

SHIKSHA BHARATI GLOBAL SCHOOL

Sector-8, Dwarka, New Delhi-110077

“Less Sugar, Less Oil - More Health, More Smile”

On 28 July 2025, our school conducted an informative session on Physical Health and Wellness focusing on the Sugar Board and Oil Board. The session aimed to make students aware of the impact of excessive sugar and oil consumption on health and to encourage healthy lifestyle choices.

The Sugar Board displayed various food items and beverages containing high amounts of sugar, including chocolates, soft drinks, packaged juices, and bakery products. It also provided information about the daily recommended sugar intake and the health risks of excessive consumption, such as obesity, diabetes, tooth decay, and heart diseases. Students learned about healthier alternatives like fresh fruits, jaggery, and natural sweeteners.

The Oil Board highlighted the types of oil used in cooking and their effects on health. It differentiated between healthy oils (like olive, mustard, and sunflower oil) and unhealthy ones (high in trans fats). The board also showcased the importance of limiting deep-fried and oily foods to prevent heart disease, high cholesterol, and weight gain. Practical tips on reducing oil in cooking were also shared.

The session was highly interactive, with students asking questions and sharing their own food habits. It helped everyone understand the importance of reading food labels and making mindful food choices.

At the end students encouraged to adopt the motto: “Eat Smart, Live Long”, and to spread awareness about balanced eating in their families and communities.

Presented by: - Ms. Varsha Parashar (PGT Home Science)

