

Table Mat Activity

8 April 2019

Balanced and nutritious diet is core to a healthy body and mind. Nourishing diet is vital for a good health, better memory and concentration. To infuse good eating habits in students, a 'Table Mat' decoration activity was held on April 8, 2019. The students of class CPP 1 to 5 participated with full zeal. This was the 1 st day of the new session and the students were ecstatic to participate.

Different nutritive food items were pasted, drawn and colored by ebullient little scholars of the IIS. Mat sheets and colors were provided by the school. Teachers helped the students in bringing out their creative ideas on the mats. Beautiful and vibrant mats were made by the students. During the activity, children were told about the various healthful food items as these are nature's treat and easy to grab for a snack. Fruits and veggies are rich in vitamins and minerals that help one feel healthy and energized. The benefits of eating fruits and vegetables loaded with color are like protective armour for kids. IIS is sanguine about the benefits of healthy food and promises to inculcate good eating habits among its students.



