

# “EAT VEGGIES AND STAY HEALTHY”

~ *Pushpinder Kaur* ~

*Reporting for Modern School Life Magazine*

THE STUDENTS OF Nursery and KG classes celebrated Vegetable day on 24 May,2017 in the school premises .It was celebrated with an objective to create awareness as well as educate the children about the importance of vegetables in their regular diet. In order to make this event simple, interesting and understandable to children, the teachers recited poems and related short stories about vegetables with action.

In order to acquaint the children about vegetables - carrot, radish, lady finger, peas, potatoes, pumpkin, brinjal, ginger, garlic, onion, cauliflower, tomatoes, beetroot, cucumber and beans were bought from the local market. The teachers told the name of vegetables, their colour and their texture. They also told them which vegetables were used for salad .In the end, the teachers gave them drawing sheets to draw and colour the vegetable of their choice .Thumb printing activity was also done by the students of pre nursery and nursery classes.

All the children were found to be quite thrilled. It was a fun time for them and they enjoyed the day. The work done by the students were displayed on the bulletin board of their respective classes.

A beautiful message is conveyed “EAT VEGGIES AND STAY HEALTHY”.