

NUTRITION FOR A BETTER TOMORROW

ACTIVITY: Poster Making

DATE: 7 April 2026

CONDUCTED BY: Class 6B

Class 6-B enthusiastically celebrated the theme “*Say No to Junk and Yes to Energy*” to promote healthy eating habits among students. Through colourful posters and creative slogans, students spread awareness about the harmful effects of junk food such as chips, burgers, and soft drinks, which can negatively impact health and energy levels. They also highlighted the importance of consuming nutritious foods like fruits, vegetables, milk, and whole grains that provide essential energy and help maintain an active lifestyle. The activity encouraged students to make mindful food choices and adopt healthier habits. It was a fun-filled and meaningful celebration that inspired everyone to stay fit, energetic, and happy.

