
7:00 PM	Dinner	Chapati (Roti) with Bottle Gourd (Lauki) Curry/ Vegetable Oats Khichdi	"Pretend to be a Chef" with Apron
8:30 PM	Bedtime Drink	Warm Milk with Crushed Almonds (No Sweetener)	"Milk Time = Story Time" Bonding





Make/paste pictures of food items that you did not eat during the challenge and reward yourself with a smiley.

[illegible]

14 day Challenge: **NO Sugar**

No Chips
 No Burgers
 No Fast Food
 No Ice Cream
 No Chocolate
 No White Bread
 No Soda Pop
 No Cakes/Donuts
 No Cookies/Candy

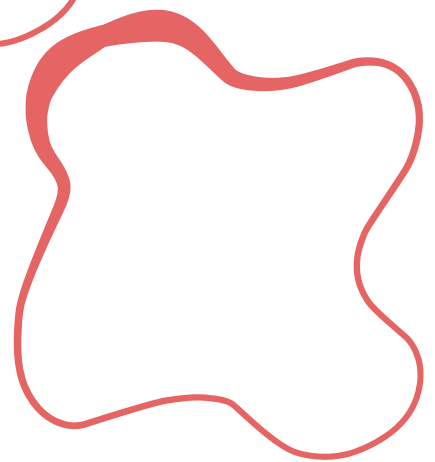
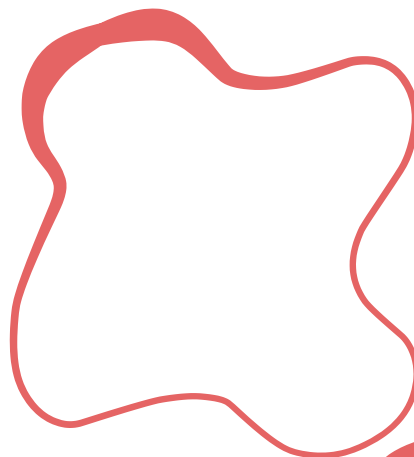
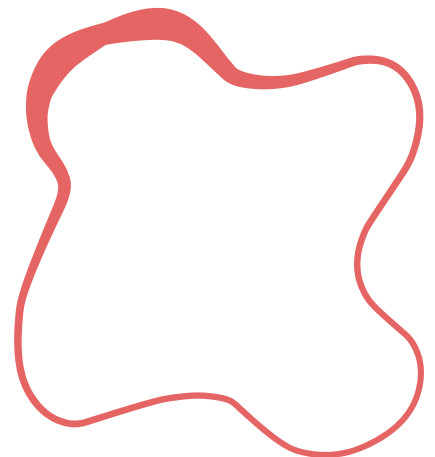
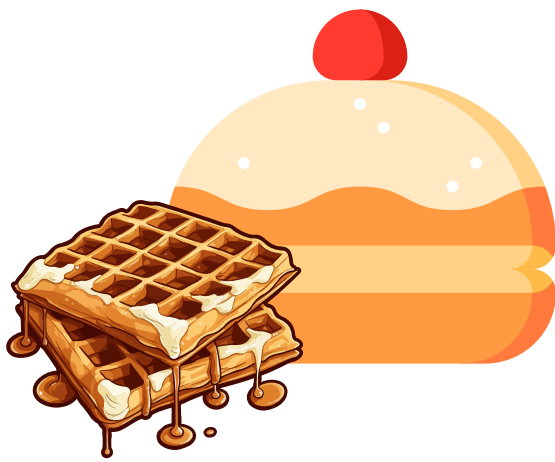
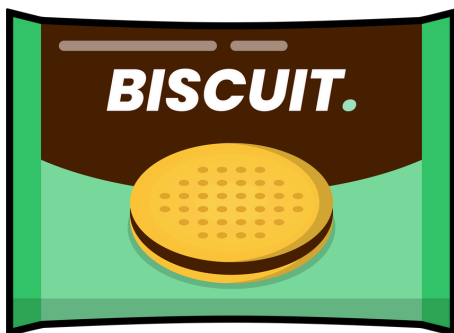
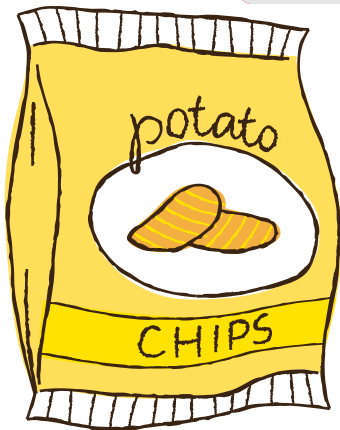




ITL Candyfloss Worksheet



Paste the alternative healthier food choices

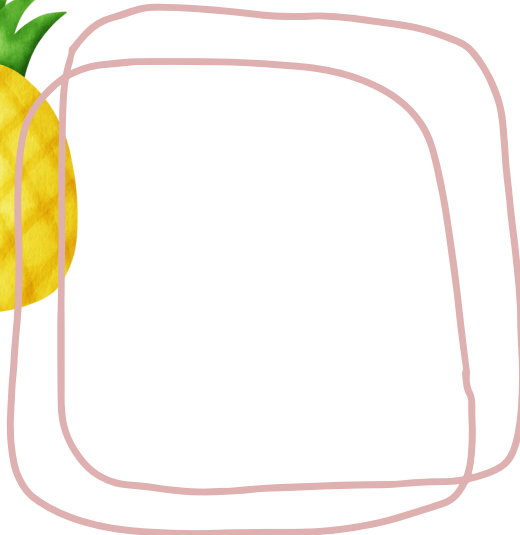
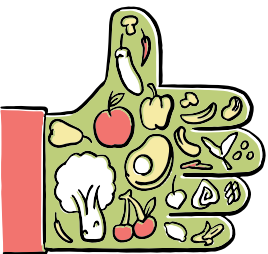
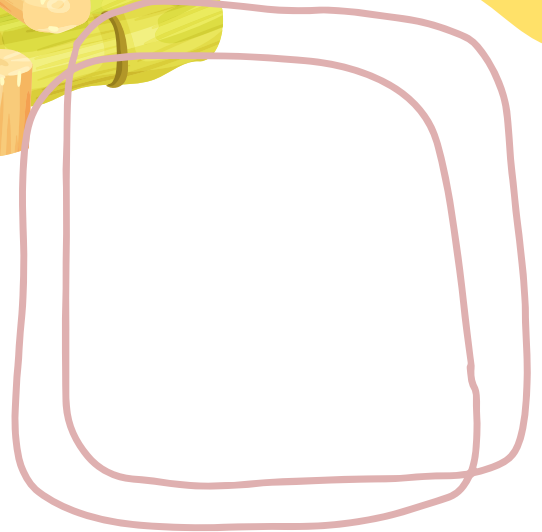
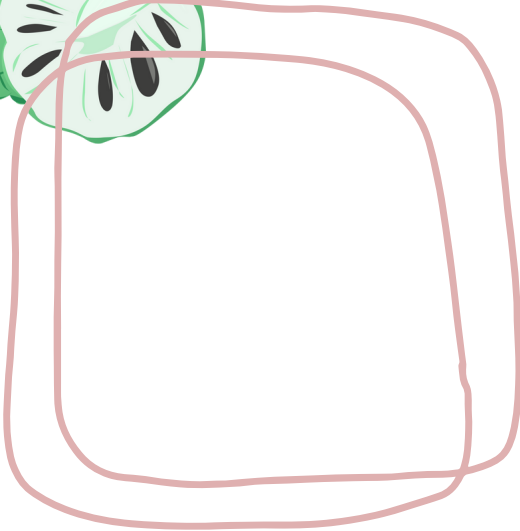


ITL Candyfloss

Worksheet



Paste/draw pictures of food items that have
Natural sugar

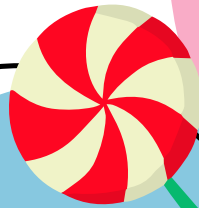
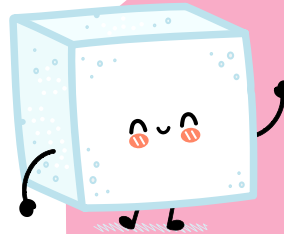




ITL Candyfloss Worksheet



Paste/draw pictures of food items that have
artificial sugar





Mishti's Sweet Discovery

MISHTI LOVES SWEETS AND CHOCOLATES. SHE EATS THEM ALL DAY!

BUT THEN SHE GETS CRANKY, TIRED, AND HER TEETH HURT.

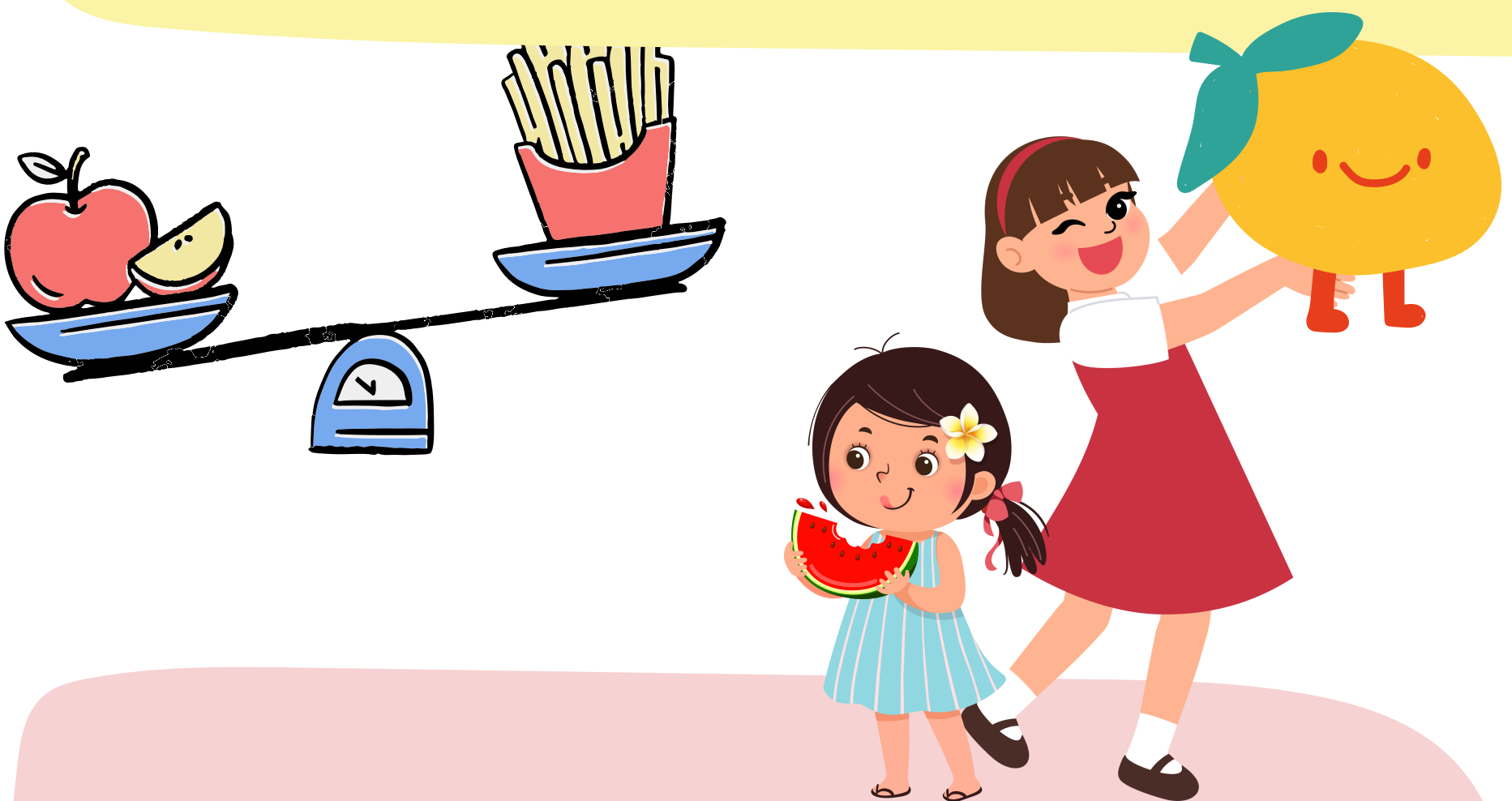


MOM SAYS, "LET'S TRY NATURAL SWEETS LIKE MANGOES, PINEAPPLES, AND GRAPES!"





**MISHTI SWITCHES TO FRUITS AND VEGGIES,
LIMITING SUGARY TREATS.**



**AT FIRST, IT'S HARD, BUT THEN
SHE STARTS FEELING GREAT!**

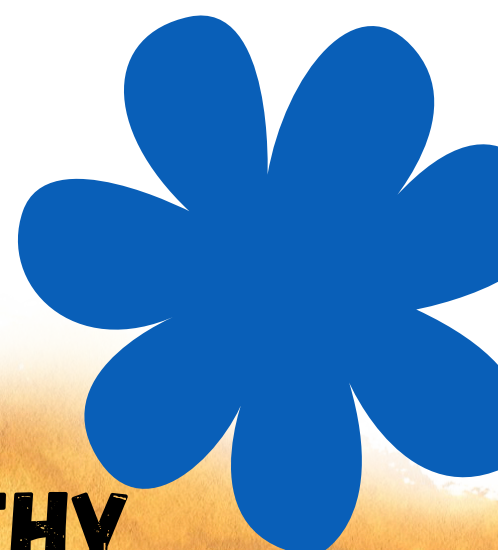
**MISHTI'S TUMMY FEELS HAPPY,
HER TEETH FEEL STRONG!**

**SHE HAS LOTS OF ENERGY
TO PLAY ALL DAY!**





**MORAL:
LESS SUGAR,
MORE FUN!
EATING NATURAL KEEPS US
HEALTHY AND HAPPY!**



**FIT AND HEALTHY
MISHTI!**

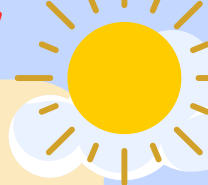


ITL CANDYFLOSS

Nursery Activity Roster

Just like languages nourish the mind, healthy food nourishes the body — let this summer be a season of flavour and wellness, in every language!

Happy Summer Holidays!



Dear Parents,

The summer holidays are a wonderful time for your little ones to explore, play, and grow. Our thoughtfully designed **Nursery Summer Engagement Plan** encourages your child to learn joyfully through **daily routines, stories, movement, and creativity**.

We believe that at this tender age, every hug, every story, and every small task becomes a stepping stone in your child's learning journey.

How to Make the Most of the Summer Break

Start the Day with Joy

- Begin with a smile and a simple stretch or "Namaste".
- Practice greeting elders respectfully—build habits that shape hearts.

Read, Listen, and Talk

- Set aside 10 minutes a day for storytime—use picture books or storytelling in any language spoken at home.



Create and Imagine

- Give crayons, clay, or safe water play.
- Let your child draw freely or explore textures like sand, grains, or water.

Magic words

- Use short English phrases daily like "Thank you", "Please give", "Good job!"
- Encourage your child to name fruits, animals, or colors in English and home language.

Build Independence

- Let your child try:
 - Wearing socks/shoes
 - Putting away toys
 - Wiping their table or mat

These small acts build confidence and responsibility.

Bond with Grandparents

- Let them listen to simple songs, rhymes, or traditional stories from grandparents.
- Encourage quiet moments together for emotional bonding.



Explore the Outdoors

- Take your child for a short walk or visit the garden.
- Ask them what they see - a bird, a flower, a car?

Limit Screens, Boost Play

- If watching, choose short, meaningful content (songs, animals, stories).
- Avoid long mobile or TV time—encourage pretend play instead.

Play with Letters and Numbers

- Trace letters like L, T, I, F and numbers 1, 4, 7 with fingers in sand or flour.
- Match numbers with objects like "4 blocks", "7 buttons".

Read Together, Grow Together

Let books become your child's best friends. Explore:

- e-Jaadui Pitara App
- CBSE Reading App by Freedom
- StoryWeaver (<https://storyweaver.org.in/en/>)



Suggested stories:

- *A Crow's Tale*
- *The Red Raincoat*
- *My Best Friend*
- *Let's Plant a Tree*

(Available on NBT India, Kindle & mobile apps)



Capture the Joy








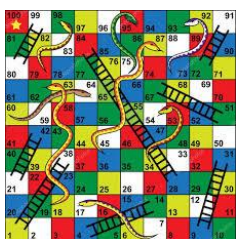
- Please click **photos or short videos** of your child doing these activities.
- Maintain all work neatly in a **decorated, labelled folder**. (avoid plastic files/folders)
- Submit to the class teacher by **7th July 2025**.

This is not homework — it's **heart-work**! Cherish this time to laugh, hug, and build happy memories.



NURSERY

ACTIVITY ROSTER MAY- JUNE (SESSION 2025-26)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>19-05-25 GRATITUDE</p> <p>Start your holidays with a few positive affirmations and encourage your ward to repeat it daily:</p> <p>I am Smart I am Kind I am Happy I am Blessed I can do anything</p>  <p>MY GRATITUDE NOTEPAD</p> <p>Encourage your ward to thank God every morning and before going to bed for all the blessings in life. Time to make a special "Gratitude Notepad"! Help your child decorate a small notebook or a few stapled pages.</p> <p>Task: Each day, let them draw or paste one thing they are thankful for. Example: "I am thankful for my toys etc."</p>	<p>20-05-25 "LITTLE EXPLORERS OF INDIA!"</p> <p>Let's discover friendly hellos yummy foods, colourful clothes, and fun festivals, from different states — all in one happy picture book!</p> <p>Refer to the states according to your Roll No.-</p> <p>Roll No.s- 1 to 5- Sikkim Roll No.s- 6 to 10- Kashmir Roll No.s- 11 to 15- Rajasthan Roll No.s- 16 to 20- Gujarat Roll No.s- 21 to 25- Kerala Roll No.s- 26 to 33- West Bengal</p> <p>It will promote cultural understanding and creativity.</p> 	<p>21-05-25 FOOD SORTING</p> <p>Provide children with various food items to sort into healthy and unhealthy categories, helping them learn about their nutritional values.</p>  <p>"MY COLORFUL TABLE MAT!"</p> <p>Little hands at work, designing bright and cheerful table mats to make mealtimes more fun and personal!</p> <p>Encourage your ward to use different vegetables to create prints on an A3 sheet and design their own table mat as a fun and creative activity. Carry this laminated mat to school on a daily basis (well labelled).</p>  <p>WORKSHEET - 1</p>	<p>22-05-25 ALPHABET PLAY</p> <p>Engage children in sensory letter tracing using sand, flour, or play dough. This will help the child to get familiar with the letter identification along with their sounds.</p>  <p>JOLLY PHONIC SOUND</p> <p>Encourage your ward to practice phonic sounds(A-Z) regularly using the provided link. This will help them improve their reading skills and build confidence.</p> <p>https://youtu.be/bd9_1hZ80H</p> <p>Phonics</p> <p>EVS PAGE - 10</p>	<p>23-05-25 PORTABLE GARDEN</p> <p>Let's grow your herb garden in the used mugs/glass jars etc. The child can sow coriander seeds, basil seeds, oregano etc. and water it daily. Encourage them to learn the names of these herbs in English, Hindi & their native language.</p>  <p>EVS PAGE - 21</p>	<p>24-05-25 "NO SUGAR, MORE ENERGY!"</p> <p>Our little champs take on the No Sugar Challenge — learning healthy habits with happy smiles and big hearts!</p> <p>Let's enjoy a No Sugar Challenge for 2 weeks with the whole family! Say no to candies and soft drinks, and choose healthy snacks like fruits or nuts. Make a 14-day chart and add a smiley or star each day your child avoids sugar.</p> <p>Give small rewards like stickers or Storytime every 3 days. End the challenge with a fun treat like a fruit party or family picnic!</p>  <p>WORKSHEET - 2</p>	<p>25-05-25 "CLIMB THE LADDERS, DODGE THE SNAKES – Learning Numbers with Fun and Smiles!"</p> <p>This indoor game helps children: Recognize and count numbers Understand sequencing Practice turn-taking and fair play Improve concentration and patience</p> <p>It's time to play the game with your family members.</p> 

26-05-25

SUNSHINE MEMORY GAME

The Sunshine Memory Game helps young learners develop their memory, concentration and cognitive skills in a fun learning way. To enhance these skills, first arrange a few summer related objects like a swimsuit, sunglasses, watermelon, a small toy, ice cone, a flower, and a hat, on a tray.

Let your child look at the items for a minute and cover them. Ask her/him to name the objects, and see how many things the child can memorize.



EVS PAGE 30

27-05-25

HELPING HANDS CHART

Let's make a fun Helping Hands Chart at home!

Give your child a chart paper and let them draw or paste pictures of how they help others every day — like watering plants, feeding pets, giving water to someone in need etc.

You can shape the chart like a big hand, tree, or sun, and fill it with all their kind actions!

It will be a fun way to learn how helping someone can make us happy!



EVS PAGE 22

28-05-25

ODISHA'S COOL DRINK CHHATU SHARBAT ! ଚଟୁ ଶରବଟ

Let's make a yummy, no-fire summer drink from Odisha called 'Chhatu Sharbat'! (ଚଟୁ ଶରବଟ) Kids will mix roasted gram flour (Chhatu), jaggery (Guda/ ଗୁଡ଼), and water (Pani/ପାଣି) in a glass, stir it with a big smile, and add a pinch of cardamom (Guja/ଗୁଜା) or lemon (Lembu/ ଲିମ୍ବୁ ରସା) for fun. As they mix and sip, they'll learn cute Odia words and stay cool and happy. It's full of energy, good for the tummy, and oh-so-tasty (Swaad/ ସ୍ୱାଦ) – a perfect little hands-on activity to enjoy Odisha's summer vibes with a multilingual twist!

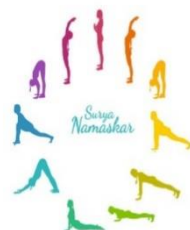


29-05-25.

SURYA NAMASKAR

Let's shine like the sun! Just like the magnificent Konark Sun Temple in Odisha, let's pay our respect to the Sun God with a Surya Namaskar- **SUN SALUTATION.**

<https://youtu.be/eCHrcg5wRY?si=FW6ama-9CEib-ci1>



WORKSHEET - 3

30-05-25.

LET'S LEARN ABOUT ODISHA!

Let's gain the knowledge about the state Odisha, watching the below link and get aware of its cultural insights.

<https://youtu.be/UjYXdCWYbM0E?si=gCPXIVpBpcrf8Tlp>



WORKSHEET - 4

31-05-25.

ICE CUBE PAINTING

Freeze coloured water in an ice tray. Let the child paint some simple patterns with the coloured cubes on a paper. This will ignite the imaginative instinct among your wards with a pinch of enjoyment!



EVS PAGE 20

01-06-25.

WORLD MILK DAY "A DAY AT THE GAUSHALA – LET'S LEARN WHERE MILK COMES FROM"

Take the little ones on a fun visit to a dairy farm (Gaushala) where children can see Goru (cow/ ଗୋରୁ) closely and observe how Dudha (milk/ ଦୁଧ) is gently collected. They'll enjoy feeding Ghasha (grass/ ଘାସ), touching the cows softly, and watching the traditional way of how milking a cow. This hands-on experience connects classroom concepts with real world practices enriching the learning experiences for our students.



02-06-25
SENSORY EXPLORATION

Let's explore summer fruits and veggies with our eyes, hands, and taste buds! We'll touch smooth mangoes (aam / amba/ □□□□), bumpy bitter gourds (karel /Karli/ □□□□□), and taste juicy watermelons (tarbooz / kalinda / □□□□□□).

Let's learn their names in English, Hindi, and Marathi while we munch on tiny bites, which will make their learning yummy, colourful, and fun-tastic.



03-06-25
BRAVE HEARTS OF MAHARASHTRA!

Task: Help your child to know about 'Chatrapati Shivaji - A Prominent Maratha Warrior' by talking about his bravery and perseverance in fighting for his State Maharashtra.

<https://youtu.be/vvCp3bKw0yk?feature=shared>

Note: The child will be asked to narrate the story during the classroom activity in the month of July.



WORKSHEET – 5

04-06-25
FITNESS FUN

Get the whole family moving with the Body Care Challenge!

10-Minute Home Workout

Encourage siblings and parents to join in for a fun family fitness session. Try these home exercises together:

1. Jumping jacks
2. Pushups
3. Dancing to favourite music
4. Yoga poses
5. Bodyweight squats

<https://youtu.be/pPxPO2Tv1MQ?si=fR-ih2d3MXyYfRzL>



05-06-25
WORLD ENVIRONMENT DAY

'Grow With Me' (Adopt a plant)

Let's choose a little plant friend to take care of! We'll give it a name, water it, and watch it grow big and strong. Just like we eat and drink, plants need love too! Let's be plant parents and have fun!

Capture the magic of growth! Take pictures of your plant's journey from a tiny seed to a lovely sprout!



WORKSHEET - 6

06-06-25
NUMBER HOPSCOTCH

Let's draw and play hopscotch while counting numbers. Encourage the students to learn numbers from 1 to 5 Hindi and Marathi.

For example, in Marathi

- : □□ (Ek)
- : □□□ (Don)
- : □□□ (Tin)
- : □□□ (Chār)
- : □□□ (Pach)



EVS PAGE 11

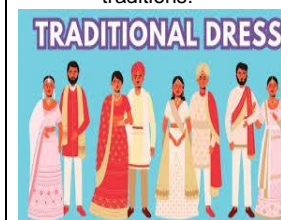
07-06-25
"UNITY IN DIVERSITY" – KIDS CULTURAL PARTY!

Let's celebrate the vibrant cultures of India with a Fun Kids Party at home! Invite your little one's friends to dress up in the traditional attires of states like Odisha, Punjab, Maharashtra, Assam, and Goa.

Each child can bring a famous dish from the state they represent—a delicious potluck showcasing flavors from across India!

Encourage kids to greet each other with cheerful "Hello!" (English), "Namaste!" (Hindi), "Namaskar!" (Odia & Marathi), "Sat Sri Akal!" (Punjabi), "Nomoshkar!" (Assamese)—a joyful way to embrace multilingualism.

Let's make it a day full of laughter, learning, and love for our diverse traditions!



08-06-25
POOL DAY!

Splash, Splash! Let's beat the heat with the Pool Bash! Organise a pool party, inviting your friends and cousins at home. Capture the fun moments and share them with your class teacher.



EVS PAGE 26

09-06-25

FEATHER TIP SALT TRAY WRITING ACTIVITY

In this engaging activity, children will revise letters L, T, I, F and numbers 1, 4, 7 using a fun sensory method. Simply fill a tray with salt and provide the children with a Quill to use as a writing tool. They can practice tracing different letters and numbers in the salt tray. This will help in developing fine motor skills making writing practice both interactive and enjoyable.



WORKSHEET - 7

10-06-25

SUMMER FRUIT WATERMELON SEEDLING

Eat lots of yummy watermelons this summer! Save the black seeds inside.

Plant Seeds:

Put the seeds in a pot with soil.

Water and Care:

Water it every day and take care of the plant with love.

Take Pictures:

*Take a photo on the first day you plant.
*Take another photo when the plant is all grown and share the picture with your teacher.

Make an Observation Chart:

Draw or stick pictures to show how your plant is growing every week.

Here's how you say "Watermelon" in Assamese (along with English & Hindi)
Hindi : Tarbuj / matira
English: Watermelon
Assamese: Tormuj / "তৰমুজ"



11-06-25

ANIMAL WALK MOVE & SAY!

Children pretend to move like different animals- hop like a frog, waddle like a duck, stomp like an elephant. As they move, let them say the animal's name in different Indian languages.

Elephant: - Hindi- □□□□□, Assamese – হাতী (Hati)

Frog: - Hindi- □□□□□, Assamese- ভেকুলী (Bhekuli)

Duck: - Hindi – □□□□□, Assamese – হাঁহ (hah)



EVS PAGE 13

12-06-25

"LET'S EXPLORE ASSAM!"

Get ready for a fun picture journey to discover the amazing state of Assam!

Find and choose pictures of famous buildings (monuments) and colorful traditions of Assam.

Paste them neatly on an A3 size sheet.

Decorate your sheet with bright colors and stickers to make it look lovely.

Cover (lamine) the sheet to keep it safe.

Bring your beautiful sheet to school and share your discoveries with your friends!



13-06-25

FUN WITH LETTERS

Take some ice cream sticks and help your ward to make different alphabets using the patterns of sleeping, standing & slanting lines. For Example – You can make letters A, E, F, H, I, L, T etc.



WORKSHEET -14

14-06-25

NEMU TENGA PANI

A sweet and tangy drink made with Assamese lemon, water and a little honey.

*It helps in boosting immunity with Vitamin C.
*Helps in digestion.
*Rejuvenates the body.



15-06-25

PORTRAYING LOVE FOR FATHER

Let's surprise our Dads this Father's Day with a fun T-shirt activity! Paint the child's hand with red colour and the fathers with yellow colour. Give a high-five and rub hands to see a new color appear—like a magic! Take a photo of this moment. Then, press both hands onto a plain white T-shirt to make a heart shape. A perfect gift full of love and color!



A HEALTHY TREAT FOR OUR HERO!

Celebrating Father's Day with love, laughter, and a nutritious start!

To celebrate Father's Day, let's encourage our little ones to team up with their mothers to prepare a simple, healthy breakfast for their super dads!

Suggested Healthy Breakfast Ideas:

Veggie sandwich with multigrain bread

Oats with fruits and nuts

Smoothie using seasonal fruits

EVS PAGE 23

16-06-25

MY FRUIT FACE ART

Help your child create a funny face using real fruit pieces—like a banana for a smile, grapes for eyes, and apple slices for ears—turning healthy eating into a playful Punjabi adventure! Add a twist of Punjab by naming the fruit face "Makkhan Singh Mukhra" or "Fruity Kudi." Talk about how eating fresh fruits keeps us strong like a Punjabi wrestler and full of energy like dancers doing bhangra! Try using local fruits too—like kinnoo slices for cheeks etc.



WORKSHEET - 15

17-06-25

MULTILINGUAL COUNTING FUN

Begin by counting out loud everyday objects with the child: 'One, two, three'.

Now, count the same objects again using Punjabi numbers like:

- Ik (ਇੱਕ)
- Do (ਦੋ)
- Tin (ਤਿੰਨ),
- Chaar (ਚਾਰ),
- Panj (ਪੰਜ)
- etc.



EVS PAGE 28

18-06-25

THREAD PASTING

Let's make fun thread art! Draw a shape like a square, circle, or triangle on a paper. Apply glue on the lines and stick colored thread to trace the shape. Let it dry and display your art!

Materials Required:

A4 sheet, glue, thread, crayons to draw shapes.

Learn what we call Shapes in different languages :

Square: □

English – Square,
Hindi – □□□□ (Varg),
Punjabi – ਸਤੁਰਸ (Sathuram)

Circle: ●

English – Circle, Hindi – □□□□ (Ghera),
Punjabi – ਚੱਕਰ (Chakkar)

Triangle: ▲

English – Triangle,
Hindi – □□□□□□ (Tribhuj), Punjabi – ਤਿਕੋਣ (Tikona)

WORKSHEET - 16

19-06-25

PICTURE TALK ACTIVITY

Let's do a fun and easy picture activity!

First, draw a simple picture like a house, tree, or sun on a sheet of paper. Let your child color it. Once it's done, say the name of the picture in English (e.g. like "This is a tree"). Then, teach your child how to say the same word in Punjabi language.

Example:

- English: Tree
- Hindi: □□□□ (Ped)
- Punjabi: ਰੁੱਖ (Rukh)



EVS PAGE 16

20-06-25

TWIRL, CLAP, AND DANCE

Play some energetic 'Giddha music' and teach your kid some basic steps with playful hand movements and legs. This will encourage their creativity while grooving on the beats of Punjab!



WORKSHEET - 7

21-06-25

YOGA DAY

Let kids have fun and get healthy with yoga!

Theme: Yoga for One Earth, One Health

By doing yoga, we care for our bodies and our planet too!

Click the YouTube link and let your child follow along.

Breathe, stretch, smile — and enjoy yoga time!

<https://youtu.be/X1dy54>



CEREAL SYMPHONY

Fill empty bottles with rice, beans, or lentils. Create a shaker instrument by sealing the bottles. Kids can shake and make music!

A fun, creative way to explore sounds this World Music Day.

https://youtu.be/kUfkDY_Bn8?si=jajh5Sx3-f5cmYY

EVS PAGE 12

22-06-25

COOL AS LASSI, SWEET AS PUNJAB

Encourage your child to join you in the kitchen to make a yummy and cool drink of Punjab - 'Lassi'.

Take some plain curd, cold water, some sugar and a pinch of salt. Take the help of your child to blend the curd and add the mixtures together.

Blend it all until it's smooth. Now pour the mixture into the glass and taste it with your loved ones. This will serve as a cool and refreshing drink to enjoy this summer!



23-06-25

PEEKABOO MIRROR FACES

Use mirror for playing this fun game and let the child explore the different facial expressions. Take turns in showing expressions in the mirror and one can mould the expressions based on certain situations like 'Show me your sleepy face' etc. Learn how to say different words like 'happy' or 'sad' etc. in different languages (English, Hindi and Konkani)



WORKSHEET - 8

24-06-25

FINGER AEROBICS

Have fun by doing fantastic finger aerobics to strengthen the fingers and boost concentration.

<https://www.youtube.com/watch?v=5he1sCixSLM>



EVS PAGE 29

25-06-25

RAMP WALK

Get your child ready for a fun Ramp Walk dressed in colorful Goa-style attire! You can choose traditional Goan clothes or beach-style outfits to match Goa's vibrant culture.

Make a short video of your child walking the ramp in style and share it with the class teacher.

Also, help your child speak 4-5 simple lines about Goa, such as:

Goa is a beautiful state in India. It has many beaches and coconut trees. People love to visit Goa for fun and holidays.

Goan food is very tasty. Goa has music, dance, and a lot of joy.



WORKSHEET - 9

26-06-25

DANCE

Let's twirl, clap, and swirl with Fugdi! – Encourage children to pair up, hold hands, and perform the dance in circles, using simple steps with background music.



EVS PAGE 19

27-06-25

COLOUR SORTING

Take different coloured cotton balls and paper cups. Lay the cups in a row and then, let the child sort and count the cotton balls according to the colour of cups.

NOTE: Parent's guidance is required.



Also make them learn Numbers in Different Languages (Hindi and Konkani)

1 = Ek (Hindi),
Ek (Konkani)

2 = Do (Hindi),
Don (Konkani)

WORKSHEET - 10

28-06-25

INCREDIBLE INDIA

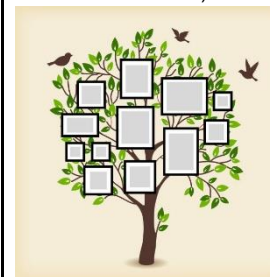
Let's celebrate the many languages of India with a fun Language Tree!

Make a chart titled "I Am India" on an A3 size sheet and get it laminated.

Pick 3 - 5 Indian languages and for each one:

Paste or write greetings Name the state where it's spoken.

Add a picture related to that state.
(e.g. costume, food, festivals etc.)



Let your tree show how beautifully different and united our India is!

29-06-25

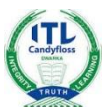
TIME TO GET READY!

Let's show gratitude to our family today! Each family member will say something nice about each other.

The child will say something special to her/his parents, sharing the reasons they're thankful for them.

It's also the last day of summer vacation, so let's pack your school bag and get your school uniform ready for the first day back!



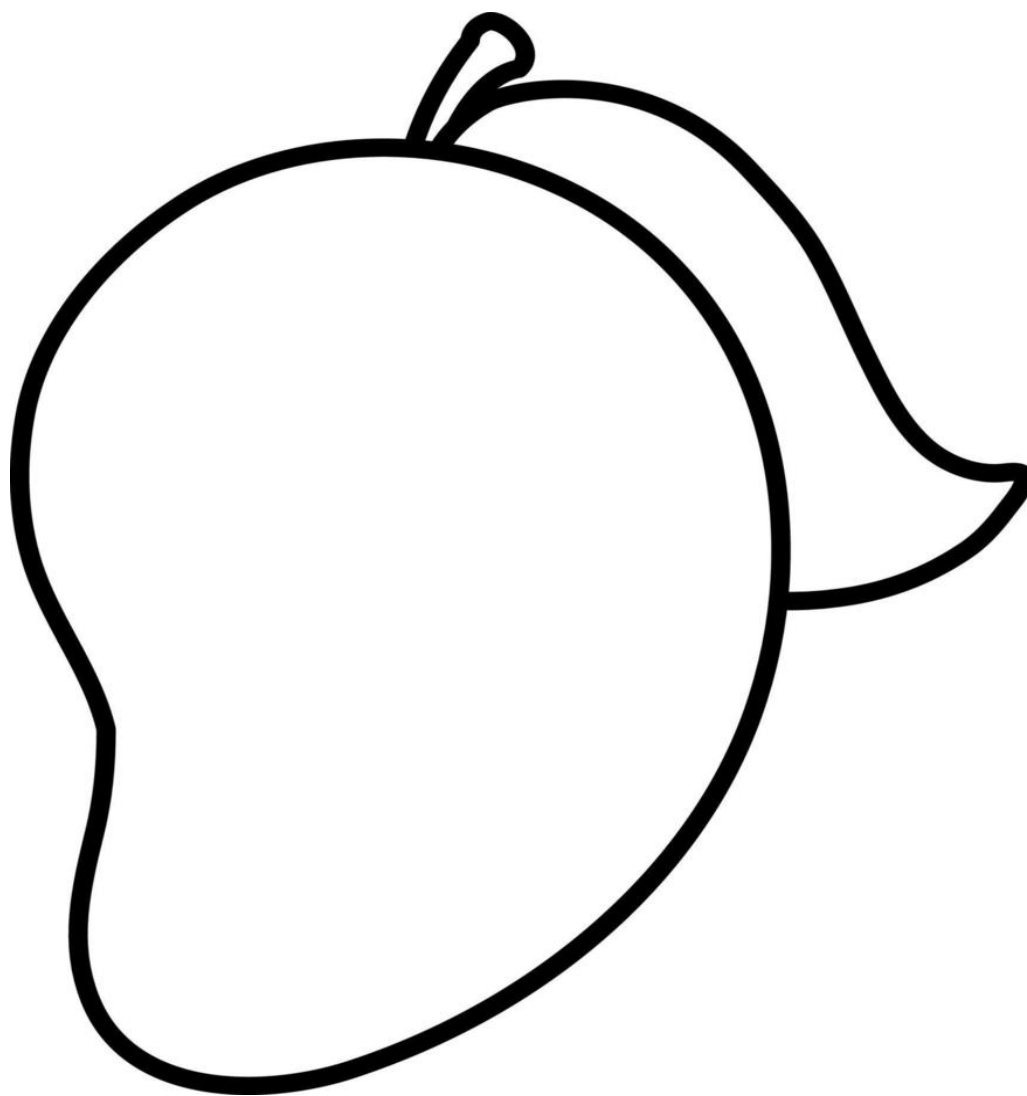


ITL CANDYFLOSS

Name _____ Class _____ Sec _____ Date _____

WORKSHEET NO.1 (a)

Do Tearing & Pasting inside the Mango





ITL CANDYFLOSS

Name _____ Class _____ Sec _____ Date _____

WORKSHEET NO.1 (b)

Colour the Watermelon & Add some magic pasting the real watermelon seeds!





ITL CANDYFLOSS

Name _____ Class _____ Sec _____ Date _____

WORKSHEET NO. 2

Paste pictures according to the senses listed below:

OUR NATURE WALK!

I see...

I smell...

I feel...

I hear...

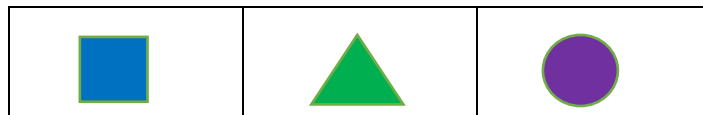
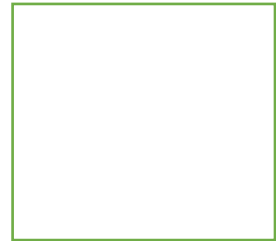
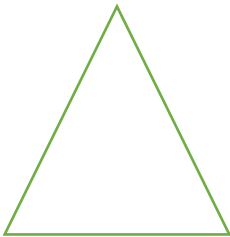
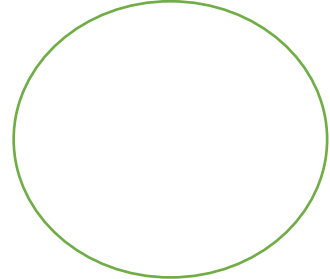
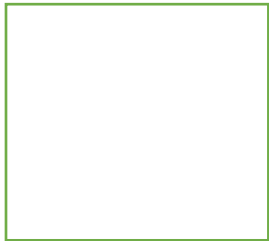
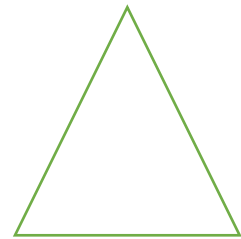
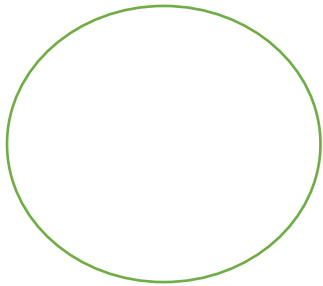


ITL CANDYFLOSS

Name _____ Class _____ Sec _____ Date _____

WORKSHEET NO. 3 (a)

MATCH THE SHAPES WITH THE GIVEN COLOUR



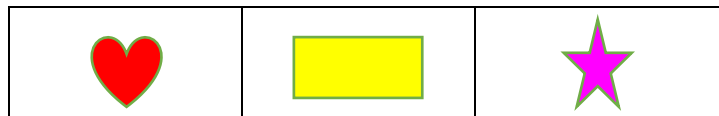
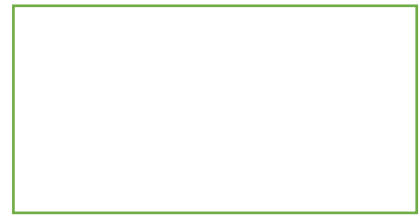
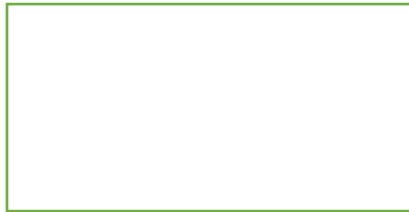


ITL CANDYFLOSS

Name _____ Class _____ Sec _____ Date _____

WORKSHEET NO. 3 (b)

MATCH THE SHAPES WITH THE GIVEN COLOUR





ITL CANDYFLOSS

Name _____ Class _____ Sec _____ Date _____

WORKSHEET NO. 4

Match the Attires with their Traditional Dishes





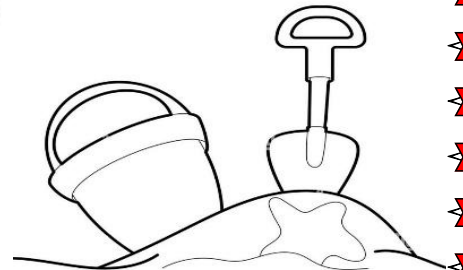
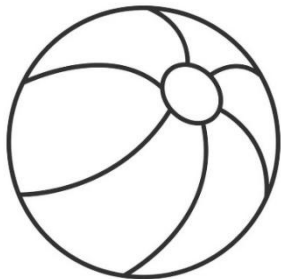
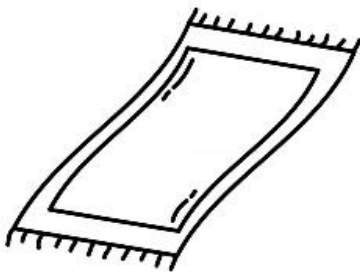
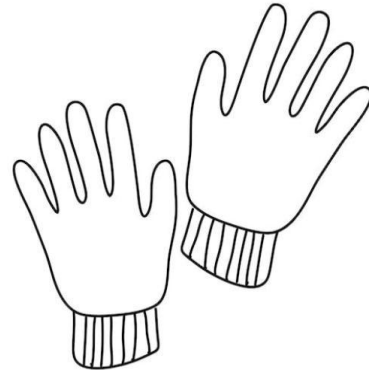
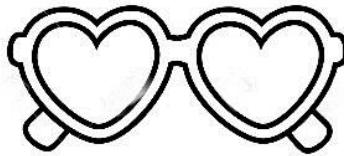
ITL CANDYFLOSS

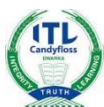
Name _____ Class _____ Sec _____ Date _____

WORKSHEET NO. 5

WHAT IS IN MY BEACH BAG?

Colour the items which you can carry in your Beach Bag.



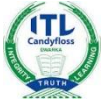


ITL CANDYFLOSS

Name _____ Class _____ Sec _____ Date _____

WORKSHEET NO. 6

CIRCLE THE SAME ITEMS

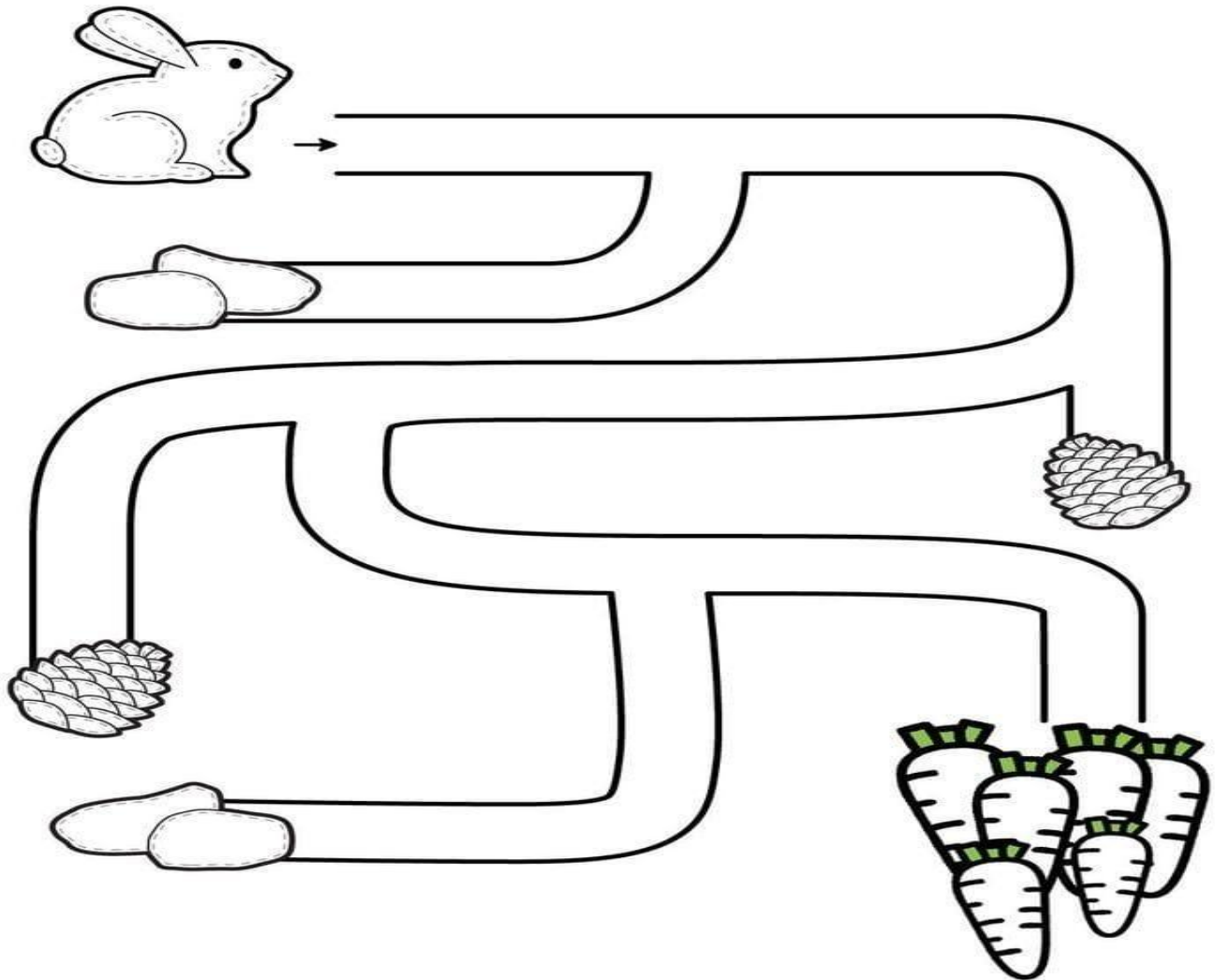


ITL CANDYFLOSS

Name _____ Class _____ Sec _____ Date _____

WORKSHEET NO. 7

Help Your Friend – ‘Mr. Rabbit’ to find His Carrots!
Splash some colours on them to make them colourful.



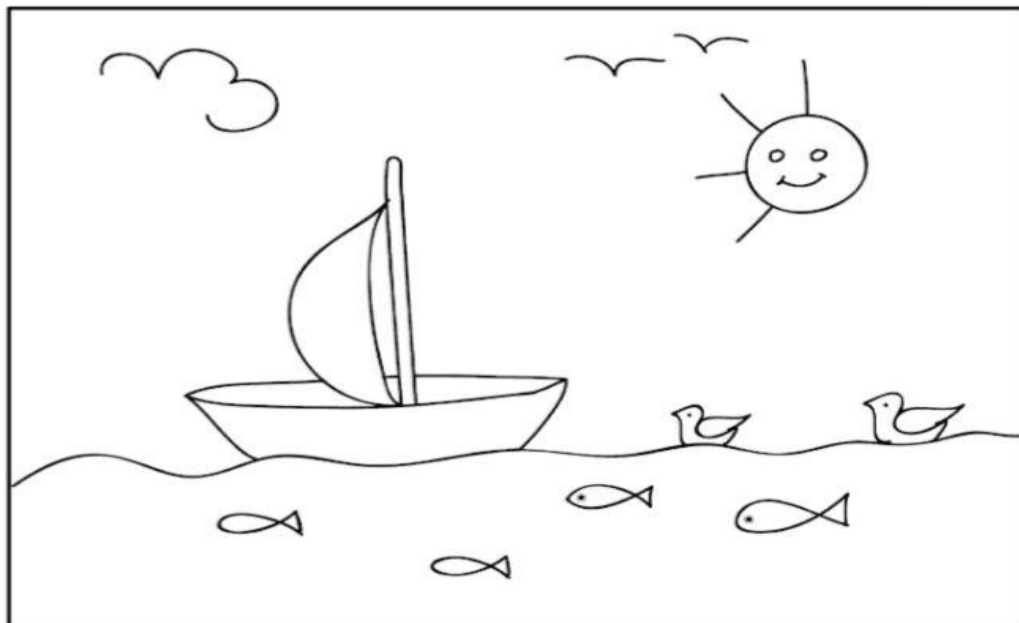
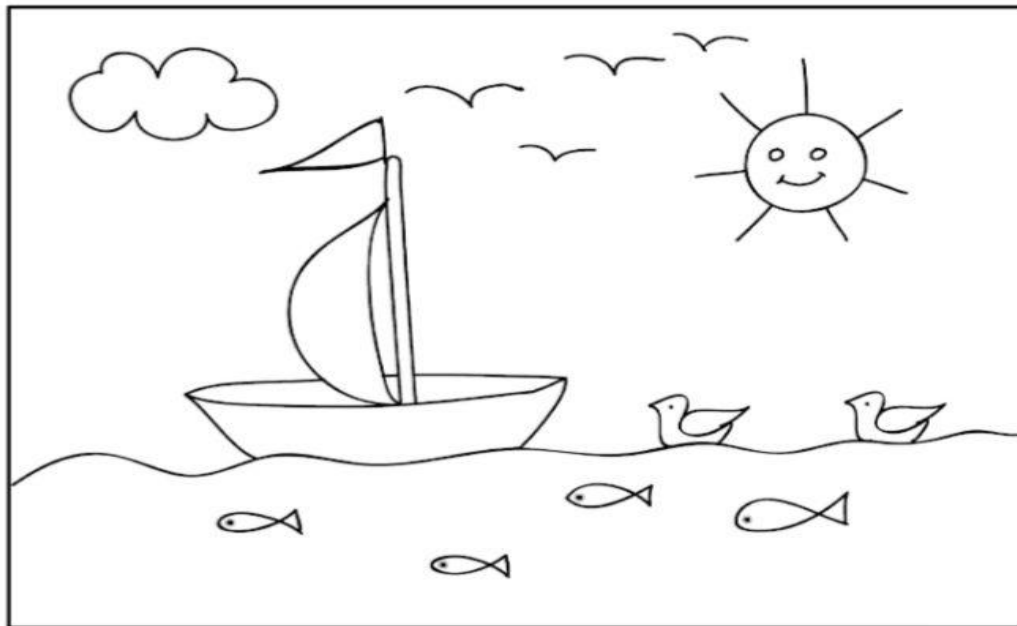


ITL CANDYFLOSS

Name _____ Class _____ Sec _____ Date _____

WORKSHEET NO. 8

Spot the Difference



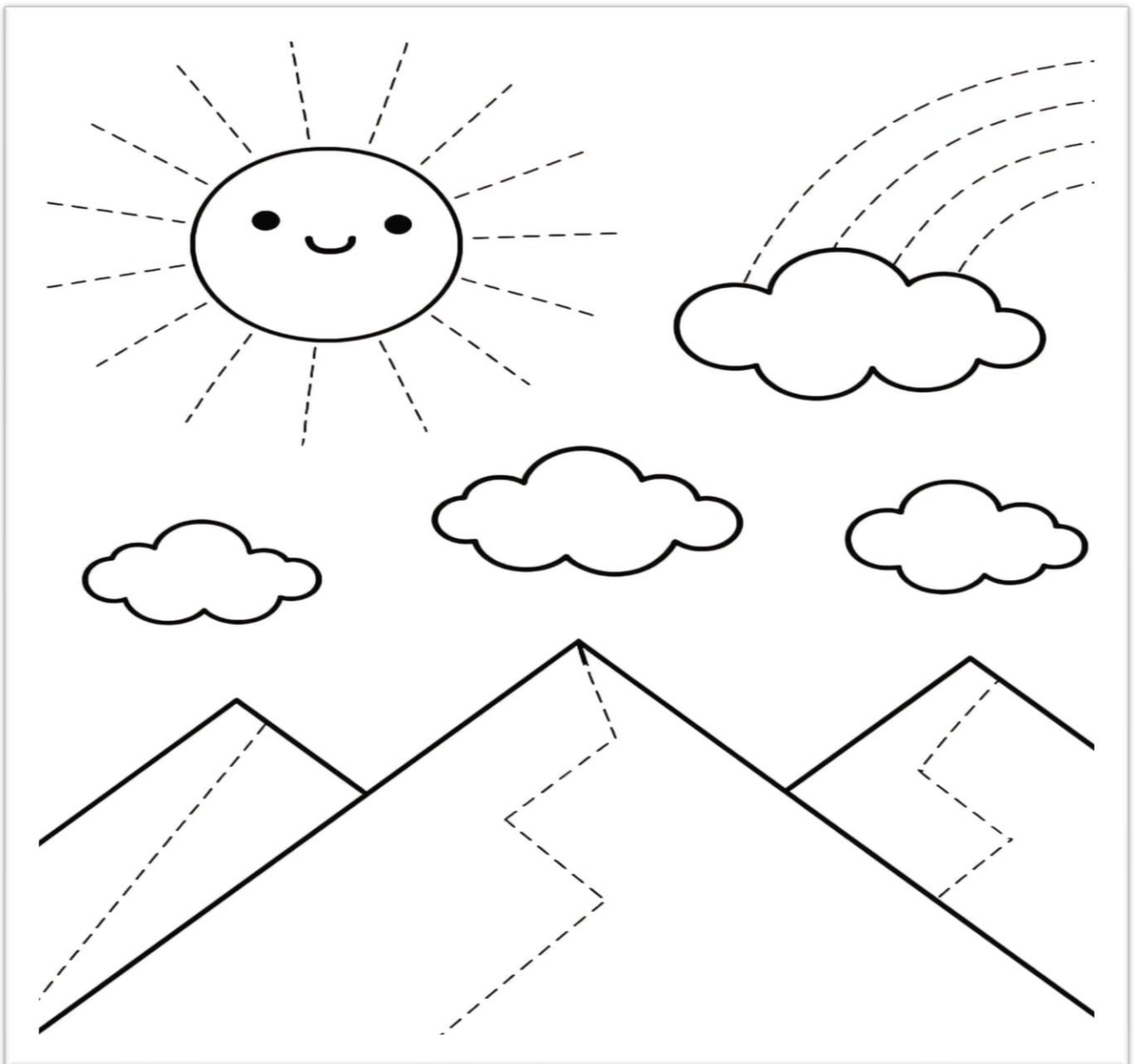


ITL CANDYFLOSS

Name _____ Class _____ Sec _____ Date _____

WORKSHEET NO. 9

Trace the Lines and Colour Your Scenery Beautifully!







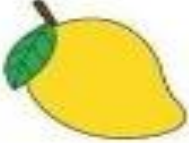









ITL CANDYFLOSS

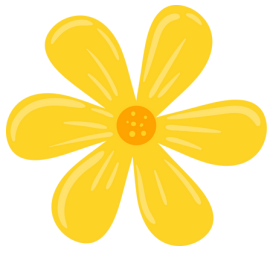
Name _____ Class _____ Sec _____ Date _____

WORKSHEET NO. 10

FRUIT OR VEGETABLE?

Colour the circle **GREEN** for the 'Vegetable' & **RED** for the 'Fruit'.

	<input type="radio"/>		<input type="radio"/>
	<input type="radio"/>		<input type="radio"/>
	<input type="radio"/>		<input type="radio"/>
	<input type="radio"/>		<input type="radio"/>
	<input type="radio"/>		<input type="radio"/>
	<input type="radio"/>		<input type="radio"/>



REFLECTION PAGE

How did it feel?



Dear Parent:

Share a few lines on how you felt doing these activities!

A large, light blue rounded rectangle intended for parents to write their reflections.

Dear child:

What did you enjoy the most? Draw or paste.

A large, light green rounded rectangle intended for children to draw or paste their reflections.