

Healthy Day Activity

In the serial of our **SHOW AND TELL** activity this week (30th June) HFS preschool celebrated the healthy day .

We are very thankful to the Parents who participated actively and facilitated the school staff by providing them the said articles. Special thanks to **Um-e- Mehmoodur Rehman of Senior level II (A)** who came to participate and giving a helping hand to the teacher at school.

The detail of the activity is below:

TOPIC:

Allah gives the Healthy Food to eat.

Subject:

Culture (Nutrition)

Objectives:

- To make them learn to say THANKS to ALLAH who gives us verity of food.
- To make the children recognize and learn the name different types of food and vegetable.
- To make them have a experiential learning about the taste of the different fruits and vegetables.
- To give them the knowledge that all fruits and vegetables are essential for you good health.
- To encourage them to develop the healthy eating habits .
- To improve fine motor skills via introducing and practicing the peeling , and chopping the fruits and vegetables.
- To make them learn how to help their mother in the kitchen during cooking.

Activity :

To proceed our this activity we sent a notice to parents two days ahead to send the 1 or 2 types of fruits and vegetables along with child on the activity day. To make it sure that many kind of vegetables and fruits must be there we made the 6 groups of the students and distributed the articles accordingly. We also encouraged the children to bring their favorite food and vegetable.

On the day of celebration Mashallah children brought the vegetable and fruits and their teachers helped them to displayed it on one table in classroom.

In all classes we started up with the poem :

ALLAH ALLAH you have made all these fruits you have

Mango , banana , cheery , peach.



All these fruits you have made

Allah Allah you have made, All these vegetable you have made

Cabbage , onion, potato , tomato

All these vegetable you have made .

Thank you Thank you for these food

That you have made .

In Senior level II children practiced how to peel the beans, garlic , onion, boiled egg and potatoes this exercise was to develop their fine motor skills, children really enjoyed the peeling of garlic , boiled egg and potato. After then teacher demonstrate them how to hold a knife (vegetable knife or butter knife were used only to chop the boiled eggs and potatoes) and how to make the chops. After then they practiced it one by one.

The most unforgettable moment was the introduction of **capsicum** because usually kids are afraid and scary about the sizzling taste of chilies . After a lot of encouragement few of them agreed to taste .

After all the cutting and chopping the learnt how to mix up the vegetables and the fruits with spoons.



Let me share that we observed at this day that most of the kids do not have the love of eating fruits and vegetable. And it was the obstacle to give them the experience of tasting all the fruit and vegetables they were hesitant to eat them. A report about it has been made and in upcoming PTM it will be shared with parents and some suggestion will be given to them to encourage them to eat the fruits and vegetables with love and urge.

While in Senior level I, teachers emphasized on peeling rather than chopping the food. And they all prepared the shakes of fruits.

It was really a wonderful day. We appreciate our parents to give a helping hand and being cooperative with us to make this activity successful.

Home Task:

Practice the peeling of garlic and bean and tell the name of available vegetables and fruits at home to your each member of family.

Report by: Maryam Aziz Chohan