

3 GOOD HEALTH AND WELL-BEING



Bal Bharati
PUBLIC SCHOOL
NEELBAD, BHOPAL

3 GOOD HEALTH AND WELL-BEING



SDG 3 : GOOD HEALTH AND WELL BEING

CLASS - I SUMMER HOLIDAY HOMEWORK





Take care of your body. It's the only place you have to live in."— Jim Rohn

**Dear Parents,
Warm Greetings!**

The Summer Vacations are round the corner. Keeping our learning curve on, is a challenge that we have learnt to overcome in the previous year. With high spirits and enthusiasm, we aim to keep ourselves positive and happy. Amidst the ongoing challenges, this year we have planned some unique activities for our children to learn while playing. We have planned to teach our little learners the value of food and sharing. This topic is chosen with the motive of encouraging the students to eat their food completely and take only the portions that they intend to finish.

Each student is expected to undertake all the activities assigned in the holiday homework.

The assigned work is to be done as per the instructions given at the end of each HHW activity.

This project is an amalgamation of simple yet thoughtfully planned activities which promote critical and creative thinking skills amongst young learners. It is an integrated project with scholastic and co-scholastic activities, targeting competency-based learning.

PLEASE NOTE: The Round 1 assessment will include grading from the Holiday Homework for scholastic and co scholastic activities. Children are requested to complete the activities and submit to their subject teachers by the given dates:

ENGLISH/EVS	5th July 2022
HINDI	7th July 2022
MATHS	11th July 2022
ART	13th July 2022

***All the activities and the use of internet for doing the activities to be done strictly under the supervision of parents.**

***Practise sheets of Maths, English and Hindi will be uploaded on teams channel. Work to be done in notebook and brought as per the above schedule.**





Healthy food refers to food that contains the right amount of nutrients to keep our body fit. We need healthy food to keep ourselves fit. Let our young learners understand it with the help of this beautiful story:

<https://storyweaver.org.in/stories/313823-healthy-food-is-important>

Activity: Make a healthy and nutritious plate of your choice. (Pictures given only for reference).

Instructions:

1. Prepare a healthy plate by using a disposable round shaped plate.
2. You can use wrappers of food items or handmade pictures for preparing your plate.
3. The work will be assessed in Round 1 under Integrated project.

Learning Outcomes:

1. Students will develop a sense of self-expression .
2. Students will be able to understand the importance of food and nutrition.





हम सब कई प्रकार की सब्जियों का सेवन करते हैं, ये सब्जियाँ होती हैं बड़ी मजेदार। ये हमें भरपूर मात्रा में पौष्टिक तत्व प्रदान करती हैं।

गतिविधि- 'काव्य पाठ'

'छात्र स्वस्थ खाने की आदतों पर कुछ पंक्तियाँ बोलेंगे और गर्मी की छुट्टी के बाद उसे कक्षा में प्रस्तुत करेंगे। इस गतिविधि के द्वारा छात्र विभिन्न स्वास्थ्य वर्धक सब्जियों से अवगत हो सकेंगे तथा जान पाएंगे कि सब्जियां खाना हमारे लिए क्यों आवश्यक हैं।

शिक्षण के परिणाम:

- इस गतिविधि के माध्यम से छात्रों को जंकफूड के अपेक्षाकृत सब्जियों को प्रतिदिन अपने आहार में सम्मिलित करने के लिए जागृत किए जाने में सहायता प्राप्त होगी।





MATHS



It is rightly said that “Healthy mind lives in a healthy body”. So, it is very important that children should take care of their health and well-being right from childhood. Variety of fruits and vegetables are the source of vitamins and minerals that keep them healthy and fit. Therefore, it is essential for children to have adequate amount of fruits and vegetables in their everyday meal.

Activity: “THE EAT WELL GROW WELL CHECKLIST”

Instructions:

- Parents will take a printout of the checklist given in the link attached below:
https://docs.google.com/document/d/1WtPjpkIFNB6qHra98NYh5vOr_k5mNod3/edit#heading=h.qjdgxs
- Students will maintain record of the fruits and vegetables they consume daily in their
- They will count and write the number of fruits and vegetables they will consume
- by the end of the day.
- They can choose fruits and vegetables according to their choice.
- They will bring the checklist to school after summer break.



Learning Outcomes:

- Students will learn to eat fruits and vegetables in their daily routine.
- They will also encourage their friends to consume fruits and vegetables to stay healthy.

ART INTEGRATED FUN ACTIVITY



Eating is something that is rarely done mindfully by young people. Mindful eating is a valuable task for children to slow down the mind and become more focused on the present. Children should know about the right food for them to eat.

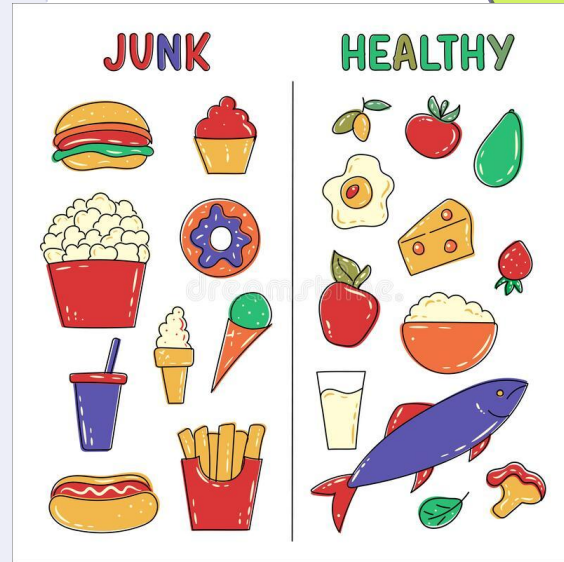
Activity- Draw one healthy and Unhealthy food item.

Instructions-

- Take a drawing sheet.
- Draw one favourite healthy food item and unhealthy food item.
- Colour them and cut them out.
- Students will bring their drawings to school so that together they will separate all healthy food item and unhealthy food items.

Learning outcomes-

- It will enhance creativity and imagination of students.
- Students will learn about the difference between healthy and unhealthy food.



Tips on 'Eating better' for kids

- **Start the day with a healthy breakfast. It refuels the body and provides energy for the day.**
- **Let kids help plan and prepare 1 meal each week.**
- **Eat together as a family as often as possible.**
- **Take time eating, and chew slowly. It takes 20 minutes for the brain to tell the body that you are full.**
- **Eat more vegetables and fresh fruits. Aim for a total of 2 cups of fruit and 2 1/2 cups of vegetables each day.**
- **Eat more whole grains. Examples include oats, brown rice, rye, and whole-wheat pasta.**
- **Drink plenty of fluids.**



Happy Holidays

