

DDMS P.OBUL REDDY PUBLIC SCHOOL



CLASSES IV & V

SEPTEMBER 2019

TERM- I

We, class 4 and 5 highlighted the importance of being healthy through various activities like finding out the nutrients present in fruits and vegetables, asking them to bring fruit for snacks and also made bhelpuri

and fruit salad.



They brought different kinds of fruits and shared among them with great enthusiasm. Students learnt about different kinds of nutrients present in the food they eat that protect us from diseases makes us healthy and fit.

Students were asked to record everything they had one whole week along with time and dates.



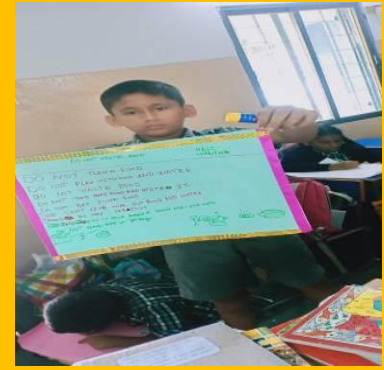
They discussed it with teachers and other students of the club. Through this activity, students came to know about the importance of having a balanced diet, how they felt after having each dish and whether they are taking food in adequate quantities to obtain the required calories.

Children gained knowledge about the nutritious value of various food items by making **FOOD PYRAMID**.





A power point presentation was given on healthy diet, nutritional value of different food items and personal hygiene.



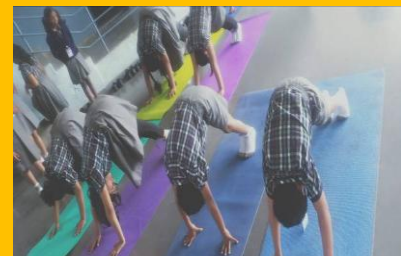
Students also prepared various charts on hygiene. They enthusiastically made these charts and pasted all over the school premises.



Aerobic and yoga sessions were conducted for students to make them flexible and regulate breathing process. Students immensely enjoyed the rhythmic aerobic exercises with stretching and strength training.



Students also understood the value of **YOGA AND MEDITATION**



with proper breathing exercises. They learnt by doing various asanas during the club.



All the students understood the value of **SURYA NAMASKARAS** by making them perform in the ground. They enjoyed doing it.

We will come up with many more interesting activities in the succeeding term.



CLUB INCHARGE TEACHER:
G.VASAVI GOUD.