

FRUIT CHAAT PARTY 2022-23

“A healthy mind lives in a healthy body”.

To inculcate the habit of eating fruits amongst children, a “FRUIT CHAAT PARTY” will be organised in the school for students of grade 1 to 10, through which students will learn about types of fruits, their colours, health benefits, fruits we peel, washing, cutting and decorating the fruit platter. The aim of this activity is to help children understand that there are many different types of fruit and eating fruit can help to keep us healthy.

Date of Event: 20/10/2022

GUIDELINES

- Students along with class teacher can choose a Fruit Chaat recipe given below or of their own choice.
- Area for preparation will be allotted classwise. Class teacher and students of each class will plan & decide about materials, preparation, display of recipe, nutritional value, Presentation & sharing of the prepared fruit chaat.
- Class teacher can divide the fruits & quantity among the class students required for the Fruit party.
- Students should get all required materials.
- One hour Time will be allotted for the event.
Preparation time: 40mins & Presentation: 10mins
Pack up time: 10mins.
- Each class should decorate their counter beautifully. Ideas for decoration is given below. Each class can decide their choice.
- A supporting teacher will be allotted for grade 1 to 4 along with the class teacher for the event.
- No food colours to be used.
- Use of healthy items only permitted.

PRINCIPAL