

## HEALTHY CHOICES

**EVENT: Awareness about Sugar Consumption**

**DATE: 15 July 2025**

**ORGANISED BY: Class XI-B**

**ORGANISED FOR: Classes 3-5**

As part of a thoughtful health initiative, the students of **Class 11**, under the banner of **Bloom's Biocatalysts**, conducted an engaging and informative **awareness activity** on the theme "*Be wise — sugar hides in every bite!*" for students of **Classes 3 to 5** at **Bloom Public School**.

The session aimed to educate younger students about the **hidden dangers of excessive sugar consumption** and promote **healthy eating habits**. Through **interactive PowerPoint presentations**, the senior students explained the harmful effects of sugar on physical health, including weight gain, dental issues, and lifestyle diseases like diabetes. The presentations were age-appropriate, engaging, and designed to make learning both impactful and fun.

To reinforce the message, **an informative Sugar Awareness Display Board** was also created, featuring creative slogans like "*Say No to Excess Sugar — Yes to a Healthy Future!*" and "*Be Smart, Cut the Sweet — Stay Fit, Stay Neat!*" This visual display further helped in capturing the attention of the young audience and driving the message home.

This peer-led initiative not only helped sensitize younger students to the importance of **mindful eating** but also empowered the Class 11 presenters to take ownership of health education and leadership within the school community. The program was a commendable example of student-driven learning and advocacy for a healthier future.

