

Growing Up Healthy

Under the School Health and Wellness Program, an initiative of CBSE, a hands-on activity on the topic **"Growing Up Healthy"** was organized for Class 6 students.

It was an interactive activity where children created ***Healthy Diet Plates*** using paper plates and charts. They illustrated the essential components of a balanced diet, including carbohydrates, proteins, fats, vitamins, and minerals, with colourful drawings and labels. Through this engaging task, students learned about the importance of nutritious food choices and how different food groups contribute to overall growth and well-being.

The activity not only enhanced their understanding of a balanced diet but also encouraged creativity and teamwork. It was a successful initiative in promoting awareness about healthy eating habits among young learners.