

EAT RIGHT, FEEL BRIGHT

ACTIVITY: Collage Making

DATE: 16 October 2025

CONDUCTED BY: Class 1

Class 1 celebrated **World Food Day** with creativity and enthusiasm by making a vibrant collage on **healthy and unhealthy foods**. Through this engaging hands-on activity, children learned to differentiate between foods that help them grow strong and those they should eat in moderation. The session encouraged discussions on nutritious eating habits, the importance of balanced meals, and ways to avoid food wastage. The colorful collages not only brightened up the classroom but also deepened the students' understanding of making healthy and sustainable food choices.

