

‘Boo Hoo Breakfast’

Awareness program about healthy and junk food



The appearance of food is not always a good indicator of its actual portion and content. That's why food awareness is so important. With a pledge to infuse healthy food eating habits among students, a ‘Boo Hoo Breakfast’ was held for the classes CPP 4 and 5. This activity was an awareness program about healthy and junk food. The activity was conducted within the classes only. Each class was divided into two groups: a group with healthy food and a group with junk food. Teachers then enlightened the students with the various pros and cons of the healthy and junk food. Though junk food is rich in calories, fat, sugar and is much yummier and easier to prepare than healthy food, this food does not contain vital nutrients required for a good health. A healthful diet is a key to reduced health risks. With this vital message, ‘Boo Hoo Breakfast’ activity was concluded vivaciously.